



Station 6: Lead and Follow

MOVE

- Stand facing another person. One person is the leader; the other follows.
- Dance, make funny faces, move your arms and legs — be creative.
- Say or sign something in another language.
- Switch the leader and the follower.

DISCUSS

- How are we the same? How are we different?
- How does it feel to be different?
- What makes you feel proud?
- What makes you feel unique?
- Are you a leader or a follower?



Welcome to a new way to explore our community!

Move This Way provides an opportunity to be active, talk, think and learn about topics related to your physical, mental and social well-being.

Engage in a fun, physical activity at each station and then use the questions to spark discussion. Use the additional resources to take action or learn more.



TAKE ACTION

- **Consider volunteering:** [Heart of New Ulm](#)
- **Remember:**
 - It's OK to be different.
 - You should always be kind to those who are different from you. Because to them, YOU are different, too.