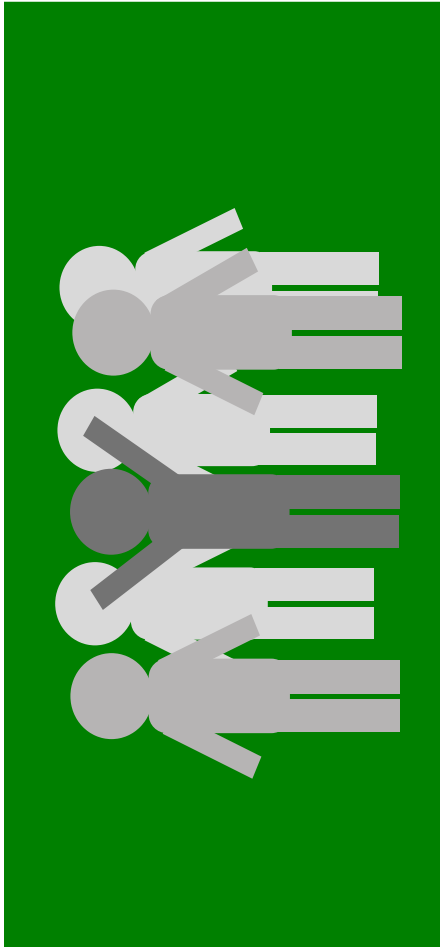




# GAMES, PROGRAMS, SERVICES, & LEADERSHIP



**D1  
4-H**

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.



## IDEAS FOR 4-H CLUB, PROJECT & EVENT

# PROGRAMS- FCH

**Bread in a bag** - teach wheat from a nutritional & production stand point. Takes about 20 minutes. Send it home to bake.

**Fruit sculpting demo** -pick a few easy fruit or veggie art/sculpting projects to get youth excited for the nutrition project. Pinterest has great examples. 15-30 minutes.

**Garnishing Demo** - another fun way to get youth excited for the food & nutrition project!

**Grocery Store Dash** - Divide into teams give each team \$5 to see how many non perishable items they can buy to donate. OR simply do a grocery store tour or scavenger hunt.

**Photography Scavenger Hunt** - divide into teams make sure each team has a cell phone camera to use!

**Make mini first aid kits** - use old Altoids tins to make mini first aid kits with bandaids, alcohol swabs, goss, etc.

**Knife Safety Demo** - make pico de gallo and teach kitchen knife safety.

**Pumpkin Pie in a cup** - lots of easy no bake recipes. Teach about pumpkins from a nutritional & production standpoint

**Make Stress Balls** - Discuss healthy tips and tricks for handling stress.

**Cookie Decorating Demo** - Invite a local baker/decorator to come do a hands on demo for basic cookie decorating.

**Table Etiquette** - Host a meal to teach basic table etiquette and manners.

**Professional Dress** - host a fashion show or have a professional come give advice on professional dress. IE business casual vs. business professional.

**Ice cream in a bag** - teach dairy from a nutritional and production standpoint.

**Guest Speaker ideas** - Local photographer, boutique owner, grocery store manager, restaurant manager, nurse, first responder, banker, seamstress. Guest speakers are great for career exploration and to lead programs in their areas of expertise.

**Pancake Art**- use electric skillets and put different colored pancake batter in squeeze tubes, let them design their own pancakes

## **IDEAS FOR 4-H CLUB, PROJECT & EVENT**

# **PROGRAMS-ANR**

**Livestock ID** -use a variety of livestock equipment of pictures of the equipment and make a game out of it.

**Dissection** -have a local veterinarian lead the group in an animal dissection. OR contact the Don Harrington Discovery Center to lead the group in cow eye-ball dissection.

**Injections Demo** - using fruit, syringes and needles demonstrate the different injection routes & teach youth how to properly read medicine labels.

**Pinning Demo** - collect insects and do a quick demonstration on how to pin insects. Get the youth excited for the entomology project.

**Animal Grooming Demo** - Invite a local animal groomer to come teach basic at home grooming techniques for dogs.

**Livestock Breeds ID** -print pictures of different breeds of livestock and turn it into a game. You could do the same with meat cuts, and ag products.

**Parts of an animal** - For example use a horse and allow kids kids to SAFELY place sticky notes on the horse to correctly label the annatomy of a horse. Great for visual learners

**Guest Speaker ideas** - Local Game Warden, Brand inspector, local production agriculturalists, veterinarian, animal chiropractor, etc.

**Tour Ideas** - visit local feed store, farm tour, veterinary lab, etc.

## **IDEAS FOR 4-H CLUB, PROJECT & EVENT**

# **PROGRAMS-STEM**

**Astronomy** - Contact the Don Harrington Discovery Center to bring their mobile Planetarium.

**Rocketry** - make rockets out of household items like matches, or do an experiment with coke bottle rocket explosions

**Robotics** - make robots out of household items like rubberbands and straws.

**Raft Races** - divide into groups and give each group a set amount of the same supplies and challenge them to make a raft that floats in the sink.

**Aerodynamics** - provide an assortment of papers and supplies let everyone make their own paper airplane and see which one flies the furthest.

**Creepy Critters** - Contact the Don Harrington Discovery Center to bring their creepy critters program.

## **IDEAS FOR 4-H CLUB, PROJECT & EVENT PROGRAMS-GENERAL**

**4-H Trivia** - Youth love the buzzer boards. Utilize them for a 4-H trivia night or for any sort of game or trivia!

**Service Dog** - Have local law enforcement bring the local service dog and discuss his job!

**Career Fair** - Invite several local professionals and host a mini career fair!

**Flag Etiquette** - Teach proper flag etiquette, such as when to fly it, how to fold it, etc.

**Time Capsule** - Bury a time capsule and allow youth to bring an item to put in it!

**Safety** - invite guest speakers to discuss all sorts of different aspects of personal safety. IE water safety, fire safety, first aid safety, halloween safety, social media safety, etc.

**Money Management** - invite guest speakers to discuss setting up a savings account or budgeting.

**Job Interview** - go over some basic job interview skills, how to shake a hand, what to wear, how to introduce yourself, etc.

**Knot tying** - teach some basic knots.

**Tour Ideas** - tour a local museum, courthouse, theatre, etc.

**Elected Officials** - invite local elected official to discuss their job, local government, how elections work, etc.

**Public Speaking** - look up and play some fun public speaking games!

**Scavenger Hunt** - always a fun activity, it could be a nature scavenger hunt, photography, a challenge scavenger hunt, etc.

## **FCH IDEAS FOR 4-H**

# **COMMUNITY SERVICE**

- Collect clothes for community clothing bank
- Host a coat drive
- Host a canned food drive
- Sew soap pouches for nursing homes
- Make fleece blankets for CareNet
- Make lotion to donate to nurses, etc.
- Make fidget bibs for nursing homes
- Sew lap blankets for nursing homes
- Sew heart pillows for cardiac patients
- Make/donate treats to teachers' lounge
- Volunteer to lead a craft during story hour at the library
- Make tray favors for meals on wheels, senior citizen center, hospital, etc.
- Make holiday wreaths for nursing home
- Work a pack day at Snack Pak 4 Kids
- Donate to Socks for Soldiers
- Make fabric toys to donate to dog shelters or for the local service dog
- Volunteer to work at your local food bank or clothing bank
- Decorate a Christmas tree at a local nursing home, hospital homeless shelter, etc.

## **ANR IDEAS FOR 4-H**

# **COMMUNITY SERVICE**

- Develop and maintain a local nature trail
- Cleanup existing nature trails
- Collect dog food for local shelters
- Cleanup local gun ranges
- Cleanup the county farm/show barn
- Create a community garden
- Help maintain or plant an already existing community garden
- Plant flowers in public areas or trees at parks, etc.
- Volunteer to serve food or help set up at local commodity group events.

## **GENERAL IDEAS FOR 4-H**

# **COMMUNITY SERVICE**

- Host a book drive to donate to local elementary schools
- Collect coke tabs for the Ronald McDonald House
- Volunteer to lead activities at an after school program
- Paint/repair community buildings
- Plan game nights/crafting nights at nursing homes.
- Participate in Operation Christmas Child
- Adopt an angel from your local Angel Tree
- Cleanup the Cemetery
- For Veteran's Day place small flags on the gravesides of veterans.



- Go Christmas caroling in residential areas, nursing homes or hospitals
- Make pictures/cards for nursing homes and hospitals
- Make Valentines for CASA kids
- Volunteer to read at story time at the Library
- Host a community wide Easter Egg Hunt
- Donate candy and eggs for an Easter egg hunt
- Host a school supplies drive
- Send thank you notes to first responders
- Volunteer to help out at your extension office
- Collect magazines and books for hospital waiting areas
- Assist with a local voters registration event by passing out info on how to register
- Collect stuffed animals or other similar toys for local police stations or child abuse workers

# GENERAL IDEAS FOR 4-H YOUTH

## LEADERSHIP ROLES

- Club Officer
- County Council/Leadership Groups
- District Council/State Council
- Apply for 4-H Congress
- Attend District Power Camp
- Attend County Officer Training
- Coach younger 4-H members in a contest area
- Serve as a junior project leader and lead project meetings
- Organize county-wide events
- Lead or serve on a 4-H committee
  - Fundraising
  - Achievement Banquet
  - Christmas Party
  - Float/parade
- Write articles about 4-H for the newspaper
- Submit 4-H photos to the newspaper
- Go on the radio to promote 4-H
- Lead your club in the pledges
- Do a project demonstration for your club
- Be a mentor to a new or younger 4-H member
- Set up/work 4-H promotional booths at community events.
- Serve as a Texas 4-H Ambassador
- Serve on the Texas 4-H Technology Team
- Visit Community groups and promote 4-H to them

- Present a project demonstration to the Commissioners Court
- Promote 4-H at a School Board Meeting
- Organize or help at 4-H kick-off/enrollment events
- Emcee or speak at your county banquets, or county contests
- Help check people in at your county contests
- Serve as a greeter at your county banquet
- Work local showmanship clinics
- Promote 4-H to your peers by passing out 4-H bookmarks or pencils
- Attend 4-H leadership camps
- Help work a camp for younger 4-H members



# ENHANCING THE CLUB EXPERIENCE.....

## ***May: Ice Breaker***

### **A to Z Freeze Game**

Ask participants to recite the alphabet in unison. Let them go on for a while until you yodel "Stop." At that point identify the letter they stopped on and ask a few to share something they are looking forward to in 4-H that begins with that letter. For example, if you stop on the letter "C" some may say camps, cooking, canoeing, etc. After a few have shared, begin the alphabet again. Stop on a different letter. Ask participants to share a personality trait for a leader that begins with that letter. Come up with different questions for each letter. The number of letters you stop on can be determined by the group size and how many share ideas on each letter. Play until everyone that wants to share has the opportunity to do so.



# ENHANCING THE CLUB EXPERIENCE.....

## **May: Recreation**

### **Count the F's**

**Materials Needed:**

Pencils

Handout with the statement typed on it – one copy per person

**Time:**

5 minutes

**Set up:**

none

**Instructions :**

Pass the statement out to everyone face down. Then tell everyone to turn it over and count the number of F's on the paper. Allow only one minute to count and tell them to stop. Ask how many of you have the sheet with three F's, who has four F's, how about 5? Does anyone have 6? (About 50% of the group will see three F's and approximately 10% will see all 6)

**Statement:**

FEATURE FILMS ARE THE RESULT OF YEARS OF SCIENTIFIC STUDY COMBINED WITH THE EXPERIENCE OF YEARS

**Reflection:**

Why couldn't all of us initially see all 6 F's? (The F in the word "of" sounds like a "V".)



