(Quiet)

Everyone opens their eyes on your command. They should change close their eyes and get into a comfortable pose. As soon as everyone has a leader chosen, before beginning, have people who is following them.

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**DRUMMERS RELAY**

Materials: Drumsticks and tennis balls.

Place your participants in two or more single file lines with the same amount of people in each line. Then put half of each group on the other side of the room. Give the first person in each line a set of drumsticks (both sides of room). Give the first person (one side of room only) a tennis ball and the second person in that line a set of drumsticks. The object of the game is to use the drumsticks to transport the tennis ball to your team mates on the other side of the room. They in turn transport the tennis ball back to the other side of the room and give it to the next person and so on. This continues until everyone is back to their original position. First team done, wins.

(Action)

**EXERCISE NAME GAME**

To help group members remember names, have each person introduce himself/herself by attaching an exercise motion that begins with the same letter as the participant's first name. For example "Jumping Jacks Jan" or "Neck Stretch Ned." All group members then join in and do the exercise with the participant introducing himself/herself.

This can also be done as an add-on activity in which everyone repeats each exercise and name as they go around the group. This activity is best done in a circle where everyone can see the exercise being performed.

(Name)

**FAST JACK RABBIT**

The group needs to form a circle with one member in the middle, that person will be known as the "leader." The "leaders" job will be to direct members in the task at hand, which is to make a Rabbit or other animal or object.

The "leader" will spin around, stopping and pointing to a member. That person will be the "body" of the animal or object. Members on either side will have to complete the animal or object. In the event that a rabbit is to be "made", the "body" would produce buckteeth and whiskers; the sides would produce ears. All of this should occur in a set time frame. The "leader" can count to 10, if the animal is not "created" by the time the "leader" gets to 10, the member in the middle is the new "leader."

(Action)

**GETTING ARRANGED**

The following are different challenges for groups to do using alternate forms of communication to form lines or circles.

- Arrange alphabetically without talking.
- Arrange by birthdate without talking.
- Arrange by height while wearing blindfolds or closing eyes.
- Arrange by foot size while wearing blindfolds or closing eyes.

(Communication)
Welcome to Know Your Stars!

Instructions:

1. Form groups of 4-5 people.
2. Each group will have a favorite movie.
3. Each person in the group must list 3 favorite movies they enjoy watching.
4. The group can choose one favorite movie to watch and discuss.
5. After watching the movie, each person must tell their favorite scene.

Materials:
- 3 x 5 or 5 x 7 index cards
- Pencils

Activity:

- Each person lists 3 favorite movies.
- The group discusses and chooses a favorite movie.
- Each person then tells their favorite scene.

Objective:

To learn about each other's favorite movies and scenes.

Description:

This activity promotes teamwork and discusses common interests.

Have You Ever:

Instructions:

1. Form pairs.
2. One person asks the other the question: "Have you ever done this?"
3. The person being asked must answer truthfully.
4. The person asking continues with the next question.

Materials:
- Paper
- Pencils

Activity:

- Pair up with someone.
- Ask the question: "Have you ever done this?"
- The person being asked must answer truthfully.

Objective:

To learn about each other's experiences.

Description:

This activity promotes conversation and personal connection.

Islands:

Instructions:

1. Form groups of 3-5 people.
2. Each group will have a favorite song.
3. Each person in the group must list 3 favorite songs they enjoy.
4. The group can choose one favorite song to listen to.

Materials:
- Paper
- Pencils

Activity:

- Each person lists 3 favorite songs.
- The group chooses one favorite song.
- Each person tells their favorite song.

Objective:

To learn about each other's favorite songs.

Description:

This activity promotes discussion and discovery of new music.
LOOP THE HOOP

Materials: two hula hoops (different sizes).

Ask your group to form a hand-in-hand circle. Place two hula hoops together between two people (resting on their grasped hands). See how quickly the people in the circle can cause the hoops to travel around the circle in opposite directions through each other (i.e. hoop through hoop), and back to their original position. If you have a large group, use lots of hoops.

(Movement)

NUCLEAR MINE FIELD

Materials: Bag full of soft, crushable items (balls, frisbee, foam objects, kooshball, etc.), masking tape or rope.

Dump your game bag out on the floor and rearrange the contents so that everything is evenly distributed within an outlined rectangular area. Then split up into pairs and try to lead one another through the Mine Field. Remember, one of the members of the pair is blindfolded (eyes closed) and the other is simply giving verbal directions -- no touch. Variation: Set up the mine field within a outlined circular area; use a rope for a boundary. In the center of the circle (target area), place an appropriately bizarre squeaky toy so that an audible reward is there for the successful pair to step on.

(Communication)

MIRROR

Face your group and ask them to spread out so that their arms can move in any direction without touching anyone. Invite the group to do what you do.

Be creative with your movements. Mirror is a wonderful tool that can be used to give your group whatever they need...slow motion stretches, goofy faces and positions, or high energy running and jumping. Have the group take turns being the lead person.

(Movement)

ONLY THE FACTS

Materials: 3 X 5 index cards and pencils.

Each participant is given a card and asked to write on it a personal fact believed unique to him/her. The leader collects the cards, shuffles them, and redistributes them. Each participant reads aloud the card he/she is given and tries to identify the person to whom the fact applies.

If the reader cannot identify the person the group attempts to guess. The identified person confirms or denies the fact, and the exercise continues until all are correctly identified.

