



# DO AS I SAY, NOT AS I DO

## *Participants*

Any number of participants.

## *Time Allotment*

5+ Minutes

## *Activity Level*

Low

## *Materials*

No materials required

## *Method*

This game is played like “Simon Says.”

- There is one leader (staff or youth).
- Everyone must stand facing the leader. The goal of the group is to do what the leader says and not what the leader does, so if the leader puts his/her hand on their head, and says touch your nose, the group should touch their nose and not their head.

## *Variations(s)*

- Try it with the goal being to do what the leader does and not what they say.

## *Coaching Tip(s)*

- Closely watch the participants and gauge regulation needs based on the level of dysregulation observed.
- Regulation Modification Options: Use the option most appropriate for the youth’s level of regulation:
  - The facilitator can be creative and use regulation techniques as some of the commands that they tell the students to mimic.
  - The facilitator can lead a regulation activity after every few minutes of play if the group is getting dysregulated.