

# Seniors

# NATURAL BORN LEADER

## THEMED PROGRAMME



### AIM

The world is full of 'Leaders'. From politicians to business leaders, headteachers to youth leaders. Leadership skills can be a crucial tool to have in your toolbox for life. Spend some time improving your leadership skills with our leadership challenges and activities.

### ACTIVITIES

-  Herding Sheep
-  The Flying Pen
-  Photo Finish
-  A Natural Born Leader
-  Famous Young Leaders
-  Moses the Reluctant Leader

# NATURAL BORN LEADER

## » INTRODUCTION

Leadership is defined as the ability of an individual or a group of individuals to influence and guide other members to achieve a goal or purpose.

Leadership skills are useful throughout life, from big moments in work and careers, to small moments in everyday life such as organising a trip to a theme park with friends or choosing a film to watch as a large group.

Use this themed programme to explore your leadership skills and put them to the test.

## ? DID YOU KNOW?

- Everyone, at some point in their life, will be asked to be a leader.
- We all have leadership skills inside us, some are just more hidden than others.
- Some key skills and qualities needed to be a good leader include communication, integrity, respect, an ability to delegate, courage and more.
- **'A leader is one who knows the way, goes the way and shows the way.'** John Maxwell



## GET ACTIVE: WORKING AS A TEAM HERDING SHEEP

- 1 Everyone should be blindfolded, except one person, and placed somewhere in the room. Each blindfolded person should be gently spun around a few times to help disorientate them.
- 2 Set up a coned area in the room big enough for everyone to fit inside. This will form the sheep pen and this is where the 'sheep' need to be herded to.
- 3 The person not blindfolded is the 'shepherd' and will be the leader for this challenge. They cannot stand by the coned area but must instead stand still somewhere else in the room (to stop people just following their voice). Their job is to give commands to the sheep to get them into their pen. With various sheep in different parts of the room all facing different directions, this won't be a straightforward task.
- 4 Time the shepherd to see how long they take. Repeat the activity and let other people take on the job of being the shepherd.
- 5 Afterwards spend some time reflecting on the difficulty of the task. How easy/difficult was it to lead the activity? What went well? What didn't go well?



**Taking it Further:** Increase the difficulty by not allowing the shepherd to talk. Teams can discuss tactics beforehand but can't then talk at all during the challenge.

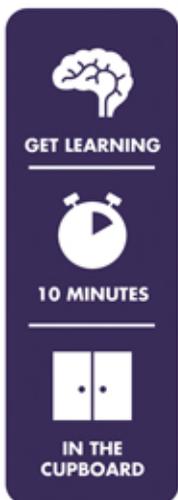
**Keeping Everyone Safe:** Please be sure to remove any obstacles from the space you are using. Leaders should be on hand to intervene if a young person is about to walk into something or fall.



## GET LEARNING: PROBLEM SOLVING

# THE FLYING PEN

- 1 For this activity you'll need to tie pieces of string to a pen. Ideally you'll need enough pieces of string coming from the pen as people taking part in the activity. If working in a medium to large group, split into small teams and have a pen for each team. Each group will also need a piece of paper to draw on.
- 2 Explain to the group that each person should hold a piece of string. They can only hold their piece of string and they are unable to touch the pen at any point.
- 3 Give the team a word or a shape and ask them to write the word/shape, using the group's pen.
- 4 For this activity you could allocate a 'leader' to take charge for each word/shape or you could let the group find a natural leader from the task.
- 5 Afterwards spend some time reflecting on the difficulty of the task. How easy / difficult was it to lead the activity? What went well? What didn't go well?



## GET LEARNING: PROBLEM SOLVING

# PHOTO FINISH

- 1 Place a long line on the floor. This could be with tape, chalk, cones etc.
- 2 Everyone should stand one side of the line. This line is the finish line of a race. Your task is for everyone to step over the line at the exact same time. Sounds easy right, but is it?
- 3 Anyone who is slightly out of sync and crosses a tiny bit early or late, stops the challenge being completed and the group must try again. Only when everyone is fully in sync and crosses exactly at the same time, is the challenge completed. A leader should act as an adjudicator for this activity.
- 4 Don't nominate a person to be in charge, instead the group should see who becomes the natural leader and how conflicting viewpoints are resolved.
- 5 Afterwards spend some time reflecting on the activity. Who became the natural leader? Why was it that person? How did they ensure the challenge was completed successfully?

