



4-H Club
Recreation
and
Team Building
Activities

4-H Club

Recreation and Team Building Activities

Moonball

Here's an activity that can be played indoors or outdoors. Moonball is a game that develops cooperation and fast reactions. Play becomes competitive as groups compete against their last best effort. Scatter the group around the room or field. Use a well-inflated beach ball for each group.

The group's objective is to hit the ball in the air as many times as possible before the ball hits the ground.

Rules: 1. A player cannot hit the ball twice in succession; 2. Count one point for each hit.

Optional rules. 1. Player must say his or her name after hitting the ball;

2. Player must turn around in a circle after hitting the ball and before hitting it again.

Note: Do not use a volleyball, basketball, etc. for this game. A beach ball is a non-intimidating, fun-related object of play.

Tug-Of-Peace

Supplies needed: thick rope

This team building activity helps your group learn to cooperate and communicate more effectively.

Ask your group to sit in a circle. Place a thick piece of rope inside the circle in front of everyone's feet.

Tie the ends of the rope together to make a tight knot. Each person holds onto the rope in front of them.

On the count of 3 everyone pulls on the rope at the same time. The group should be able to rise to a standing position together.

Variation: ask the group to set a goal for the activity (e.g., length of time they think it will take them for the whole group to stand; number of people they can get to stand at the same time, etc.)

Musical Squirt Gun

Here's a good game to play outside in the hot weather! Have the group sit in a circle of chairs or on the floor/ground.

A loaded squirt gun (or two) is passed around the circle until the music stops.

The person who is holding a squirt gun at that time must leave the game.

Before the person leaves, he or she may squirt the person on the left twice or the person on the right twice, or once each.

After the empty chair is removed, the circle moves in, and the game continues until only one person is left.

The squirt gun must be passed with two hands and received with two hands.

Shoe Scramble

This game works best with larger groups with approximately the same number of girls and boys.

Everyone removes their shoes and places them into one big pile.

Divide the girls into two teams. Instruct the girls to run to the pile of shoes and locate one pair of boy's shoes.

(Try to make sure that there are same number of boys playing this game as girls.)

Each girl then tries to find the owner of the pair of shoes she found in the pile.

That boy then becomes that girl's partner and he then goes to the pile to look for her shoes from her description of them.

The first team to get all of their shoes on wins.

Everybody's It

This is sometimes referred to as the world's fastest tag game.

When the "Go!" signal is given, everyone is "it" and must try to touch someone else.

If you are touched, you must stand still with your hands on your head.

If two people tag each other simultaneously, both are caught. Continue until only two players are left.

Restrict the playing area for more action.

Note: Head tags do not count.

Team variation: divide the group into two teams.

Everybody's still "it", but this time once you are tagged, your teammate may tag you again to get you back in the game.

For large groups, you will want to have some method to distinguish between the two teams such as colored flags or bandanas.

Cotton Ball Musical Balloon

Here's a variation to a favorite group game. Ask your group to sit in a circle.

In the center of the circle is a plate with cotton balls and a plate with a small puddle of hand lotion on it.

One person is given a blown-up balloon. When the music starts the balloon is passed around the circle—No throwing!

You may change directions.

When the music stops, the person left holding the balloon must get a cotton ball, dip it in the hand lotion, and stick it on their nose.

If a person gets caught with the balloon another time, they get to choose else and that person must put a cotton ball on their nose.

Supplies needed: paper plate, cotton balls, hand lotion, blown-up balloon

Streets and Alleys

“Streets and Alleys“ is an active game that is good for helping members to run off some excess energy before a meeting begins.

Members form straight lines to fill the size of the room.

Students stand at arm's length from one another and keep their arms raised parallel to the ground throughout the game.

Streets are formed when students are standing facing the front of the room.

Alleys are formed when the students rotate to face the side of the room.

One caller gives instructions to form streets or alleys, changing calls every few seconds.

Two students are chosen to run through the streets and alleys.

One student is designated as the chaser and one as the person being chased.

Once the chaser tags the second runner, a new pair of runners is chosen.

Runners cannot break through the arms of the students forming the streets and alleys.

Structures

“Your mission, should you choose to accept it, is as a group to build a structure using everything in the bag.”

With that direction, the “Structures” activity begins.

Divide the group into small groups of 8-12 people.

