



FOLLOW THE LEADER ACTIVITY SUPPLEMENT

WEEK 29 • TEN COMMANDMENTS

Game adaptations if a kid in your group has a disability:

- Remain seated for the game and make sounds or choose movements everyone in your group is capable of.

OR

- Allow the kid with a disability to call out actions to your line as you walk around, and everyone does them.

Action Ideas:

- Stomp feet
- Clap hands
- High knees
- Wave arms while walking
- Walk backwards
- Wiggle while walking
- Hop
- Walk with legs wide apart
- Pretend to fly
- Squat walk
- Touch toes after each step
- Crawl
- Shake head while walking
- Spin around while walking
- Make silly noises while walking