# ENHANCING THE CLUB EXPERIENCE.....

## ***April: Ice Breaker***

### **Airport**

Everyone makes a paper airplane and writes their name, nickname, something they like or dislike, 4-H projects, etc on the plane. On cue, everyone throws their airplane around the room. If you have an airplane you get to pick up and keep throwing it for 1-2 minutes. At the end of the game, everyone must have one airplane. Unfold the airplane and find out who it belongs to. This is the person they must find and introduce to the group.



# ENHANCING THE CLUB EXPERIENCE.....

## ***March: Ice Breaker***

### **Guess the Picture**

Collect a set of pictures of your town / locality / personalities etc. and display them on the wall with a number. The guests have to identify them and write the name on a sheet of paper. The winner is the one with the highest score.

**Note:** This activity could be a great lead in to a program on the history of landmarks in your community. Invite a guest speaker from the historical society or plan a tour to some of the local historical sites!



# ENHANCING THE CLUB EXPERIENCE.....

## ***March: Recreation***

### **In the Water, On the Shore**

**Materials Needed :**

None

**Time:**

10-15 minutes

**Set up:**

Open space for total group

**Instructions :**

Make a mark or place an object down the center of the floor where the group is standing. Tell the group this is like Simon Says. The left side of the room is "in the water" and the right is "on the shore." When you call out "in the water" everyone should move to the left side. When you call out "on the shore", they should move to the right side. The person calling needs to keep people moving and jumping from one side to the other. They may call out the same thing twice. The goal is to get participants mixed up and on the wrong side compared to what has been called out. The last one remaining in is the winner. Choose someone who speaks distinctly and quickly.





# ENHANCING THE CLUB EXPERIENCE.....

## ***February: Ice Breaker***

### **Clump**

Everybody mingles, constantly moving until the leader shouts out a number. All players must then try to get into groups of that number, any participants that don't succeed in getting in the specified group are out.

**Variation:**

Players find others who have things in common, such as same shoe size.



# ENHANCING THE CLUB EXPERIENCE.....

## **February: Recreation**

### **Autographed Frisbees**

**Materials Needed:**

pencils or pens  
paper plates

**Time:**

20 minutes

**Setup:**

Circle of any size

**Instructions:**

Distribute paper plates and pencils. Instruct the participants to write their names on their paper plates (first and last). Make a circle. Place an object as a marker in the center of the circle (chair etc). Tell them to throw their plate toward the object in the center on the count of three. After all the plates have landed, tell them to move to the center and pick up a plate that is not theirs.

Autograph the plate you have and repeat the process. The third time the participants should find their own plate they started with. They should then try to find the two individuals that have signed their plate and share one or two things about themselves.

**Reflection:**

Share something interesting you learned about someone else from this activity.



# ENHANCING THE CLUB EXPERIENCE.....

## ***January: Ice Breaker***

### **Line Up Game**

Get in groups of five to ten people each. First group that gets itself into order according to the category you name, wins.  
Examples first letter of middle name, shoe size, height, birth date, etc. Just be sure to pick subjects that people can line up easily.



# ENHANCING THE CLUB EXPERIENCE.....

## **January: Recreation**

### **Spotlight Solo**

**Materials Needed:**

Have at least 3-7 blind folds. You can use a flash light, baton, wand, stick or just use your finger

**Time:**

10 minutes

**Set up:**

Circles of no more than 10

**Instructions :**

Form a circle of people you know. Blind fold one of the players and have him or her stand in the middle. They can hold a small wand, baton, stick or just use their finger. The individual in the center that is blind folded, names a popular music tune for everyone to hum along with that person. The group moves / dances around that person in the center as they hum. When the person in the center points their finger, wand, baton or other object at a person; everyone stops and that person they are pointing to must begin to sing the tune using words. The person blind folded must identify the person singing. If they do not, the game continues with a new tune and that person still in the center. If they guess that individual, then they assume their position in the circle.



# ENHANCING THE CLUB EXPERIENCE.....

## ***December: Recreation***

### **Fact or Fiction**

**Materials Needed :**

None

**Time :**

15-20 minutes

**Set up :**

None, this works best in small groups (large group divided into small will work)

**Instructions :**

Instruct the group member to take turns sharing two facts and one fiction about themselves. The rest of the group is to guess what is and is not true. Give the group about two minutes to think of their facts and fiction. Then start by sharing with the other participants. They have to guess what is fact and what is fiction.

**Reflection :**

- What interesting facts they learned about others.
- How is fact sometimes stranger than fiction?

\*modification can be to give thumbs up for true and thumbs down for lie.



# ENHANCING THE CLUB EXPERIENCE.....

## ***October: Ice Breaker***

### **Dress the Mummy**

**Supplies:**

Rolls of toilet paper

**Players:**

Small to large groups

Set up teams with 2-4 players on each team. One person on each team will be the mummy and each team will be given 2 rolls of toilet paper. They will have 5 minutes to complete the game. The team players are to circle around the mummy and pass the toilet paper to each other while wrapping the mummy in it. The leader of the group will be the judge and decide which team has created the best mummy design.



# ENHANCING THE CLUB EXPERIENCE.....

## **October: Recreation**

### **I Cannot Say I**

**Time Estimate:**  
10 minutes

**Materials Needed:**  
Whistle  
Watch or clock with second hand

**Set up:**  
Needs to be open

**Instructions:**

Ask all participants to pair up and stand somewhere in the room. Announce a topic for all participants to begin discussing at the signal. Choose any ageappropriate topic that the group might find interesting, such as : things I did on my summer vacation; why I believe in \_\_\_\_\_; the most important person in my life ; etc.

The only limitation is that participants are not to use the words I, me, my or mine. If at any point the partner uses those words, that person is to sit down. Blow a whistle every 20 to 30 seconds, at which time the participants are to change partners. Once you are out - you're out! This continues until there is only one person standing.

**Reflection:**

- Why is it difficult not to use those words?
- What did we learn about doing this activity?



# ENHANCING THE CLUB EXPERIENCE.....

## ***September: Ice Breaker***

### **Memory Game**

**Supplies:**

Subjects for memory, paper and pencil

**Players:**

Small groups

Pick a subject like foods you would eat or crave. Lay them all in a tray for viewers to see and have participants pass tray around. Remove tray from sight and have participant's list what was on tray. The person that lists the most objects is the winner. You can give extra points or break ties by asking specific questions like what flavor sucker and so on.





# ENHANCING THE CLUB EXPERIENCE.....

## ***September: Recreation***

### **Clock Talk**

**Time Estimate:**

Takes 15-20 minutes to meet and secure the 12 names. Then 2-5 minutes each time you utilize the activity during the workshop or meeting.

**Materials Needed:**

pencil and paper

**Set up:**

Any style will work, but works best in class room set up.

**Instructions:**

Take a piece of paper, and draw the face of a clock. Show them an example. Then have twelve spaces or lines at the bottom with each hour listed : 1:00 \_\_\_\_\_, 2:00 \_\_\_\_\_, etc. through 12:00.

Next have everyone get up and find twelve new people they have not met yet. At each time slot they should write a new person's name down on their sheet. Likewise the other person put's their name in the same time slot. Don't double book. This continues till all twelve hours all are full.

During the remainder of the day or workshop a meeting time will be called out. Example 6:00. You would find the person you have written down at that time (this should create groups of two). At that time give them one thing they should find out about the other person. Example : What's your favorite food? What do you like best about your 4-H projects? And the question can focus on the theme of the workshop or conference.

This works about 3-4 times during a meeting to keep them mixing and getting acquainted.

**Reflection:** What did you learn about yourself when meeting others today?



# ENHANCING THE CLUB EXPERIENCE.....

## ***May: Ice Breaker***

### **ZIP/ZAP/ZOP**

This is a game that requires concentration and focus!

Have participants stand in a circle. Designate one person to be the starter of the game.

The starter will begin by pointing to another person in the circle and saying "ZIP!" That person then points to yet another person and says "ZAP!" That person points to another person and says "ZOP!"

This continues with the same words being used in the same order over and over – ZIP, ZAP, ZOP. If someone makes a mistake and says a word out of order, that person is out of the game. Eventually, the circle dwindles to just a few people, then to only 2 people, who are staring at each other, yelling ZIP!, ZAP!, ZOP! Until one of them makes a mistake.

If you would like to give those who are eliminated a chance to keep playing, as they are eliminated, have them form a new circle and play the same game while the original circle continues. Instead of eliminating anyone from the new circle, just have them start over and continue playing and adding in the participants who are eliminated. This way everyone still gets to continue to play!



# ENHANCING THE CLUB EXPERIENCE.....

## **May: Recreation**

### **Word Up!**

#### **Number of Players:**

10 to 50+

#### **Supplies:**

Give each team a set of alphabet letters. These can be made of index cards or you can use the magnetic letters found in the toy departments.

#### **Description of the Game:**

Divide your bigger group into smaller groups of 4, 5 or 6 people. Each group should have the same number of people so that teams are equal. If you have extra people (1 or 2), they could assist as word spotters and score keepers.

Have each team line up facing you, the leader, in a single file line where you can see all of the team members. Using the list of words that match the number of team members (4 letter word list if teams of 4, etc), you will call out a word and the team will pick up the correct letters and get in line to spell the word where you as the leader can read the word. Each person should be holding only one letter. The first team to spell the word correctly and display it where you the leader can read it wins a point. Continue down the list of words until all words have been called. Tally the points and celebrate a winner!

You may make up your own list of words. For older groups, come up with words that are longer. If words contain duplicate letters, you may need to provide team members with more than one set of letters or have them use their creativity to spell the missing letters. For example, using their body to spell the word, writing the letter on a piece of paper, etc.

For more challenge, teams use only themselves to spell the words.



# ENHANCING THE CLUB EXPERIENCE.....

## *April: Ice Breaker*

### **ELVES, WIZARDS, GIANTS**

This game is a version of the old game of “Rock, Paper, Scissors” but has funnier actions and noises which each team has to act out. Each character (Elf, Wizard, Giant) has a specific action or noise.

**Elf** Squatting down and imitate pointed ears by holding two fingers up by your ears (similar to making bunny ears). Make “Eeeking” noises while doing this. Action: Elves shoot an arrow at the wizards to win.

**Giant** Standing on tip toe, arms raised in frightening posture making growling / roaring sounds. Action: Giants smash elves by pretending to smash something small with their foot.

**Wizard** Standing normally but with arms outstretched as if casting a spell. Make appropriate spell casting noises. Action: Wizards frazzle giants by using their hands to act like they are casting a spell.

As with “Rock, Paper, Scissors” each character can win against one character and lose against one character. There are two ways to play this game.

1. Participants can pair up and play against each other. Play the best 2 out of 3 round. The winners of the round will pair up with new partners and do another round of 2 out of 3. Continue eliminating and creating new pairs until you get down to the final round of only 2 individuals.
2. Divide participants into 2 groups. Create a playing field with a center line and a line about 6 feet on either side of the center line. Teams work together to determine which character, elf, giant, wizard, they will be as a group. Each group is assigned a side of the playing area. Groups face off, standing on the line 6 feet back from the center line. On the count of 3, each group makes the action for their chosen character. The team with the character who wins in that combination chases the other team back to their safe zone. If the team chasing catches/tags one of the other team's members, then that person becomes a member of the other team. Play continues until one team catches all of the other team's members or until time is called.



# ENHANCING THE CLUB EXPERIENCE.....

## ***April: Recreation***

### **BUMPITY BUMP BUMP BUMP**

**Number of Players:**

5 to 35

**When to Play the Game:**

Not necessarily for the best game to start with, because it does single players out for embarrassment, even if slight. Good to play after the group is a little loosened up and can laugh at their mistakes.

**Safety instructions:**

Don't insist on someone going in the middle if they are uncomfortable.