Each group is given a bag containing a variety items such as: lengths of PVC pipe, connectors and several other miscellaneous items such as tennis balls, rope, duct tape, paper plates, etc.

The rules of the job are that each team must use all of the pieces in the bag and may only use the pieces in the bag (no trading with other teams is allowed).

All members of the group must actively participate as they build the structure.

“Structures” is an excellent team building exercise that can allow the members to demonstrate their various leadership abilities.

Hog Tied

Supplies needed: ball of string or yarn for each group of about 10

This activity can be used to help your members learn to work together as a team and to set goals.

Divide the crowd into small groups of ten, and have each group sit in a circle facing outward.

Give each group a ball of string or yarn of equal length. At the signal, the groups are to wrap themselves up in the string.

The group that finishes first wins.

Friendship Garland

This craft activity can be led year-round, but is especially effective during the holiday season.

Supplies:

strips of green and red (or other colors) construction or copy paper; glue or staples with stapler; pens, pencils, crayons, or markers.

Provide each child with a quantity of paper strips.

Ask each child to collect a signature from another club member on each one of the strips of paper.

Roll one of the paper strips so that the signature will show on the outside.

Glue or staple the ends together. For the second strip, insert it through the circle made by the first strip (again with the signature facing out), and glue or staple it together. Continue this process for all of the strips, alternating colors as you go.

The result will be a “friendship garland” or paper chain that has all of your friends’ signatures on it.

This can be used as a holiday decoration or put on the wall of your bedroom to remind you of all of the friends you’ve made in 4-H!

A Pat on the Back

Here's an activity that can help members learn to notice positive qualities in others and communicate positive messages to them.

And, it can help to improve individual member's self-esteem!

The activity begins with each participant drawing an outline of their hand on a piece of paper and writing their name across the top of the paper.

The papers are then passed around the room.

Each member is asked to write down something positive about that person on their sheet.

After they have been around the room, the papers are returned to the Leader

Leader should check the papers to be sure the comments are positive and appropriate.

Papers are given back to owners so they can read what others have said about them.

Famous People

Supplies needed: cards and tape or sticky notes with names of famous people written on them.

Here is a mixer that can help your group get to know each other, especially as the new club year begins.

As members arrive, attach a card or sticky label to their back.

Each card has the name of a famous person (real or fictitious).

Examples include Presidents, movie stars, cartoon characters, sports stars, etc.

The object of the game is to find out who you are by asking Yes/No questions of the other "famous people" in the room.

Ask only one question per person.

The only answers that can be given are "yes" or "no".

Each person works on his or her own identity at the same time.

Each can see all of the labels except his or her own.

The game ends when all members know their new identities.

Typhoon

Supplies needed: one bucket per team; water source

This game is ideal for summer. Have two lines, single file, facing a water source.

At a signal, the first person in each line runs down to the water, fills a bucket, runs back to his team, and throws the water on the next teammate. (Do not throw at face!)

Before the person can throw the water, their teammate must point and yell, "Typhoon," and so on.

The first line to finish is declared the winner.

NOTE: For safety reasons, the water thrower should be at least three feet from his teammates, and a plastic bucket should be used.

Ping-Pong Ball Float

Here's a good warm-weather activity to be conducted outside!

Supplies: Coffee cans (empty), Ping-Pong balls, buckets of water, towels, old shirt

Ask for a 4-H member to volunteer to get wet.

This member puts on an old shirt (one that won't be a problem when wet), and lies on his back about ten yards from his team

Teams form single file lines.

Place the empty coffee can on volunteer's stomach. Put the Ping-Pong ball in the coffee can.

Each team has a bucketful of water.

As the game begins, each player one-at-a-time uses their cupped hands to carry water from the team's bucket to the coffee can.

As the coffee can fills with water, the Ping-Pong ball rises in the can.

The first team to get the Ping-Pong ball to float over the top of the can wins.

Upset the 4-H Barn

This is a variation from "Upset the Fruit Basket".

Each participant sits in a chair in a circle and counts off, 1-4 or 5 (or more if you have a large group).

Each set of numbers is labeled as a different animal.

For example, the 1's might be cattle; 2's hogs; etc.

One person stands in the middle and calls out the individual barn animal.

The participants who have been assigned that animal must now get out of their original seat and find a new one.

