



Center for Leadership & Educational Equity

Say, Say, Do

Developed in the field by educators.

Purpose

To provide opportunity to reflect on individual approaches to task of varying difficulty and to build community among participants.

Process

1. Everyone stands in a circle facing the center

Introduction: The facilitator will give participants directions for stepping or hopping in a given direction. The participants are to 1. Repeat the directions and 2. Perform the action in a particular way.

2. Round 1 — Say, Say, Do

The facilitator says the direction; the participants repeat the direction and perform it.

For example, the facilitator might say, **“Step left.”** The participants say **“Step left”** as they **step left.**

The directions are given at a lively pace and usually include variety of patterns/movements, like a series of step left, step left, step left, followed by series of step right, step right, and then, step in, step in, step right, step out, step out, step out, step right, etc.

3. Round 2 — Say, Say, Do Opposite

The facilitator says the direction; the participants repeat the direction and then move in the opposite direction.

For example, the facilitator might say, **“Step left.”** The participants say **“Step left”** as they **step right.**

Again the directions are given in a lively pace and include a variety of patterns/movements

4. Round 3 — Say, Say Opposite, Do

The facilitator says the direction; the participants repeat the **opposite** direction and then move in the ‘correct’ direction.

For example, the facilitator might say, **“Step left.”** The participants say **“Step right”** as they **step left.**

Again the directions are given in a lively pace and include a variety of patterns/movements

5. Debrief

- Which was hardest/easiest? Why?
- How does your brain feel?
- How does this apply to our work?
- What strategies did you use as this task became more complex?
- What did the facilitator do to scaffold as the task became more complex?