**Description of Game:**

Are you afraid of things that go "bump" in the night? Just imagine how you will feel if they go "bumpity bump bump bump!" Actually, there is nothing serious to be afraid of here, other than the embarrassment of not being able to think of a person's name quickly.

This is a circle name game. Each person in the circle asks the name of the player on the immediate left and right. The person in the middle (the pointer) will point at someone and say either "left" or "right" followed immediately by "bumpity bump bump bump!" If the person pointed at names the person on the side called before the pointer finishes, the pointer moves on to someone else.

If the person pointed at does not say the name on time or gets it wrong, she changes places with the pointer. After the group gets the idea of the game and becomes good at it, add the command "middle" which indicates naming the person who is pointing.

If no one in the circle is making mistakes, have everyone in the circle change places.

A suggestion for groups of over 10: After the group starts getting good at naming people, you can increase the challenge by trying two people in the middle. Or three. Then watch the chaos!



# ENHANCING THE CLUB EXPERIENCE.....

## **March: Ice Breaker**

### **SEA ADVENTURE GAME**

**"Captain's Coming"**

#### **Supplies:**

No materials needed.

#### **Instructions:**

The entire group spread out in an open area with no obstacles. The instructor calls out different commands and the group must act them out as correct and quickly as possible. If performed incorrectly or the last person to act the command out then that person or group is out. When a person is eliminated then they must stand on the side and continuously sing loudly, "OH E OH, A PIRATES LIFE FOR ME!!", while swing their arm in pirate fashion. Each person that is eliminated sings this until there is only one person left in the middle of the room.

The instructors commands are: (not all commands have to be used)

- **PORT** – group runs to the left
- **STARBOARD** – group runs to the right
- **STERN** – group runs to the back
- **BOW** – group runs to the front
- **ROWBOAT** – call out any number of people (ex. 3 people in a rowboat) then the number of people called out must get in a single-file line and pretend to row
- **MAN OVERBOARD** – one person lays down and another person pretends to look for them
- **CHOW TIME** – four people get in a huddle and pretend to eat, must make eating noises
- **SWAB THE DECK** – group gets down on knees and washes the deck
- **CAPTAIN'S COMING** – group stands at attention
- **AT-EASE** – group relaxes with feet apart and hands behind back
- **MEMBERS WHO ARE OUT** – sing on the side lines "OH E OH, A PIRATES LIFE FOR ME!!"

If the instructor calls out "Captain's Coming" then no one can perform any other command until the instructor calls out "At-ease"; if someone does before the leader says "At-ease" then they are out and must join the singing pirates!



# ENHANCING THE CLUB EXPERIENCE.....

## ***February: Ice Breaker***

### **BODY SCULPTURE**

**Purpose:** To develop listening, collaboration, and communication skills

In this activity, children try to recreate a pose by describing it to a blind-folded person.

Divide the participants into groups of three. Each group will include three roles: the artist, the sculpture, and the clay. Explain that the goal of the artist is to recreate the sculpture by molding the clay using only their instructions to guide the clay.

The person playing the role of the clay is blindfolded and stands behind the artist. The team member playing the sculpture stands in front of the artist and strikes a pose. The sculpture should choose a position they'll be able to hold for several minutes. The artist then describes the sculpture to the clay, and the clay tries to duplicate the pose. The clay may ask questions, but the artist cannot look at the clay until they both agree that they are finished.

Repeat the activity so everyone gets a chance to play each role. Discuss what was a help or hindrance in communicating during this activity.

(Shalaway, 1998)





# ENHANCING THE CLUB EXPERIENCE.....

## ***February: Recreation***

### **KNOTS AND GIANT KNOT**

#### **Number of Players:**

5 to 10 for one small Knot, although if there are 12 or more players, you can make two groups. Up to 50 can play Giant Knot.

#### **When to Play the Game:**

A good opening game for a small group of adults. Teens and children may be resistant to the touching and close physical proximity of other players. However, after a few games when young players relax a bit, this is a good preliminary trust activity.

#### **Safety Instructions:**

Remind players that if they start to feel their wrists or arms getting twisted they need not maintain a hand clasp, but merely need to keep touching. Also, remind everyone that if they are being hurt, they can simply say, "Stop," and everyone will stop, thereby avoiding a painful situation.

#### **Description of Game:**

Here is a good metaphor for representing a group that is experiencing complications. We literally represent this by getting knotted up physically.

A circle of players starts by standing close together facing in. They put their hands in a clump on top of one another in the middle and start mingling them. Everyone can then close their eyes and, when told, find two hands to clasp. Upon opening their eyes, check to see that all players have two different hands. To add challenge, see that players do not keep the hand of a person next to them. Players, without losing contact by hand, although not necessarily with a tight grip, try to untangle into a circle. Facing in or out does not matter.

If the knot is insoluble, allow the players to pick one grip to let go and reconnect in a better way. Then the players can see if they can unwind the knot. If not, have the group choose another grip to undo and redo. They can continue in this manner until the knot is solved. This way, there is no knot that cannot be unwound. After doing this with a group, everyone will feel a lot more comfortable with one another.





# ENHANCING THE CLUB EXPERIENCE.....

## *January: Ice Breaker*

### **HUMAN TACO**

(Mixer)

**Supplies:** Index Cards  
Marker  
Tape

**Preparation:** Label each card with a different taco ingredient using the list below until you have enough cards for all the participants in the group

- Taco Shell
- Taco Meat
- Cheese
- Lettuce
- Tomato
- Salsa

**Instructions:**

Stick labeled index card (with taco ingredient) on the back of everyone's shirt. Have each player mingle around asking yes/no questions to find out the taco ingredient that is on their back. Explain the correct order of ingredients in a Human Taco: shell, meat, cheese, lettuce, tomato, salsa. As individuals ask yes/no questions to other participants, they are trying to figure out what their label is. Once they know their ingredient, they are to then find the rest of the ingredients to form a human taco. Only one of each item is allowed in a taco. Give the start command, "I'm hungry! Let's eat! Run for the Border!" And watch the participants have fun with this activity!



# ENHANCING THE CLUB EXPERIENCE.....

## ***January: Recreation***

### **CHOO CHOO (NAME TRAIN)**

**Number of Players:**

10 - 50+

**When to Play the Game:**

Not a game to start with normally because players may feel silly doing it, but after a group has begun to open up and relax by playing together and building up some trust, this is a game that can really lower the barriers of the groups' inhibitions. When players see this game, they often literally fall over laughing. After this game, they will be ready for almost anything.

**Description of Game:**

Trains are not only a good form of transportation, they are also good places to meet people. And on this train, you can meet a lot of people who will cheer your name.

The game starts in a circle. The leader, after explaining that it is a name game that is easier to do than explain, starts chugging along moving and sounding like a steam engine. He stops in front of a person, asks her name, and then give her a little cheer using her name, such as "Edna, Edna, Edna, Edna, Edna!"

At the same time, he also makes body movements, which may vary with each added person. The leader then invites the person to join the train by turning his back to her and putting her hands on his waist (or shoulders). Once a person joins the train, she can make train sounds and motions, too.

When they come to the next person, Aaron, they ask his name and when they hear it, they both give a cheer, "Aaron, Aaron, Aaron, Aaron, Aaron!" Aaron is asked to join and the game continues.

After the train has about seven people, split the train in two. For a large group, repeat splitting as many times as necessary until everyone is given a cheer within a few minutes.



# ENHANCING THE CLUB EXPERIENCE.....

## *December: Ice Breaker*

### **A GREAT CHRISTMAS ACTION STORY**

My favorite holiday is **CHRISTMAS**\_\_\_\_. I enjoy sending **GREETING CARDS**\_\_\_\_, I enjoy a big **HOLIDAY DINNER**\_\_\_\_, I enjoy the **SNOW**\_\_\_\_, but most of all, I enjoy **SANTA CLAUS**\_\_\_\_ bringing me lots of **PRESENTS**\_\_\_\_.

The house is filled with **DECORATIONS**\_\_\_\_. My favorite are silver **ANGELS**\_\_\_\_. I help **MOM AND DAD**\_\_\_\_ open the **GREETING CARDS**\_\_\_\_, fix the **HOLIDAY DINNER**\_\_\_\_, shovel **SNOW**\_\_\_\_, wrap **PRESENTS**\_\_\_\_, put up **DECORATIONS**\_\_\_\_, and polish the silver **ANGELS**\_\_\_\_. After we are finished, I leave out milk and cookies for **SANTA CLAUS**\_\_\_\_ while **MOM AND DAD**\_\_\_\_ clean up. I can hardly wait until **CHRISTMAS**\_\_\_\_ morning.

I race to the tree. I see **SANTA CLAUS**\_\_\_\_ has left me lots of **PRESENTS**\_\_\_\_, with little **GREETING CARDS**\_\_\_\_ on them. He's put some new **DECORATIONS**\_\_\_\_ on the tree, including some new silver **ANGELS**\_\_\_\_, and he has sprinkled the branches with **SNOW**\_\_\_\_. Of course, he has left some lovely grown-up gifts for **MOM AND DAD**\_\_\_\_.

So we sit down to eat our **HOLIDAY DINNER**\_\_\_\_. I turn on the radio and Frank Sinatra is singing "Hark the herald **ANGELS**\_\_\_\_ Sing"! **MOM AND DAD**\_\_\_\_ and I say grace and eat our **HOLIDAY DINNER**\_\_\_\_ while the **DECORATIONS**\_\_\_\_ twinkle all over the house. After dinner we look at the **GREETING CARDS**\_\_\_\_ one more time, and then go out for an afternoon stroll in the falling **SNOW**\_\_\_\_.

I tell you, that **SANTA CLAUS**\_\_\_\_ is quite a guy. He sure knows how to turn out a great **CHRISTMAS**\_\_\_\_.



## A GREAT CHRISTMAS ACTION STORY

<b>CHARACTER</b>	<b>RESPONSE</b>
Santa Claus	(Hold belly and laugh) "HO, HO, HO."
Presents	(Spread arms and shout) "A new bike."
Greeting Cards	(Throw up hands and say) "Hang 'em on the wall."
Mom & Dad	(Scold with finger) "You'd better be good."
Holiday Dinner	(Shrug shoulders, hold up hands saying) "Where's the beef?"
Angels Do	"Twilight Zone" theme while flapping arms
Decorations	Sing "Deck the Hall with Boughs of Holly!"
Snow	(Wrap arms around yourself and go) "Brrrrrrrrrrrrrrrrrrr"
Christmas	Everyone does their part all together at one time!



# ENHANCING THE CLUB EXPERIENCE.....

## ***December: Recreation***

### **LITTLE ERNIE**

**Number of Players:**

5 to 50+

**Description of Game:**

Little Ernie has a family and a story, but the story does not exist yet. It is made up on the spot by a storyteller.

Start by making lines with five or six people in each line. Have each line stand at least 5 feet from its nearest neighbors. The object is to have enough room between each line so that every line can have a player running around it at the same time without any of the runners colliding.

Each person in the line will get a role to play in the story about little Ernie and his family. The first person is little Ernie and the next people are members of his family, such as big sister, little brother, father, mother, grandparents, Spot the dog, Tiger the cat, and so on.

The leader then acts as storyteller. Later, we can change storytellers. Every time one of the people in the line is mentioned in the story, he or she must run around his or her whole line. If they "all" are mentioned, they all go.

The story goes on for a few minutes. It really gets to be fun if the characters act out the story as they run around. Generally, the story only lasts a few minutes, depending on the group's response. If the story is dragging, ask the storyteller to wind it up.



# ENHANCING THE CLUB EXPERIENCE.....

## ***November: Ice Breaker***

### **MUMBLE JUMBLE**

(Mixer)

#### **Supplies:**

Pictures copied or glued on cardstock and cut into approximately 5 large pieces like a puzzle. Create enough pictures so that every participant will receive a puzzle piece.