The person standing also tries to get a seat. The new person left without a seat now becomes the one who "upsets" the next animal.

The whole 4-H barn may also be "upset" if the caller says "4-H Barn!"; everyone must then find a new seat.

Game continues as long as you'd like.

Bop!

If you're looking for a humorous, confusing game, "Bop!" is a great option!

Ask your group to sit in a circle. One person starts in the middle with a rolled-up newspaper or a pool noodle.

Each person in the circle introduces himself.

If there are students with the same name, ask them if they have a nickname that they would like to be called during the game (everyone needs a unique name).

The game begins when the person in the circle ("It") states their name and then the name of any person in the circle ("A").

"A" then states their name and another name ("B").

"It" tries to "Bop!" person "B" before "B" can state their own name and person "C"'s name. If the person gets "bopped" before they can say two names, that person becomes the new "It".

The game continues until the adult or recreation leader calls time.

Red/Black Card Game

This is a quick, simple activity to demonstrate how the choices we make impact our future.

The leader asks the group to stand. Ask each person to silently choose either red or black.

Cut a deck of playing cards and hold up the card. If the card is the same color as what they chose, they stay standing.

If the card is NOT the color they chose, they sit down.

When the last 2-3 people are standing, have these individuals call out their choice of black or red to the group.

Continue to play until one person is standing.

Follow the game with discussion questions.

Was there anything that helped you make a good choice?

Have you ever made a choice that affected you in a negative way?

Have you ever had to make a decision between different options?

Who can you ask for help or support when making decisions?

Do you seek input from different people based on the type of decision you make?

Human Scavenger Hunt

This activity encourages club members to work together in teams and also helps them to learn more about each other. Divide the group into 3-4 smaller groups. Have a list of items ahead of time that the leader (you, another volunteer, or a club officer) can read. Position each group so they are equidistant from the leader.

Ask a representative from each group to come to the leader. The leader tells them an item, skill, or characteristic that they need from their group. Each representative runs back to their group and looks for that item from the other team members. The first team to return to the head table with the correct item is the winner.

A number of items/skills/characteristics can be requested. Here are a few examples: the bluest eyes; longest hair; has traveled to another country; has made the honor roll; can say hello in a foreign language; has a 1992 quarter; shoestring (removed from the shoe); piece of lint; can sing the highest note; etc..... Be creative and have a good time!

Crows and Cranes

Divide the group into two teams. One side is named the "Crows" and the other side is the "Cranes".

The two teams are lined up facing each other 4-5 feet apart.

The leader flips a coin (heads—crows, tails— cranes) and shouts the name of the team that won the toss.

If the leader yells "Crows", the crows must turn around and run, with the cranes in hot pursuit.

If any of the cranes succeed in tagging a member or members of the crows before they cross a given line (20-60 feet away), they are considered a captive of the cranes and must join the cranes' team when play continues.

The play reverses for the opposite flip of the coin. The team that captures all the members of the other team is the winner.

Newspaper Delivery

Divide the group in half.

Put a rope or net across the middle of the playing area at a height of 4 feet.

Place one half of the group on each side of the rope/net.

Give each team a stack of old newspapers.

On "Go," team members begin crumpling up sheets of newspaper and "deliver" them over the rope to the opposite team.

Simultaneously, the opposing team is doing their best to "deliver" their newspapers,

as well as returning any that may have been sent over by the other team. After a few minutes, call for a cease fire.

The team with the least amount of crumpled newspaper on their side is declared the winner.

Follow up this game with a "bag stuff." See which team can stuff their newspaper wads into their bags faster and load them into the vehicle for transportation to the recycling center.

Marshmallow Basketball

Supplies needed: Get 5-10 large paper buckets (e.g. Kentucky Fried Chicken buckets) and lots of large marshmallows.

Divide the group into teams of 6 with one bucket per team.

Place the bucket so that it hangs about 5 1/2 feet from the floor.

The object is to make as many marshmallow baskets as possible.

Each team member must sit flat on the floor and must shoot from where they are seated.

Touching the basket is not allowed.

Play the game with 4 one-minute quarters, counting the number of marshmallow baskets after each quarter.

The winning team is the team with the most marshmallow baskets at the end of the game.

Balloon Bump

Divide the players into groups of 4-6 players

Place lots of deflated balloons on chairs scattered around the room.

