



# ADULT ROLE MODELS ACTIVITY

## Activity:

Form a large circle. Explain that you want youth to follow your verbal instructions, not your actions.

- Tell everyone to jump up and down while you sit down.
- Ask them to run in place while you walk slowly from one part of the circle to the other.
- Have them yawn while you smile and wink at them.

Stop the action. Explain that you now want everyone to follow your actions, not your words.

- Start spinning around in place while saying, “Don’t spin.”
- Then hop on one foot while saying, “No hopping, only sitting is allowed.”
- Then start yelling, “Don’t yell anymore, Just whisper! Do you hear me? Whisper! Whisper!”

Stop the action. Explain that you want youth to follow your instructions.

- Have everyone march while you march.
- Then have them sit down as you sit down.
- Then have them hold hands in the circle as you hold your neighbor’s hand.

## Discussion Questions:

- How did it feel to follow my verbal instructions, when I was doing the opposite of what I was asking you to do? Why?
- How did it feel to follow my actions when my words contradicted what I was doing? Why?
- What do you think of adults who say “Do as I say, not as I do”?
- Was it more difficult to follow the verbal instructions with the contradictory actions or the actions with the contradictory words? Why?
- Why is it important for role models and leaders to do what they want others to do?