Laminate pieces to be able to re-use.

Box, hat or other container to draw from

Place all of the puzzle pieces in a box, hat or other container. Have each participant draw a piece of the puzzle. The group members will keep their puzzle piece to themselves until the leader says, "GO!"

Instructions that the leader will give is for participants to circulate and find the other people in the group who have the other pieces of the corresponding puzzle to form complete pictures. Once the groups are formed and puzzles are complete, Have each group member share with their group information about themselves from the list of topics below:

- Where were you born?
- What has been your favorite family vacation?
- How many pets do you have?
- What is your favorite food?
- Who is the person that you admire the most?

Create other questions as you wish.



# ENHANCING THE CLUB EXPERIENCE.....

## **November: Recreation**

### **SHIP AHOY!**

#### **Number of Players:**

5 to 50+

#### **Safety Instructions:**

Remind players to look after one another when they have to run in a certain direction to avoid running into someone going the wrong direction. For commands where physical contact is required, make sure the group is comfortable with doing this, or find a way that is acceptable (instead of holding hands in "shipwreck," for instance, players can take hold of a sleeve with their hands.)

#### **Age Level:**

For any age. For younger players, start with few commands and add new commands as the group feels comfortable.

#### **Equipment Needed:**

None necessary, Markers of some kind to designate forward, aft, and sides of the ship outside are useful, but can be improvised.

#### **Description of Game:**

One player is designated the caller for the rest of the players. A "ship" is defined with boundary markers; this could also be the walls of a room, if played indoors. The caller give different instructions to the players, and the group must respond quickly. If a player is slow or gives the wrong response and is seen by the caller, that player changes places with the caller. Also, for certain calls players will need to run to one place or another on the "ship." If the caller can catch someone before that person gets to his destination, the person caught becomes the new caller.

The caller can make these commands:

- "Ship Ahoy!" where all players put both hands up over their eyebrows as if to shade their eyes from the sun.
- "Scrub the decks!" means everyone must get on hands and knees and pretend to scrub the floor / ground.
- "Captain's coming!" causes players to stand up straight at attention and give a right-handed salute.
- "Forward" means all players must go to the place identified as the front of the ship.
- "Aft" means everyone goes to the back of the ship.
- "Port" means all players go to the left side of the ship.
- "Starboard" means all go to the right side of the ship.

Later, as players learn these commands, others can be added:

- "Man overboard" means everyone pretends to throw a life preserver to the person who when overboard.
- "Shipwreck" causes everyone to gather in groups of three, with one person in the middle and the other two holding hands around him to form a lifeboat.

As players become familiar with these commands, they can make up additional commands. If they can stand any more, that is.





# ENHANCING THE CLUB EXPERIENCE.....

## October: Ice Breaker

### YOU CAN DO IT HAND CLAP

(Mixer)

**Materials:** None

Participants should partner up with the person next to them. The activity is much like "Patty-cake". Everyone will be doing the same sequence but can do the sequence at a comfortable speed for them. With partners facing each other, participants will clap their hands together as well as clap partners hands in the sequence given below. Have a pair of youth demonstrate and teach the sequence. It might also be helpful to post the instructions where participants can view them (posters, news print paper, LCD Projector/Computer)

**The clap sequence is:**

- Clap own hands together once
- Clap right hands together with partner once
- Clap own hands together once
- Clap left hands together with partner once
- Clap own hands together once
- Clap both hands with partner (straight across) once
- Clap own hands together twice
- Clap both hands with partner (straight across) twice
- Clap own hands together three times
- Clap both hands with partner (straight across) three times
- Clap own hands together twice
- Clap both hands with partner (straight across) twice
- Clap own hands together once
- Clap both hands with partner (straight across) once
- Clap own hands together once
- Clap right hands together with partner once
- Clap own hands together once
- Clap left hands together with partner once
- Clap own hands together once
- Clap both hands with partner (straight across) once

And the sequence continues until someone in the partnership makes a mistake. As people begin to drop out, they should move around the room watching and encouraging the others. For fun, the participants can also encourage the others to make mistakes but may never touch the other teams. The last pair clapping demonstrates the technique to the group as the group heckles.

**Another option** you might want to try when a team makes a mistake is for them to circulate and pair up with a new partner when others make a mistake too. This way, everyone continues to play and meet new people!

(K. Rohnke seminar)



## TEXAS 4-H YOUTH DEVELOPMENT PROGRAM

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.





# ENHANCING THE CLUB EXPERIENCE.....

## **October: Recreation**

### **BASE TAG**

**Number of Players:**

10 to 50+

**Safety Instructions:**

As with any fast moving game, there is always a danger of collisions, especially when the game is played in a confined space. Remind players to be alert so they can avoid crashes.

**Equipment Needed:**

A base for every 3 players and a ball for every 5.

**Description of Game:**

Spread bases throughout the desired play area, with approximately one base for every three players. Have a player with a foam ball (an "It") for every five players. If you are not IT and are hit with a ball, you become IT and take the ball to hit someone else who is not IT.

If you are on a base, you are safe and cannot be hit (and if you are hit, you are still not IT). However, if someone comes up and wants the base, you must move and cannot immediately return to the same base. (The person wanting the base can say something to let the person on the base know that they must go such as "Go" or "Bye-bye.") Remember, when someone is running and they need a base, they have no friends. So be prepared to move.



# ENHANCING THE CLUB EXPERIENCE.....

## ***September: Ice Breaker***

### **Peek-A-Who!**

(Get Acquainted Activity)

**Equipment/Supplies:** Large Tarp, Blanket or Sheet that you cannot see through

Divide your group into two teams. Each team will gather up in a tight group, one group on each side of the tarp. Use two volunteers if not enough leaders are present to hold the tarp between the two groups where they cannot see each other. Make sure the tarp touches the ground so teams cannot see under the tarp. Taller group members may need to squat down where they cannot be seen.

Each team will select one person to be "it". They are to move close to the tarp and the others back away but out of sight of the other team. On the count of three, the tarp is dropped and the first person to call out the name of the opposing team member wins the round. The loser is now a member of the other team and joins that team for continued play.

Each round, the tarp is raised and the teams choose someone new as "it" and the teams face off. The winner is the group who ends up with the most team members after a set time. You can determine the length of time to play (usually no more than 15 minutes) or until someone wins. If the game goes quickly, start a new game and mix up the teams.

**NOTE:** This activity may require that you have participants introduce themselves in a circle if they do not know each other. If they are wearing nametags, have them remove them before beginning the game.



# ENHANCING THE CLUB EXPERIENCE.....

## *September: Recreation*

### EVERYBODY'S IT

**Number of Players:**

5 - 50+

**When to Play the Game:**

A great game to start with, or for any time. Great for a group needing movement, and a good preliminary trust activity because it involves minimal nonthreatening touching.

**Safety instructions:**

As with most active games, when players are moving about quickly, there is danger of collisions. Remind players to be aware of where they are running to avoid crashes. If that doesn't work, try a fast walk (one foot must be down before the other is up) or some other way of moving.

**Equipment Needed:**

Boundary markers such as cones, poly spots, Frisbees, or other such indicators are useful. Using existing boundaries such as trees, sidewalks, and bushes also works.

**Description of Game:**

Whoever heard of a tag game where everyone was it? I did, for one. As unlikely as it sounds, it is easy to involve all players in this easy-to-do game.

Yes, this IS a tag game (the one who is IT attempts to tag someone else to make him or her IT) where everybody is IT, and can tag everyone else. However, once a person is tagged, she or he must freeze until the end of the game, which in fact comes quickly. However, if someone who is not frozen come too near a frozen person, the one who is frozen can temporarily unfreeze an arm (and only an arm!) To reach out to tag and freeze the runner, before going back to being frozen. The game goes until everyone is frozen, or just one is left.

A variation of this is "Hospital Tag." In this game, you keep running the first and second times you are tagged, but you must hold the place you were tagged in both instances. The third time you are tagged, you are frozen, like for the above game, and once again you can temporarily unfreeze an arm to tag others who come too close.

Another variation for Clover Kids (5-8 year olds) is when you get tagged, you are frozen, and when you are tagged again by anyone, you are unfrozen, so the game can keep on going till everybody is tired.



# ENHANCING THE CLUB EXPERIENCE.....

## ***May: Ice Breaker***

### **COMIC STRIP CHAOS**

Mixer

Each participant takes a turn at picking a comic frame out of the large container. After the entire group has each chosen one, the participants begin to search for others with the same comic strip sequence. After the participants have found everyone in their group, they must arrange themselves so that the sequence of frames are in chronological order to form the comic strip correctly. Upon completion of sequence, the newly formed group sits down together. Great game to break large group into smaller groups.

<http://www.residentassistant.com/icebreakers/comicchaos.htm>



# ENHANCING THE CLUB EXPERIENCE.....

## ***May: Recreation***

### **BALLOON BURST**

**Equipment:**

Balloons, string/yarn (cut into yard lengths)

**Challenge:**

Distribute to each participant a balloon and a piece of string. Participants should fully blow up their balloon and tie it to the string and then tie the string around their ankle leaving some length of string so that the balloon trails behind them as they move. Participants gather in the play area and on "go" begin trying to pop everyone's balloon while trying to keep theirs from being popped. The last person with an unpopped balloon wins.

**Refreshment:**

Ice cream/soda floats



# ENHANCING THE CLUB EXPERIENCE.....

## ***April: Ice Breaker***

### **TAKE AS MUCH AS YOU THINK YOU'LL NEED**

#### Ice Breaker

To begin, the leader passes around the bowl of M & M's or the roll of toilet paper. Each person is given the instructions to "Take as much as you think you will need." No further instructions are given until each person has received their M & M's. Once everyone has some, the first person begins by telling one thing about himself for each M & M or piece of toilet paper they have taken. When the first person has finished, you move on to the next person in the group. As an interesting twist, and to be sure that you find out some different information on each person, you may give each color Skittles a different meaning or category.

We suggest the following: (example using Skittles)

Red: personal information (name, major, school, age)

Yellow: family information (parents, brothers, sisters, pets)

Orange: free category- say something fun about yourself or don't say anything

Green: dating experience (favorite date, worst date, significant others)

Purple: hobbies, other interests (sports, dancing, talents)

<http://www.uwm.edu/Dept/SOAR/Lead/Icebreak.html>



# ENHANCING THE CLUB EXPERIENCE.....

## ***April: Recreation***

### **STOP THE MUSIC**

**Equipment:**

Chairs (1 less than the number in the group), music

**Challenge:**

Set up the meeting room in your favorite style with extra space around each chair. Set the room with enough chairs for everyone less one. Have participants walk around the room while you play up-beat music. After some time, stop the music. Participants should now all scramble for chairs. The lucky person left standing moves to the side and takes a chair with him. Continue playing until there is only one person left.

**Refreshment:**

Lemonade



# ENHANCING THE CLUB EXPERIENCE.....

## ***March: Ice Breaker***

### **HUMAN KNOT**

**Problem Solving**

**Goal:**

Problem solving, communication, and teamwork

**Materials:**

None

**Group size:**

At least five, no more than ten

**Directions:**

The group forms a circle. Each person holds out their right hand and grasps another hand as if shaking hands. All then extend left hands and grab another left hand. They should not have both hands of the same person or hands of the people on either side of them. The goal is to then untangle themselves into a single circle without releasing hands.





# ENHANCING THE CLUB EXPERIENCE.....

## ***March: Recreation***

### **PLUMBER'S CHALLENGE**

**Equipment:**

2 toilet plungers per group, 1 medium size rubber ball per group, 1 9 to 11 inch balloon per group

**Challenge:**

Form two groups from the membership for the relay. Distribute to each team 2 plungers and 1 ball or 1 balloon. Object is to pass the ball/balloon up and down the team using the plunger without handling the ball/balloon with hands.