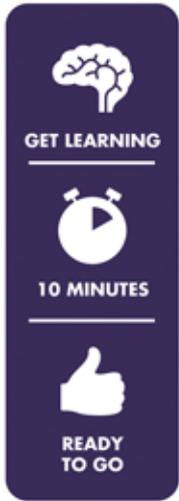


## GET LEARNING: MY SKILLS FOR LIFE

# A NATURAL BORN LEADER

Now having completed a number of challenges that have tested the leadership skills of individuals in the group, sit down together and have a discussion about some of the below questions.

- Which challenge was the most successful and why?
- Which challenge was the least successful and why?
- Could the activities have been completed (as quickly or at all) if no one had taken control?
- What qualities made up the good leaders during these activities? (I.e. patience, communication, logical thinker, trust etc)
- Who in the group seem to have well developed leadership skills already? Did they know this before or have the activities brought these out?
- When in your daily lives are leadership skills useful? What examples can you give?



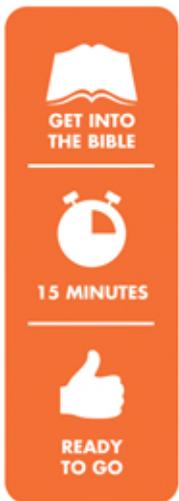
## GET LEARNING: ME & MY WORLD

# FAMOUS YOUNG LEADERS

A quick challenge for the group to complete, trying to identify famous leaders based on photos of them when they were younger.

- 1 There are many famous leaders in society. These include politicians, business leaders, heads of state, sports stars and more. Can you recognise these famous leaders from before they were well-known?
- 2  Download the Famous Young Leaders PowerPoint and display this using a projector or large TV.
- 3 Show the first slide. This has an image of a famous leader, but from their childhood. As a group can you identify the person?
- 4 Have a discussion on who you think it might be. Once everyone is happy with their guess, reveal the answer by moving on the slide.
- 5 Go through all the images. How many of the leaders can you correctly identify?

**Top Tip:** For this activity it would help to have one of your leaders look through the answers beforehand, so they can provide you with some hints and clues to some of the more difficult faces to guess, should you get stuck.



## GET INTO THE BIBLE: MY BIBLE ADVENTURE

# MOSES THE RELUCTANT LEADER

- 1 Has anyone had to take on a position of leadership and been a bit reluctant? This might be leading a presentation at school, performing a solo in a band, becoming the team captain of your sport, being a tent leader at camp etc.
- 2 What can make people reluctant to take on a position of leadership? Answers might include feeling that you're not good enough, worrying about messing up, not thinking you have the skills, wondering what will happen if people don't follow your lead and so on.
- 3 If you've ever been asked to take on a leadership position and not been sure about it and doubted yourself, then you won't be the first person to have felt that way.
- 4 Moses is one of the most famous leaders in the Bible, however he was originally a very reluctant leader. Explore Moses' reluctance and his conversation with God in Exodus 3 & 4. In these chapters we see God asking Moses to lead the Israelites out of Egypt, but Moses asks questions such as 'what if they don't believe me?' or telling God that he doesn't have the skills needed. At one point he even pleads with God to choose someone else.
- 5 We know from the Bible that Moses was a great leader. A leader with vision, confidence and courage. But at this moment in the story we can see that Moses became overwhelmed with fear and worry and made a load of excuses why he couldn't do the job. God's reply was simple but perfect. He replied by saying 'I will be with you'.
- 6 God promises us the same thing. When we are faced with challenges, asked to do things we aren't sure about, faced with taking on the unknown and step out in faith, God will be with us too. We are called to be like Moses and put those self-doubts to one side, trust in God and walk on in faith. God will provide us with everything we need to succeed.
- 7 Finish in prayer thanking God that he is with us always.

 **'But Moses said to God, "I am not a great man! How can I go to the King and lead the Israelites out of Egypt?" God said, "I will be with you!"' Exodus 3:11-12**