(Name)
SKIN THE SNAKE

Originally, members are across the point where the head of the chain was

Taking the original chain, now the chain runs forward so that all

play the down. Touch this hand to the ground. Then get up

and winds backward, all times keeping hands joined. The last

and the chain back up, straddling the player(s) on the ground.

The game continues as all people lie down as the chain moves

This can be played to improve coordination or as a race between

ROCK BRIDGE & TREE

First team finished, while

are back to their original positions. The last person lies down

on the rock. The last person lies down

Next person in line jumps over the rock. Goes under the bridge

and around the tree. The next person in line jumps over the rock. Goes under the bridge

The first three participants on each team become a rock, a bridge

This group is divided into teams which line up facing each other.

QUICK SHUFFLE

Back.

number to their original positions. Keep going until everyone is

Each of the volunteers can approach the group and move one

group changes places.

Get two or three "volunteers." The rest of the group stands in a

PROBLEM SOLVE

Partner is the new leader.

When the leader calls, "people to people" everyone gets a new


The leader calls the instructions such as "foot to knee." "Head to

Players stand back to back with a partner anywhere in the room.
TWO TRUTHS & A LIE

This simple game is fun, funny and helps everyone get to know each other. Even in groups where players know each other well, this game provides new insights into each other.

A member of the group makes three statements about himself/herself — two must be true, while the third (in any order) is not true. Other members of the group then decide which of these statements are true and which is false. Another person then makes three statements about himself/herself and the game continues.

(Quiet)

UNION SQUARE

Materials: None

Four players comprising a team may compete. The members of the team should sit down with their backs together. Without using their hands, the members must stand up, run across the room and back around any designated course, and return to their original sitting position, continuing at all times to keep their backs together.

Teams can compete against each other or be timed and compete against their own time.

(Question Solve)

VALUES

Materials: 3 x 5 index cards and pencils.

Give each participant a card and ask each person to identify three things they value: an object, a relationship, and an idea. Inform participants that they will be sharing their answers.

Divide the large group into smaller groups of 4 – 8 persons. Ask each person to share his/her values and explain his/her choice.

(Quiet)

WHERE IN THE CIRCLE AM I?

Standing or sitting in a circle, ask all the players to say their first names in sequence around the infinite arc. When completed, ask the circled players to alphabetically rearrange themselves by first name without use of verbal communication, and after milling and shuffling about, to maintain their circular arrangement.

After the first marginally organized attempt, announce that the group may say their names again in circular fashion, then non-verbally rearrange themselves as before. The group can continue this say-your-name-and-move pattern as many times as necessary to establish everyone in their correct Dewey Decimal positions.

(Name)
March 2000
Pamela Gibson, OSU Extension Agent, 4-H Youth Development
Yamhill County 4-H Youth Council Members and

Revised:
Created by

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SOURCES

ZOOM

two zooms going around
sometimes瞬间的on the plate and zooms the other way. Maybe
neighbor and say zoom, keep it going around the circle until
stopping in the circle pretend to be driving a car, tilt the wheel to a

YES OR NO

The pictures can feature any topic: e.g., breeds of rabbits, horse
Tack, sewing equipment, etc.
The pictures must be answered YES or NO.
The questions must be answered YES or NO.
Questions about animal food items.
Print a picture of a food on the back of each player. The group then
Materials: Enough pictures for all participants and safety pins.

X-GAMES

continue the “leader’s” progress.
“leader”, he/she can run to the front of the passing line and
in the ground, the “passers” may not move their feet.
required in a double line, without allowing the “leader” to
physically pass a member (other) of the group the distance
The object of this game is for a group of “passers” to
Using Games & Activities to Teach & Have Fun – Easy as A...B...C...

Analyze your club or audience you are teaching

What purpose could the game or activity fulfill? For example:
- get participants better aquatinted
- build spirit among the members
- help them to speak in front of a group
- teach them 4-H project related information
- increase their leadership skills, i.e. listening, problem solving, decision making

Be age and audience appropriate

What are the ages of your members? Select activities that are appropriate for the members in your club.

- 5-8 yr olds – focus on non-competitive activities
  group success
  highly active energy levels
  active participation games
  love creating their own rules and games

- 9-11 yr olds – use varied types of activities
  don’t force opposite sex interaction
  highly active energy levels
  incorporate competitive and non-competitive
  provide a means for them to be successful

Be age and audience appropriate continued

- 12-15 yr olds – have both small and large group activities
  allow for interaction between sexes
  let them break into their own groups
  give parameters and guidelines to activities
  allow them to lead some activities

- 16-18 yr olds – put members in real life problem solving situations
  put premium on social interaction time
  engage all members in activities
  allow them to lead and process learning from activities
  focus interaction on teambuilding

Collect needed resources

- List the games or activities you are interested in doing and meet your needs.
- Place them in an order that has participants building on their skills, builds on their trust of others in the group, and uses different techniques for interest.
- Gather or make all of the props, i.e. pencils, paper, balls, pictures, etc. you need.
- Always over estimate the number of people coming.

Clear directions

- Get the attention of everyone before you explain anything.
- When giving instructions, stand where you can be seen by all.
- Get people in proper formation before demonstrating activity.
- The younger the audience, less need to tell name of game.
- Make sure everyone is clear about process before you begin.

Consider the physical abilities of your audience. Consider the comfort level of your audience and the space you have to work with.