**Refreshment:**

Grapes



# ENHANCING THE CLUB EXPERIENCE.....

## **February: Ice Breaker**

### **FINISH THIS SENTENCE.....**

#### **Ice Breaker**

**Objectives:**

To share information, disclose on a medium risk level

**Group size:**

Easy to do in pairs, the larger the group the more time it will take.

**Materials:**

List of sentences

**Directions:**

Ask group members to complete the following sentences.

1. My favorite childhood book was....
2. If I could change one thing in this environment I would...
3. The most important thing in my life....
4. If I could give up one bad habit...
5. The best measure of wellness is...
6. I like to spend my free time...
7. If I changed jobs...
8. Love is...
9. When I feel sad...
10. I "collect" tension in (body part)...
11. Five years from now...
12. I'm critical of myself...
13. I believe...
14. The thing I like most about myself ...
15. The best thing in life is...
16. The worst thing in life is...
17. I wish...
18. I like hugs...
19. When I'm excited...
20. My experience with ...



# ENHANCING THE CLUB EXPERIENCE.....

## ***February: Recreation***

### **BALLOON BOUNCE**

**Equipment:**

Round balloons, music

**Challenge:**

Divide the larger group into smaller groups of 4 or 5. Give each person in the smaller group a different color balloon and ask them to blow it up full but where it won't burst. Object is to bounce the balloons in the air as long as the music plays without letting any of them touch the ground. Participants may only tap their balloon once before another member taps it. (They cannot touch their balloon twice in a row.) Can play as a larger group without the balloon touch rule.

**Refreshment:**

Popcorn



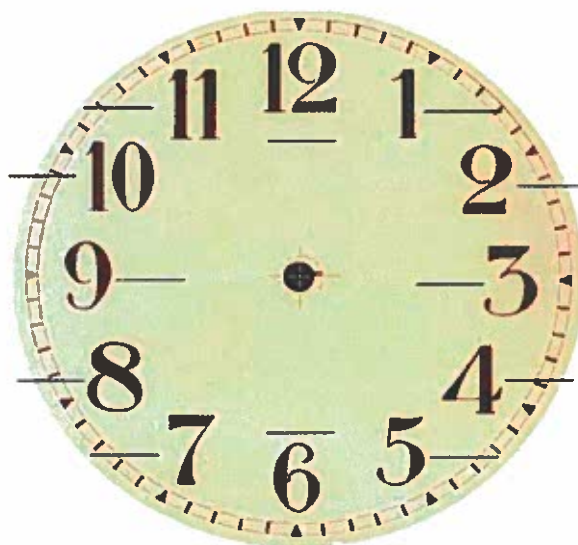
# ENHANCING THE CLUB EXPERIENCE.....

## *January: Ice Breaker*

### **MAKE A DATE**

#### **Icebreaker**

Give each participant a paper plate. Have them draw the face of a clock on their plate with a line next to each number (no digitals!). Then have participants walk around and make a "date" for each hour, writing their date's name by the hour. The catch is no one can make a "date" with more than one person per hour. After everyone has made their dates, speed up time and allow 1-3 minutes for each hour. The facilitator then asks a question for discussion on each date. The pairs will have a chance to get to know one another.





# ENHANCING THE CLUB EXPERIENCE.....

## ***January: Recreation***

### **GOT IT**

#### **Equipment:**

Stick on name tags, writing utensil, sheet of paper

#### **Challenge:**

Individuals write their nick name on the name tag. If they do not have a nick name, they are to make something up that they may like to be called. Do not show anyone the name tag. Form a circle and have each person stick the name tag on their own back. Within a fun amount of time, the object is to list as many names on the paper as you can while not letting others get your name on their list. When time is called, find out how many names each person got on their list.

Could do this several times by listing nick names, dog's names, grandparent's name, etc. If the meeting room is large, play area may have to be designated.

#### **Refreshment:**

Pretzel sticks



# ENHANCING THE CLUB EXPERIENCE.....

## ***December: Ice Breaker***

### **INFORMATIVE BALLOONS**

**Mixer**

**Materials:** same color balloons, strips of paper, pens

Distribute a balloon and a strip of paper to all participants. Participants write something about themselves on the strip of paper and places it inside the balloon. Fill the balloons with air and tie the ends. Participants bat the balloons around the room until they are completely mixed. Each participant should retrieve a balloon and break them one balloon at a time and read aloud the information on the balloon. The group then guesses to whom the information belongs.



# ENHANCING THE CLUB EXPERIENCE.....

## ***December: Recreation***

### **THE STAR**

**Equipment:** 40 - 50 foot rope tied to itself forming a large circle

**Challenge:**

The whole group maintains contact with the rope while creating a five pointed star (the kind that crisscrosses in the middle) with the circle of rope.

Everyone must participate by holding onto the rope. They cannot let go of the rope or trade places with the people next to them to accomplish the task. (They can slide along the rope. Don't mention this unless you need too and the group is getting frustrated.) Once the group thinks that the task is complete, ask them to slowly lower the star to the ground and step back to admire their work.

**Refreshment:**

Christmas cookies



# ENHANCING THE CLUB EXPERIENCE.....

## ***November: Ice Breaker***

### **THE SHAPE OF THINGS!**

#### **Mixer**

Show pictures of four basic shapes. A square, a circle, a triangle and a squiggle (or curly cue). Ask members of class to select the shape to which they best relate.

Have individuals form a group with others who selected the same shape.

Have individuals introduce themselves to others in their group. Ask individuals in each group to give reasons why they selected that shape.

Next, tell the entire class what each shape represents.

A square is someone that does things the same way. They are very methodical and dependable.

A circle is a person that keeps coming back to the same place to regroup. Circles are very inquisitive people, likes to talk and ask questions. These thinkers may not be considered by some as the most productive.

A triangle represents someone that gets things done. They are very direct and organized.

A squiggle represents a very creative person who is often sociable. When describing this person, some might go so far as to say that "the lights are on, but nobody's home" at times.

Afterward, state: These suggestions are NOT scientifically based and are just for fun. However, there probably is an underlying tie between those of you that chose each shape.

Goal: Have people see that there are different personality types. Certain personality traits or common experience link people together. Perceptions of "linkages" may be very different, even within a group.

(Womack, 1998)





# ENHANCING THE CLUB EXPERIENCE.....

## ***November: Recreation***

### **MAGIC CARPET**

**Equipment:** Single piece of tarp, plastic cloth, or sheet. Other options include a plastic shower curtain, plastic tablecloth or blanket. For groups of 8 to 12 participants, the “magic carpet” should be approximately 4 feet by 5 feet.

**Challenge:**

The group is on a magic carpet ride high above the country when someone realizes that the group is going the wrong direction. Then you notice that the carpet is upside-down. Since you are no longer touching the ground, you must turn the carpet over without stepping off the carpet.

In order to limit the risk in this activity, request that all participants must maintain contact with the carpet at all times. This eliminates the option of carrying participants on shoulders and other balance related concerns.

**Refreshment:** Apple slices



# ENHANCING THE CLUB EXPERIENCE.....

## ***October: Ice Breaker***

### **FUNNY FACE**

Mixer

**Materials:** none

Funny Face is an initiative that produces some of the most grotesque facial contortions experienced since the third grade. Split a large group into smaller encounter circles with about five or seven in each silly set. The rules state that after the GO signal everyone in the circle tries to make the other members smile. If you slip and show the slightest smile you are eliminated, and can then step back and watch the experts do their thing. A participant is not allowed to touch another player and all eyes must stay open; otherwise anything goes.

Reference: Silver Bullets



# ENHANCING THE CLUB EXPERIENCE.....

## ***September: Ice Breaker***

### **NAME WHIP**

**Name Game**

**Group Size:** Maximum of 20

Have the group sit in a circle. If you have more than 20 participants, divide the group into 2 or more groups.

Have the participants introduce themselves by saying their name and a word using the first initial of their first name. The topic from which the word is taken is flexible. A list of topics is listed below.

The facilitator starts by asking the group to think of a specific topic from the list below, that begins with the first letter of their first name. Each person is responsible for remembering the names and matching items for every person that precedes him or her in the circle. The whip ends when the last person in the circle names everyone in the room and their matching item. The facilitator should then ask if anyone else in the group can name everyone in the circle and their matching item.

#### **Name Whip Topics**

- Food
- Sport/activity
- Hobby
- Location (city or state or country)
- Friend/Family member's name

<http://www.uwm.edu/Dept/SOAR/Lead/Icebreak.html>



# ENHANCING THE CLUB EXPERIENCE.....

## ***September: Recreation***

### **COMMUNITY JUGGLE**

#### **Equipment:**

A variety of soft, colorful, diverse objects that can be tossed without hurting anyone. Useful objects include tennis balls, ping pong balls, beanbags, plastic fruit, flying disks, pieces of upholstery foam, stuffed animals, inflatable pool toys, rolled-up socks, pillows, and balloons.

#### **Challenge:**

To pass an increasing number of objects between group members using a somewhat random but established pattern.

Members must always call the person's name while passing the object to their person. Follow the same pattern until all of the objects have been passed. Complete the task as quickly as possible.

#### **Refreshment:**

Ants on a Log - (celery with peanut butter and raisins)



# ENHANCING THE CLUB EXPERIENCE.....

## ***May: Ice Breaker***

### **Buzz**

1. Seat everyone in a circle- either on the ground or in chairs.
2. Begin counting. When the number seven or any multiple of seven appears, instead of saying the number, the one whose turn has come is to say, "Buzz." For example, one, two, three, four, five, six, buzz, eight, nine, ten, eleven, twelve, thirteen, buzz, fifteen, sixteen, buzz and so forth.
3. Try to have the guests count as rapidly as possible and eliminate from the ring all those who make a mistake.

#### **Debrief:**

- What makes this game difficult?
- In this game you had to replace a number with the word "buzz." What are some of the things that we must replace when we become Leaders/ officer/ role models? How can we replace them?
- Why is forming new habits so difficult?

#### **Conclusion:**

This game is difficult because it deviates from what is normal for us. We are accustomed to using the number 7, and to replace it with the word "buzz" is awkward for us. It requires extra concentration and is against what is natural for us. Forming new ways of thinking is the key to forming new actions and habits. We must set our minds on the goals we have set for ourselves.



# ENHANCING THE CLUB EXPERIENCE.....

## ***May: Recreation***

### **Stress Circle**

**Concept:** Everyone has stress. Problems, deadlines, expectations of others, everyday demands, etc. all create stress in our lives. However, if it wasn't for stress we wouldn't get anything done. To some degree, stress motivates us to accomplish a variety of tasks. Stress, in and of itself, is not a bad thing. Stress creates problems for people when the expectations and demands of the day are greater than our ability to deal with them. This activity will give the participants a chance to experience different levels of stress.

**Time Estimate:** 15 minutes plus discussion time

**Materials Needed:**

- An object for each group ten people (the object will need to be small enough it can be passed around a circle from person to person such as a tennis ball or a small balloon)
- A list of categories

**Activity:** Divide into groups of about ten. Have each group stand in a circle or sit in a circle either in chairs or on the floor. Give each group a small object. Explain that you will be giving out a category such as vegetables or baseball teams and you will tell them how many items from that category they must list. You will be the one that decides how many items from the category they have to list. As soon as the category and number of items has been given, the person who has the object will start to pass it around the circle to the right. They must then begin listing a certain number of answers from the category that you gave them. They must give the correct number of answers before the object goes around the circle and returns to them. Only the person who starts the object may talk. If your group is made up of less than ten people and you feel the person answering needs more time, have the object go around the circle twice. If you have more than one group, you will have to appoint a judge for each group since the action will go too fast for you to hear each group. Rotate the judges in and out of the groups each round.

