



ENHANCING THE CLUB EXPERIENCE.....

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
- 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?



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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 age appropriate 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?



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Welcome To The Zoo

Materials Needed:

None

Time:

10 -15 minutes

Set up:

None

Instructions:

This is a noisy activity. