



# Secret Leader

The person in the center must find the “Secret Leader”

## TIME

10-20 minutes



## MATERIALS

None

## TEAM STAGE

Norming

## SUMMARY

The objective of this activity is to keep the “Secret Leader” from being found as they lead different motions. The group will have to be subtle and strategic. This activity can help to get groups quiet and focused.

## SET UP

- Gather the group in a circle with people standing about arms distance from each other.
- Find a volunteer to start off in the center. While this person closes their eyes, everyone in the circle quickly and secretly determines who the “Secret Leader” will be during this round.

## INSTRUCTIONS

- Once the Secret Leader is chosen, this person must quickly start a subtle motion (clapping, snapping, dancing, etc.) and everyone else in the circle must copy the motion.
- Once everyone in the circle is doing the same motion, the person in the center can open their eyes. They now have three attempts to guess who the Secret Leader is.
- Meanwhile, the Secret Leader is trying to change their motions often without getting detected. The more changes the better (go for a record!).
- Whenever the Secret Leader changes their motions everyone must follow in suit. Encourage everyone in the circle to be sly about duplicating the motions.
- If the person in the center fails to determine who the Secret Leader is in three guesses then that round is over and the Secret Leader and members of the circle win!
- The person in the center gets to determine who will replace them in the middle.

## VARIATIONS

- Instead of gathering the group in a circle, let the group determine how they want to hide the Secret Leader. Groups may choose to stand in rows, move continuously around the room, etc. Send the volunteer out of the room while the rest of the group strategizes and then bring them back in after the group has started their motions to guess.



**Large Group:** To facilitate this activity for a large group, consider having more than one Secret Leader or person guessing.



**Online:** To facilitate this activity virtually, move the participant who will be guessing into a breakout room or waiting room while the rest of the participants choose a Secret Leader and begin their first motion. Then, bring the participant back from the breakout room or waiting room to start guessing.



[\[click here for video\]](#)



## DEBRIEF QUESTIONS

- What:
    - What strategies did you use as the Secret Leader/guesser/participant?
    - How did the group stay in sync with the Secret Leader?
  - So What:
    - Why is it important for all group members to remain in sync with each other?
    - What is the significance of making changes at the same time as the rest of the group?
  - Now What:
    - How can you keep this group in sync when working together?
    - What can you do as a leader or a follower to make sure that you are moving at the same pace as the rest of the group?
- **Facilitator Note:** These questions can be used to guide your debrief, however, pick the questions that best match your group's experience and add or change questions as needed.