For the first couple of rounds, make the categories easy and the number of answers required short. For example, "Name three sports that are played with a ball", "Name four different kinds of cars", "Name four toppings that you can put on a pizza". Then increase the difficulty and the number of items that must be named. You want the activity to get progressively harder to simulate an increase in stress levels. By the end, the lists should be very difficult to complete, if not impossible. Choose your categories based upon the ability level and age of your group. Adjust the number of answers required in each round according to how many people are in the circle. If time allows, have each person be the one that has to give the answers more than once so everyone has an opportunity to have an easier and more difficult list. If you would like to create even more stress in the second round, have the person giving the answers stand in the middle of the circle while answering.



# ENHANCING THE CLUB EXPERIENCE.....

## **May: Recreation**

### **Stress Circle (Continued)**

#### **Sample categories:**

- Use categories that relate to subjects that you are studying
- Sports played with a ball
- Toppings put on a pizza
- Different kinds of cars
- Different kinds of balls used in sports
- Comic book heroes
- Television shows
- Fruits
- Vegetables
- Animals with four legs
- Song titles
- Book titles
- Movie titles
- Presidents
- States
- Rivers
- Sports figures
- Music personalities
- Words that start with the letter "s"
- Foods you eat with your hands

#### **Discussion Ideas:**

##### **"What" Questions**

- How often did your group succeed?
- How easy was it to think up the correct responses?
- What category did you think was easy? Hard?
- What new category would you suggest?

##### **"So What" Questions**

- What made this activity stressful?
- Who was the person under the most stress?
- How can this activity be compared to stress in our lives?
- What are some things that create stress in our lives?
- What are the body's physical signs of stress?
- What behaviors do we exhibit when we are under too much stress?
- Does everyone react to stress the same way?
- Are the same things stressful to everyone? Why or why not?

##### **"Now What" Questions**

- What are some of the ways we can make sure we don't get too stressed out?
- What are some of the negative behaviors people use to reduce stress?
- What are some of the positive techniques we use to get through a stressful situation?
- How can we help others when they become stressed out?

**From:** "Still More Activities That Teach" by Tom Jackson





# ENHANCING THE CLUB EXPERIENCE.....

## ***April: Ice Breaker***

### **Build a Burger**

**Materials:** Paper slips with various parts of a hamburger written on them.

**Preparation:** Cut up several slips of paper so that there is enough for everyone. On each slip of paper write a part of a hamburger: MAIN: Bun, Meat ADDITIONAL: Tomato, Cheese, Onion, Ketchup, Pickle, Mustard, Mayonnaise, BBQ Sauce, Bacon, Lettuce, Salt, Pepper, Mushrooms. The higher the number of expected participants, the more ingredients you can include. There should be more buns and meat than other ingredients.

**Instructions:**

1. As people arrive, hand a slip of paper to everyone with some part of a burger on it.
2. Have everyone mingle and then yell out "BUILD A BURGER!"
3. Everyone should get together with enough people to build a burger from everything on it to plain meat and buns. Each burger must consist of a minimum of 2 buns and a meat patty.
4. In their burger groups get youth to introduce themselves to each other, tell their favorite fast food place etc.
5. After few minutes, call out "Build a Burger" again.
6. Everyone must form new groups and then share again.

**Debrief:**

We sometimes hear that "we are what we eat." What are some of your favorite foods? Do they reveal anything about your personality?

Instead of "Build a Burger" take a few moments to "Build Others Up." Tell the people in your group something that you admire about them, a word of encouragement, or a mention a gift / talent they have.





# ENHANCING THE CLUB EXPERIENCE.....

## ***April: Recreation***

### **Awesome Lap Sit**

**Concept:** As we talk with each other we need to remember that we must not only worry about what we are going to say, but also concentrate on what the other person is saying. If we just talk then we are not really communicating, we are just telling. This exercise shows the importance of concerning ourselves with what the other person is doing and finding out that by doing this, we are also taking care of ourselves.

**Time Estimate:** 15 minutes plus discussion time

**Materials Needed:** None

**Activity:** Have your group stand in a circle. Have them all turn to the right and take small steps in towards the center until they are real close to the person in front of them and the person behind them. If the circle has become an egg shape then you need to move people around until you have a perfect circle. Have them put their hands on the waist of the person in front of them. Stress safety before you do this activity. Be sure that everyone is working together and takes responsibility for their own actions.

Now on the count of three have each person slowly sit down. Each person should concentrate on helping the person in front of them down onto their lap. Notice I did not say to worry about the lap you are going to be sitting on. This responsibility belongs to the person behind you. You worry about the person who is going to sit on your lap. If everyone sits down together and everyone helps guide each other onto their lap, an amazing thing happens. No one falls down and the circle is complete. If someone is not properly positioned right in front of someone else, then you may have had a collapse in one section. If the activity did not work, then restructure it and try again.

The key to this activity is that everyone must take care of each other. It doesn't matter how heavy the person is that sits on you or how little the person is that you sit on. As long as everyone works together the weight is evenly distributed and no one will be squished or fall over. If you really want to challenge your group there are a couple of more activities for them to try. After they have successfully sat down, have them raise their hands in the air and give themselves a round of applause. This proves that the circle is really sturdy. Going even further, have them try to walk around the circle. Get everyone to move their outside foot at the same time, then the inside foot and for the really brave continue in this fashion in a circular pattern.



# ENHANCING THE CLUB EXPERIENCE.....

## **March: Ice Breaker**

### **Bob**

**Materials:** One chair for each person in the group; Arrange the chairs in a circle

**Instructions:**

1. Pick one person to be the leader-that person becomes "Bob." Everyone else keeps their own name. Before you begin the game, have everyone tell the group their name.
2. Start a rhythm by slowly slapping your hands on your knees twice and then clapping twice. Keep repeating until everyone is in rhythm. Begin slowly. Later as the game is familiar you can speed up the rhythm.
3. "Bob" then begins by saying "Bob" during the knee slaps, and anyone else's name in the group during the handclaps.
4. The person "Bob" names must respond immediately by saying their name during the next knee slaps, and anyone else's during the hand claps (exception: you can never call the name of the person who just called you).
5. The person called must do the same thing, calling out their own name and then someone else's name. (Example: Bob, Sally. Sally, Fred. Fred, Sarah. Sarah, Steve. . .)
6. This keeps going until somebody makes a mistake or fails to shout a name in time.
7. At that point, the person who made a mistake moves to the spot to the right of Bob. Everybody moves one spot to the right to fill the hole left by the person who lost.
8. Here's the catch: Each person's name remains with their chair! They become the name of the person who was ahead of them. Throughout the game, the name will always stay with the spot, and the person becomes that name as they move into that spot.
9. The ultimate goal is to unseat "Bob" and take his place.

It's hysterical to see kids' brains freeze up as they forget who they are. Eventually each person will have been almost everybody else, so names are learned very quickly.

**Debrief:**

- Have you ever wished you were someone else? Why or Why not?
- Have you ever been confused about your own identity?
- Have you ever tried to fit in by being like others in a group?
- Have you ever felt pressured to be a certain way that is really nothing like the way you really are?



# ENHANCING THE CLUB EXPERIENCE.....

## **March: Recreation**

### **Bull's-Eye**

**Concept:** Clear communication is the foundation of our society. This is true whether we are talking about a relationship between two people or when working on a group project. Vague comments such as, "Good job!" are not helpful feedback. To really be helpful, a comment should be specific such as, "That was a great idea to use the computer to send those letters out so quickly!" Both statements could make the person feel better, but the second statement gives them specific feedback that can help them evaluate what to do in future situations. Being specific is not always easy, but the benefits in improved future behavior certainly outweigh the effort.

One place I have found this activity to be extremely useful is when teaching "I statements" or "I messages". A number of curriculum use this technique to help kids express their feelings in a positive manner. This activity can be used to reinforce the point that when making an "I statement or message" you need to be specific.

**Time Estimate:** 15 minutes plus discussion time

**Materials Needed:**

- 4 pieces of 8½ by 11 inch paper per team of 4 or 5 people
- 1 large paper grocery bag or bucket per team
- Masking tape

**Activity:** Divide your group into teams of four to five people. Give each team a paper sack and four pieces of paper. Place a piece of masking tape down on the floor to make the starting line. Set the bag up about six feet away from the starting line. Have the teams line up single file behind the starting line. Give the first person in each line the four pieces of paper. Have them crumple the papers so they make four balls.

The last person in each line goes out to stand by the paper bag and be the helper. This person serves as the instruction giver, retriever and, if necessary, to hold the bag open. They may not physically assist the thrower. The first person turns backwards so they are facing away from the paper bag. They must now toss the four pieces of paper over their shoulder, one at a time, trying to get them to land in the bag. They may not turn around nor talk once they begin their set of four throws. The helper who is standing by the paper bag will be their eyes. After each throw the helper will describe where the paper ball landed and how to change the thrower's aim for the next throw. No one else on the team may give suggestions or help to the thrower. After the thrower takes their four tosses they take the place of the helper. The helper retrieves the paper balls, takes them back to the team and goes to the end of the line. The second person in line rotates up and now becomes the thrower. Go through the entire line one time. The team receives ten points for each paper ball that makes it into the bag.



# ENHANCING THE CLUB EXPERIENCE.....

## **February: Ice Breaker**

### **Card Sharks**

**Materials:** Deck of normal playing cards. Additional decks can be added for larger groups.

**Instructions:** Ask students to pick cards from the deck that represent something about themselves. These representations can be as shallow or deep as the students' imaginations. Have youth mingle and share with one another their names and the cards they have chosen and why. One might choose a two because they have "2 parents" or "two feet" etc. Another student might choose

an ace because they strive to "be an 'ace' at everything they do. The opportunities are limitless.

**Variation 1:**

Force specific combinations of youth by telling them to group themselves in groups in which the face value their cards add up to a count of "20." Choose another sum to rearrange the youth. (Count face cards as 10 or as the corresponding numerical value up to 13) You may also designate groups of 5 and specific poker hands to form.... (e.g. flush, straight, 2 pair-with one extra person to make 5 cards, 3 of a kind, four of a kind, etc.)

**Variation 2:**

Get the youth to randomly split into two teams and play "go fish" using the remaining cards. The largest team at the end wins. You can also play your favorite game of cards with a little creativity.

**Variation 3:**

Before the activity, write a list of questions to be asked of the groups that choose the same numbers (e.g. what is your favorite ice cream, most embarrassing moment, favorite musical, etc.)

**Variation 4:**

Use the mixer as a game of elimination. When you call out specific groupings of cards, if groups do not meet the specified criteria or are the last group to form meeting the criteria, they are eliminated from the game. Last remaining group is the winner.

**Variation 5:**

Remove 10s and all face cards. Have students choose a partner who card added to theirs will result in a sum of 10. The combinations are numerous (1-9, 2-8, 3-7, 4-6, 5-5)

**Variation 6:**

Ask the youth to split into two teams and build the highest house of cards.



# ENHANCING THE CLUB EXPERIENCE.....

## **February: Recreation**

### **Storyteller**

**Concept:** Individual effort is appreciated, but working with others is critical in today's world. We work in teams, groups and committees all of our lives. Very few of us will work or live in a situation where we have the final say on everything. How well we are able to take the ideas of others and blend them with our own ideas will determine the success we have when working with other people. One skill that helps when being asked to work with others is creativity. Many times the solution to opposing opinions or ideas is a creative combination of those opinions. Compromise consists of taking at a number of different solutions to an issue or problem and blending them together.