Instruct each group to form a huddle, arms around shoulders, in the middle of the room.

On "go" each huddle shuffles to a chair and one member of the team grabs a balloon and blows it up, ties it off, and drops it into the middle of the huddle of people.

As they move toward another chair to repeat the process they must keep the balloons off the floor by pressing it with their stomachs.

At the second chair, they blow up 2 balloons; at the third chair, 3 balloons, and so on, all the while maintaining their huddle and keeping their balloons from falling to the floor.

If a balloon falls, the huddle must stop and put it back in their middle again.

A huddle cannot visit a chair where there is already another huddle working.

After a few minutes call time and count how many balloons each huddle has in its middle.

Announce a winner and play again if you like.

Human Dominoes

Equal-numbered teams line up in single file lines with the teams parallel to each other.

Everyone faces the same direction, toward the front of the line.

On the leader's signal, the first person in each line squats, then the next person, and so on all the way down to the end of the team's line. (You cannot squat down until the person immediately in front of you squats first.)

The last person in line squats and then quickly stands back up again, and the whole process repeats itself, only in reverse, with each person standing up in succession instead of squatting.

(Again, you cannot stand up until the person behind you first stands up.)

The team which completes this first, with the person at the front of the line standing, is the winner.

The effect of this visually is much like standing dominoes up side by side and pushing over the one on the end toward the others.

Each domino falls in succession to the end of the line.

This game is much like that, only the "dominoes" first go down, then back up again.

It works best with at least 25 or so in each line. Have the group try it several times for speed.

Slosh-Buckling

Supplies needed: one pool noodle per person – noodles should be 4 different colors to divide the group into 4 teams; one plastic cup per person; water source (bucket, etc.); 4 equal-sized containers

Divide the group into 4 equal teams.

Each person is provided with a pool noodle (each person on one team is provided with the same color) and a cup.

Each person is instructed to fill their cups with water.

The object of the game is for the team members to keep as much water in their cups as possible while knocking the water out of the other teams' cups with the pool noodles.

When time is called, each team pours their remaining water into 4 equally-sized containers.

The team with the most water remaining is declared the winner.

Fortunately, Unfortunately

Here's a game that encourages quick, creative thinking, but requires no props!

The groups makes up a story one sentence at a time, in which the first word of the first sentence is "unfortunately."

The next player adds the second sentence, beginning with the word "fortunately."

Then the next person takes over, starting with the word "unfortunately."

Continue the story with each person adding on and alternating the first word from "fortunately" to "unfortunately."

Example: "Unfortunately, when I walked down the street, I fell in a manhole. Fortunately, the manhole had water inside so I didn't hurt myself when I fell. Unfortunately, the water had rats swimming in it. Fortunately, the water ran swiftly and soon I was swept out to the ocean. Unfortunately, the ocean was full of sharks. Fortunately, a boat came by and picked me up. Unfortunately, there were pirates on the ship." And so on...

Ping Pong Ball Puff

Supplies needed: bed sheet and ping pong balls

Players surround a bed sheet and pull it tight under their chins so that it is flat.

A ping pong ball is placed in the center and kids try to blow it to the other side.

Each side of the sheet can be a team.

Every time the ball hits someone, or goes over the edge, the team on that side gets a point.

The team with the least amount of points wins.

To create more of a challenge, additional ping pong balls can be added on the sheet.

This can also be done with a table instead of a sheet, but the sheet is easier, and more fun!

Line-Up

Line-up is a good way to get a group to work together. A group of 20 or less members is ideal. The group members close their eyes and attempt to form a line in order of height—the tallest on one end and the shortest on the other. The trick is that no one can speak. When the group decides that they have completed their task, they regain their sight. However, in order to regain their voices, they now must rearrange the line in order of birthdates—the person born closest to January 1st is on one end, while the person born closest to December 31st is on the other end. Once this task is completed, ask discussion questions such as,
“What challenges did you face when you were not able to use all of your senses during this activity?”
“How important is effective communication in a group such as ours?”
“Why is that so?”

Tower of Straws

Supplies needed: one roll of masking tape per team; 100 drinking straws per team
Ask members to form teams of 4-5. Provide each team with 100 drinking straws and a roll of masking tape. Instruct teams to build a freestanding tower out of the straws and tape. Towers will be judged on the tallest, most creative, and best built. Before beginning the activity, designate one member as a blind person, one with one arm, one with no thumbs, and one who cannot talk. Be sure that all team members are involved with the activity in some way. At the conclusion of the activity, ask team members how they were able to involve others; ask those with disabilities if they believed they had been adequately involved; and discuss how this activity demonstrated team-building.

