



## EXTENDED SOUND & MOVEMENT

**Number of players:** 6+

**Space:** Open area

**Materials needed:** None

**Procedure:**

Players briskly move about the playing space. The leader calls out a player's name and that player immediately [without thinking] begins making extended physical movements accompanied by elongated sounds. The other players do the same sound and movement as in a typical Follow-the-Leader game. When the leader calls out another name, that player then takes the lead and begins a different extended movement and elongated sound as other players follow, etc.

**Possible side coaching:**

- "Experiment with using different levels [high, low, etc.] as you lead."
- "What sounds haven't we heard?"

**Variations:**

For a similar circle activity, see Sound and Movement.

**Processing points:**

- Which did you prefer: leading or following?
- Which sounds and movements were most challenging for you? Why?
- Why might performers do exercises like this?

**Possible learning areas:**

Leadership, creative movement, exploration of sound

**AKA:** Follow me!

**Source:** Meredith Alexander