In the area of conflict resolution, you may use this activity to point out that people don't always control the situations they find themselves in. Just as the story comes to them already heading in a certain direction, life too comes at them with certain circumstances already in place. They have to deal with the story and with life as it comes. The expression "When life hands you a lemon, make lemonade" can be used to point out that although you can't always control the circumstances in your life, you can control how you react to those circumstances. The issue of compromise in conflict resolution may also be addressed.

**Time Estimate:** 15 minutes plus discussion time

**Materials Needed:**

- 20 small pieces of paper (about 2 inches by 3 inches) per team of five people with a couple of extra pieces of paper for mistakes
- A pen or pencil for each person

**Activity:** Divide into groups of five. Give each group two small pieces of paper and a writing utensil to each person. Ask each person to write one word on each of the pieces of paper that they were given. The words they choose must be nouns (a person, place or thing). Examples of this would be Abraham Lincoln, Michael Jordan, Hawaii, Alaska, ping-pong table, canoe, etc. They are to write a different word on each piece of paper. Ask them to write clearly so that others will be able to read what they have written. Tell them not to show the word they wrote to anyone else. When completed, each group will have ten pieces of paper with ten different words. (Don't worry if by coincidence two people wrote the same word.) When they have finished writing, place the papers randomly face down on a table or the floor in the middle of the group.

Explain that this is going to be a storytelling activity. To begin, have one person select one of the pieces of paper. After they have selected, have the person on their left select a piece of paper. The first person that chose a piece of paper will start telling a make believe story out-loud. As they tell their story, they must at some point use the word they have drawn in the story. Even after they have used their word they must continue to tell the story until you call out that it is time to change. When you have indicated that it is time to change, the person on their left immediately picks up the story where they left off and continues it. Remind them that as they continue the story it must make sense. As with the first person, they must at some point use the word that they drew. As each person begins their turn, have the next person draw a word so they will be ready to go as soon as the story gets to them. As each person finishes their turn, they must put the word back in the middle face up to ensure they have in fact used it. Continue in this fashion until all of the words are drawn. Remind the last person that they must draw the story to a conclusion.

Repeat the activity starting over with a new set of words.





# ENHANCING THE CLUB EXPERIENCE.....

## *January: Ice Breaker*

### **Animal Kingdom**

Youth will identify themselves with an animal the most reflects some aspect of their personality. It's a great way for kids to get to know a little about each other. It also functions somewhat as a crowd breaker by dividing them into groups, but you may need to do some adjustment as the groups are likely to be of different sizes.

Choose 3-5 animals, one animal for each group you want to have. Choose animals that are vastly different from each other.

Some options are: Aardvark, Albatross, Anteater, Armadillo, Badger, Bat, Bear, Camel, Cat, Chicken, Chinchilla, Cow, Crab, Crane, Crayfish, Cuckoo, Deer, Dog, Dolphin, Dove, Duck, Dugong, Eagle, Elephant, Emu, Ferret, Flamingo, Flying fox, Frog, Giraffe, Goat, Goose, Hamster, Hawk, Hedgehogs, Hippo, Horses, Hummingbird, Iguana, Kangaroo, Koala, Lemur, Lion, Lizards, Llamas, Loon, Mammoth, Monkey, Mouse, Octopus, Ostrich, Otter, Owl, Panda, Parrot, Pelican, Penguin, Pig, Pigeon, Porcupine, Rabbit, Rat, Raven/crow, Rhinoceros, Seal, Sheep, sloths, Snake, Sparrow, Stork, Swan, Tapir, Toad, Tortoise, Turtle, Unicorn, Weasel, Whale, Wolf, Wombat, Zebra

1. Ask kids to introduce themselves by giving their name and then choosing which of the selected animals they most identify with.
2. Then have kids group themselves according to the animals they chose. (Combine the two smallest groups if either has fewer than three members.)

#### **Debrief:**

Direct kids to answer one of the following questions in their small groups:

- Are you more commonly the predator or the prey?
- Nocturnal or diurnal?
- What do think the choice of this animal says about a person?
- What does the chosen animal reflect about you?
- What are some of the characteristics of this animal that are like you?
- What lessons could we learn from this animal?
- If you could choose to be any animal, what would you choose and why?
- Have groups brainstorm the benefits of being similar to this animal and then share it with the rest of the groups.



# ENHANCING THE CLUB EXPERIENCE.....

## *January: Recreation*

### Marble Tunnel

**Concept:** The old way of doing business was individual achievement. The new mantra of the workplace is teaming. Working together as a team to solve a problem is a common scenario in today's workplace. It involves not only critical thinking to decide what has to be accomplished to solve the problem, but also moving past the thinking stage to see if your solution is practical and workable. Sometimes one person has the solution and explains to the group what to do, and other times the solution is arrived at with the input of many minds. No matter how good a solution sounds, the real test is does it work. If successful, great! If not, then back to the drawing board to try it again.

**Time Estimate:** 10 minutes plus discussion time

**Materials Needed:**

- 1 standard sized marble per team of eight
- 1 grocery bag per team of eight
- 1 piece of paper (8 1/2 x 11) per participant
- Masking tape
- A watch with a second hand

**Activity:** Give each participant a piece of paper and about three inches of masking tape. Have them roll the paper into a long tube. The paper should be rolled so that the tube is 11 inches in length. The tube should be about one and a half inches in diameter. This diameter will allow a marble to pass easily through it. Use the tape to keep the tube rolled up. If there are any loose ends of the paper inside either end of the tube that would stop the marble from rolling through, tape those down also.

Divide your group into teams of eight. Mark off a starting line and a finishing line. The lines should be about twenty feet apart. Place a grocery bag for each team at the finish line. Have the teams line up single file with the first person standing at the starting line and the other team members standing shoulder to shoulder heading towards the finish line, even though they won't extend all the way to the finish line. Explain that their challenge will be to move the marble from the starting line to the finish line and have it end up in the grocery bag. The marble must be moved by rolling it through the tubes. This will require the team members to keep moving to the end of the line as the marble rolls from tube to tube. After the marble has passed through the first person's tube, they will have to quickly reposition themselves down to the end of the line to allow the marble to keep moving towards the finish line.

No one may not touch the marble with their hands, any other part of their body or by any means other than the paper tubes. If the marble is touched or hits the ground, the team must go back to the starting line and start over again. If the time that you have allotted for the activity is running out, you may add penalty seconds instead of having them start over. This is a timed event. Read out each team's time as they finish and at the conclusion have each team report their time to the group. Repeat the activity a second time to allow for improvement.



# ENHANCING THE CLUB EXPERIENCE.....

## ***December: Ice Breaker***

### **Alter Ego**

Kids are to introduce themselves and tell the group who they would most like to be other than themselves. They may name fictional characters or actual people, either living or dead. For example, kids could name Jean-Luc Picard from Star Trek: The Next Generation, Meryl Streep, Michael Jordan, or Joan of Arc. Kids should not explain their choices. Allow kids to enjoy the mystery of the “why” behind each other’s choices.

#### **Variation**

Have kids introduce themselves as the characters or persons they’d like to be and tell their real names later in the meeting or event.





# ENHANCING THE CLUB EXPERIENCE.....

## ***December: Recreation***

### **I Remember – We Remember**

**Concept:** Why do we advocate working together? What can a group of people accomplish that a single person working alone couldn't do just as well? What does the statement "Two heads are better than one" really mean? Working together is not just a phrase that makes people feel better. By combining our efforts we really can accomplish more than we can individually. There is a certain synergy that comes from combining our talents. The brainstorming of ideas is more efficient when more than one brain is involved. People bring different talents to the table and can use those talents as part of a group to better solve problems or create solutions.

**Time Estimate:** 20 minutes plus discussion time

**Materials Needed:**

- A pen or pencil for each person
- A piece of paper for each person
- 6 teacher-created lists of words
- A watch with a second hand

**Activity:** You will need to prepare six lists of words before starting the activity. The first two lists should have fifteen words on them. The next two lists should have twenty words on them and the last two lists should have thirty words on them. You may write the lists on overhead transparencies or large sheets of paper. You will use the lists one at a time, so they must be on separate sheets with a way to cover up and uncover the words. You can utilize random words or you can use words that are part of lessons that you have been studying.

To begin the activity, give each person a piece of paper and a writing utensil. Explain that you are going to show them a list of words. They will have thirty seconds to study the list. They may not do any writing during the study time. After the thirty second study time, the object will be for them to write down as many words as they can remember from the list. You can adjust the times to meet the ability level of your group. Now uncover one of the lists of fifteen words for thirty seconds. Let them study the list. After covering the list back up, give them thirty to forty-five seconds to write what they remember. After the writing period, uncover the list again and have them count how many words they got correct. For every word that is correct they get one thousand points. Share the results with the entire group. Repeat the process a second time with a new list of fifteen words.

For the next round have them get with a partner. Repeat the process twice, using the list of twenty words. They will use one piece of paper between the two of them and only one person may write down words. For the last round have them get in groups of four. Repeat the process using the lists of thirty



# ENHANCING THE CLUB EXPERIENCE.....

## ***December: Recreation***

### **I Remember – We Remember (continued)**

#### **Discussion Ideas:**

##### **“What” Questions**

- How many words were you able to remember when you worked alone?
- How many words were you able to remember when you were working with a partner?
- How many words were you able to remember when you worked in a group?
- What techniques did you use when you worked alone to help you remember?
- What techniques did you use when you worked with others to help you remember?

##### **“So What” Questions**

- How does this activity show that working together helps to increase what we can do?
- What made your scores go up as other people helped create the list?
- What does the phrase “Two heads are better than one” mean?
- How can people from different backgrounds help us to solve problems?

##### **“Now What” Questions**

- How can working together improve our results?
- What can we do if we want to complete a job faster or better?

**From: “Still More Activities That Teach” by Tom Jackson**



# ENHANCING THE CLUB EXPERIENCE.....

## ***November: Ice Breaker***

### **Action Bingo**

#### **Materials:**

BINGO Handout, Pencils

#### **Instructions:**

Provide a copy of the BINGO handout and a pencil to each person. Members will circulate among the whole group and find one person who will perform one of the actions in front of them and then sign the Bingo square for that action. If there are at least 25 people, then no names can be repeated on a Bingo card. If there are less than 25 people, no name can appear more than two times. Whoever gets all the items signed first, wins! This activity is wacky and silly fun for everyone. Have a digital camera ready for some really crazy snapshots!



# ENHANCING THE CLUB EXPERIENCE.....

## November: Ice Breaker

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Tell a joke	Pretend you are taking a bath or shower in the middle of the room	Sing a duet with another member	Recite a nursery rhyme	Quack like a duck for 5 seconds
Make the sound of an elephant for 5 seconds	Walk from one end of the room to the other with an object between your knees	Act like an egg being cracked and fried	Do an impression of a well known celebrity	Shake hands with three other people in the room
Draw a turkey using your hand outline	Retell the story of Goldilocks and the Three Bears in less than one minute	Act like you are dunking a basketball	Stand on your head	Do 10 push ups
Do 10 jumping jacks	Find another person in the room and pay them a compliment	Act like a tornado	Do an impression of a cartoon character until your partner guesses the identity	Say this tongue twister 3 times fast: "Six Slick Snakes Slid Slowly Southward"



# ENHANCING THE CLUB EXPERIENCE.....

## ***November: Recreation***

### **Discussion Ideas:**

#### **"What" Questions**

- How many tries did it take us to get it right in the first round?
- Did the same people always try to go early in the challenge?
- What was your strategy as to when you would stand up during the first round of the challenge?
- What was our final record time?
- What could we do different to make our time even faster?

#### **"So What" Questions**

- What made round one so difficult?
- What made round two easier?
- Why was round three the fastest round?
- What can we learn about communication from this activity?
- What can we learn about the importance of having a plan from this activity?
- What type of plan usually works better a complicated one or an easy to understand one? Why?
- How does working together help when trying to solve a problem?
- Why do you need a plan to reach your goals?