Have Fun!

Compiled from Volunteer Vision Newsletters
Dr. Steve McKinley
Purdue University

More Recreation Ideas!

Famous Pairs Mixer

- Make index cards with pairs on them.
 - Example: One card would say Homer and the other Marge. Other pairs might include Romeo and Juliet, Ken and Barbie, Tarzan and Jane etc.
- Put one name on each person's back by either using tape or pins.
- Then encourage members to walk around and ask yes/no questions to others in the room. I only allowed one question to each person. That required them to meet more people.
- Once they figured out who they were they then found their partner.
- Then, discuss the importance of working together in pairs.
- You could also do this with famous leaders and discuss leadership characteristics.

The Toilet Paper Game - A great way to learn about your 4-Hers!

- Pass around a roll of toilet paper to 4-Hers, having them tear off as much toilet paper as they want.
- After all of the 4-Hers have torn off their toilet paper, each 4-Her has to tell something about themselves; one fact per square of toilet paper!
- Continue until everyone has told their facts.

High Five Human Scavenger Hunt

- Prepare a list of people to find during your scavenger hunt
 - Examples: Someone who has been to the beach, someone who likes pizza, someone who has brown hair, etc. (Many examples can be found online!)
- Have youth walk around and find someone to fill in the blank. Have them give each other a high five, and write their name on the paper.
- ****Youth can only sign someone's paper once! This allows everyone to meet everyone!****

Take a CD player and a CD with dance songs to a meeting; The Chicken Dance, Macarena, Cupid Shuffle, etc. will have kids up and having fun!

The Internet is a great resource for games. Some great websites include:

<http://utah4-h.org/htm/resource-library/projects-resources/games-file>

[http://www.ndsu.edu/fileadmin/4h/ClubMaterials/FJ825 Games Activities.pdf](http://www.ndsu.edu/fileadmin/4h/ClubMaterials/FJ825_Games_Activities.pdf)





4-H VOLUNTEER INFORMATION SERIES

Nebraska 4-H Youth Development

Roll Call Ideas for 4-H Club Meetings

- * School supply starting with same letter as your first name. (September)
- * Name your favorite spooky character. (October)
- * Name something you are thankful for. (November)
- * What is a gift you would like to give to someone? (December)
- * Give a 4-H New Year's Resolution. (January)
- * Name a community service project you could do to help someone. (February)
- * Tell what you have done toward your 4-H New Year's Resolution. (March)
- * What is a project you have been working on and what have you done? (April)
- * Name a 4-H activity that you have done or plan to do outside of the club meetings and your project work. (ex. camp, workshop, etc. (May)
- * What is an exhibit you are taking to the fair? (June)
- * What was your favorite 4-H project or activity this year? (July)
- * Tell one thing you learned at the fair this year. (August)
- * What new information have you added to your 4-H Career Portfolio? (August or September)
- * What is the most fun thing that has happened to you in 4-H this year?
- * Name a 4-H project you have not been involved in but might like to try.
- * What is your favorite fair activity?
- * Of what project accomplishment are you most proud?
- * Give a safety rule.
- * Tell what you like best about Nebraska.
- * What do you like best about 4-H?
- * What is your favorite book?
- * What is your favorite sport?
- * What is your favorite hobby?
- * What is your middle name?
- * Name your favorite snack.
- * Where would you like to go on vacation?
- * What is an important skill or tip you learned in 4-H this year?
- * One way you stay healthy.
- * Name a heart healthy food and tell why.
- * What is something your family does to have fun together?
- * Guess something:
 - Number of jelly beans in a jar
 - Number of beans in a bag
 - Peanuts in a bag
 - Apples in a basket
 - Petals on a flower
 - Nails in a can
 - Weight of a ham
 - Seeds in a pumpkin
 - Cherries in a pie
 - Chocolate kisses in a jar
 - Pennies in a jar
 - Kernels on an ear of corn
 - Cups of flour in a bag

UNL Extension 4-H Youth Development



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

The 4-H Youth Development program abides with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.