#### **"Now What" Questions**

- How can working together help us solve a problem?
- How does having a plan help you reach your goals?
- How can you use communication to help reach your goals?

From: "Still More Activities That Teach" by Tom Jackson



# ENHANCING THE CLUB EXPERIENCE.....

## **November: Recreation**

### **My Turn?**

#### **Concept:**

When you get right down to it, goal setting is really a problem solving activity. You want to get something that you don't have. This could be something material such as a car or it may be more behavioral such as losing weight. The "what" will vary from person to person and for that matter even from year to year as we age and our lives keep changing. However, your goals may change but the process for reaching them remains the same. You need to have a plan. You can't expect to move towards your goal unless you create a list of steps that will allow you to move in the appropriate direction. This aspect of goal setting involves problem solving. It is the creation of a workable plan that stops many of our young people from reaching their goals. Instead of coming to fruition their goals simply remain dreams or wishes. By creating a plan and then communicating the plan to others, your students will have a much more realistic chance of achieving their goals.

**Time Estimate:** 10 minutes plus discussion time

#### **Materials Needed:**

- Each participant must be sitting in a chair or at a desk
- A watch with a second hand

#### **Activity:**

Divide into groups of ten to fifteen. Form a circle with each member of the group sitting in a chair. Have everyone close their eyes and keep them closed while you explain the activity. Tell them that their challenge is to count to the number (15 or 20). They will do this as a group. Each person will stand up (rising at least six inches off their chair) and call out a number. The numbers must be called out in consecutive order. The group may not pre-arrange who is going to say which numbers. There is no talking other than the calling out of numbers allowed. The choice of who is going to call out the next number must be completely at random. If you see anyone pointing or talking, then call them on it and have the group start again. Caution them that they may not go around the circle in order. Each time any two people begin to stand at the same time or say a number at the same time, the entire group must begin all over again. They can't repeat the same order of people when starting over. Every person in the group must say at least one number.

If you only have one group, then you be the judge. If you have two or more groups, you will need to rotate the position of judge among the participants. Be very strict about the rules. They will probably have to start over a number of times before they finally met the challenge. After about ten tries, tell them that they have only two more changes to complete the challenge. If by some miracle they complete this challenge on the first try, tell them that you want them to do it again without using the same order, but try to get it done in a shorter period of time.

Now explain that in the second round you are going to let them discuss strategies before they try it again. They still can't go around the circle in order. Give them about ninety seconds to discuss strategy. After they have decided upon a strategy, time how long it takes them to complete the challenge. If they want to try two different strategies to see which one is faster, let them.

Now in round three they are going to use the simplest strategy. They will just go around the circle and have each person count off. They must still rise slightly from their chair when they say their number. Time them a couple of times to see if they can break their own record.





# ENHANCING THE CLUB EXPERIENCE.....

## ***October: Ice Breaker***

### **Acrostic Icebreaker**

Youth use acrostics to introduce themselves. An acrostic is an arrangement of words in which certain letters in each line, when taken in order, spell out a word or motto. Using their first name, youth will come up with one word for each letter of their name that describes them. Here are a few examples of acrostics:

DIANE = Dynamic, Independent, Able, No-nonsense, Enthusiastic.

TODD = Tried and true, Oh boy!, Diamond in the rough, Destined for glory.

Give the youth a few minutes to think of an acrostic for their own name (or nickname) using words or phrases that describe themselves. Once everyone has thought of something, ask the group members to introduce themselves to each other by using the acrostics.

#### **Variations:**

- When creating the acrostic, have kids mix up the order of the letters in their names (Example: Ken = New Education King or NEK). Then have the rest of the group attempt to figure out each name.
- Instead of an acrostic, ask youth to create actions for each syllable in their name... (Example: Diane might act as if she will "Die" and hold up her "hand" – Die-Hand = Diane)
- If the group can be trusted to be encouraging and already knows each other to some degree, then you can ask the group to create acrostics for the names of each other.

#### **Taking it to the Next Level:**

- Was there any truth in the words and phrases you chose to represent your name in an acrostic?
- If you didn't have to use the letters in your name, what words and phrases might your friends use to describe you?
- At the end of your LONG life, what words and phrases would you want people would use to describe you?
- What are some things you can start doing now to start building the type of reputation that you want?



# ENHANCING THE CLUB EXPERIENCE.....

## **October: Recreation**

### **Group Benefits**

#### **Concept:**

No one individual knows everything. Some people might think and act like they do, but in reality everyone is experienced in different areas due to their background, heritage, interests and abilities. When we look at a community we will see a melting of those experiences reflected in the values of that community. Individuals influence those groups to which they belong and then those groups influence the communities as a whole. Each group may add something different. Without each group's contribution, communities and the workplace would lose the richness that comes with diversity. Working together to produce a thriving community, profitable product or a successful concept happens when we accept not just the contributions of one or many people. A group can improve their work through the use of synergy, while an individual must use more energy to get the same result.

#### **Time Estimate:**

12 minutes plus discussion time

#### **Materials Needed:**

- A pen or pencil for each team of four
- A piece of paper for each team of four
- A watch with a second hand

#### **Activity:**

Divide your group into teams of four and have them sit in a circle. Give each team a writing utensil and a piece of paper. Explain that you are going to give them a challenge. They will have sixty seconds to complete the challenge. The challenge will consist of trying to create the longest list of answers possible from the categories that you will give them. As each team creates their list, the paper they are using to write down their answers will be passed around the circle with each person adding one answer to the list when it is their turn. A team may not have any duplicate answers. There is no talking as the paper is passed around the circle. If one person cannot think of an answer, they must write the word skip each time it comes to them. Remember there is no talking during the sixty seconds. When the time has expired, have each group report out their total number of answers, skips do not count. Then have each team read their list. Repeat this three times using a different category for each round. Since the first person to write will have the easiest time, have each round begin with a different person.

For rounds four and five, use the same process except that the group may talk during the sixty seconds. They may brainstorm and suggest answers to whomever has the piece of paper at the moment. Remember that the paper must still be passed from person to person with each individual writing down an answer before it is passed to the next person. The "skip" rule may still be used but with the group helping no one will likely have a need for it.

#### **Suggestions for Categories:**

- Animals with four legs
- Major league baseball teams
- Breakfast cereals
- Television shows
- Countries from around the world





# ENHANCING THE CLUB EXPERIENCE.....

## **October: Recreation**

- States in America
- Sports
- Colors
- Foods served at fast food restaurants
- Musical instruments

### **Discussion Ideas:**

#### **"What" Questions**

- How many answers did your team get in each of rounds one, two and three?
- How many answers did your team get in each of rounds four and five?
- How did these numbers compare to the other groups?
- What category did you find the easiest? The hardest?
- If you could choose a category that wasn't listed, what would it be?

#### **"So What" Questions**

- What can this activity tell us about working together?
- Did one person on your team always contribute the most?
- If your team only had two people, how well would your team have done?
- Why was your team able to create a longer list when you were allowed to talk?
- Why can't one person know everything?
- What role does a person's interests play in what they know?
- How does a person's background influence how they live?
- Does having people with various experiences help a community thrive?
- How does working together help make a problem easier to solve?

#### **"Now What" Questions**

- How can people from different backgrounds help make a community a better place to live?
- How can people from different backgrounds help solve a problem?

From: "Still More Activities That Teach" by Tom Jackson



# ENHANCING THE CLUB EXPERIENCE.....

## ***September: Ice Breaker***

### **Q& A Ball Toss**

Print questions below on a beach ball with a permanent marker. Inflate the ball and have participants pass ball around the room. Each person who catches the ball must introduce themselves and then answer the question closest to their right thumb

- What is the loudest noise you've ever heard?
- What is your earliest memory?
- What is your favorite sport?
- Name all of the places you have lived.
- What is the funniest movie scene you've seen?
- Tell about a nickname.
- Describe the most extreme weather condition you've been in.
- What is your favorite book?
- Where is your favorite place in nature?
- What is your middle name, or what do you think it should have been?
- Describe the best meal you've ever eaten.
- What's your favorite song? (To add some risk, ask kids to sing a few bars.)
- Describe the most unusual thing that's happened to you.
- What's the best thing a friend ever told you?
- What's the worse chore you've ever had?



# ENHANCING THE CLUB EXPERIENCE.....

## ***September: Recreation***

### **Pass Right – Pass Left**

#### **Concept:**

Certain skills for good communication are certainly more important than others. One of the most important of these is the skill of listening. This activity will show the importance of listening and how difficult that is when you are not concentrating on what is being said because you're busy doing something else.

#### **Time Estimate:**

10 minutes plus discussion time

#### **Materials Needed:**

- The Wright Family Story
- One button or some other small item for each person in the group

#### **Activity:**

Have your entire group form a circle. The best format is to have them seated on the floor sitting "Indian" style. If this will not work with your group, you can have them in chairs or even standing in a circle. Give each person in the circle a penny or some other small item that can be passed easily from hand to hand. Tell the group that you are going to read them a story and every time they hear a word that sounds like right or left, they are to pass the button in their hand to the person on their right or left depending on what they heard. Start reading the story slowly so that they have a chance to catch on to what you want them to do. After a few passes stop the story and ask them how they are doing. Check to see that everyone has a button in his hand. If your group is typical, some will have two or three buttons and others will not have any. Have them redistribute the buttons so that everyone has one again. Now continue to read the story, getting faster as you go. Stop the story a couple more times to check on how they are doing.

#### **Discussion Ideas:**

- What was happening during this activity?
- What made the activity difficult to accomplish?
- What impact did what other people do have on your ability to stay up with the story?
- What would have made the activity easier to accomplish?
- How hard was it to listen and pass the objects at the same time?
- How much of the story can you remember?
- What can this activity tell us about communication?
- How hard were you concentrating during the activity?
- How hard were the people concentrating on either side of you?
- How does this level of concentration compare with what you do when someone is talking to you?
- Describe a situation you have had where someone was not really listening to you when you were telling them something.
- How did that make you feel?

From: "Activities That Teach" by Tom Jackson



# ENHANCING THE CLUB EXPERIENCE.....

## Pass Right – Pass Left, continued

### Life With the Wright Family

One day the Wright family decided to take a vacation. The first thing they had to decide was who would be left at home since there was not enough room in the Wright family car for all of them. Mr. Wright decided that Aunt Linda Wright would be the one left at home. Of course this made Aunt Linda Wright so mad that she left the house immediately yelling “It will be a right cold day before I return”.

The Wright family now bundled up the children, Tommy Wright, Susan Wright, Timmy Wright, and Shelly Wright and got in the car and left. Unfortunately, as they turned out of the driveway someone had left a trash can in the street so they had to turn right around and stop the car. They told Tommy Wright to get out of the car and move the trash can so they could get going. Tommy took so long that they almost left him in the street. Once the Wright family got on the road, Mother Wright wondered if she had left the stove on. Father Wright told her not to worry as he had checked the stove and she had not left it on. As they turned right at the corner, everyone started to think about other things they they might have left undone.

No need to worry now, they were off on a right fine vacation. When they arrived at the gas station, Father Wright put gas in the car and then discovered that he had left his wallet at home. So Timmy Wright ran home to get the money that was left behind. After Timmy had left, Susan Wright started to feel sick. She left the car saying that she had to throw up. This of course got Mother Wright’s attention and she left the car in a hurry. Shelly Wright wanted to watch Susan get sick, so she left the car too. Father Wright was left with Tommy Wright who was playing a game in the backseat.

With all of this going on Father Wright decided that this was not the right time to take a vacation, so he gathered up all the family and left the gas station as quickly as he could. When he arrived home, he turned left into the driveway and said “I wish the Wright family had never left the house today!”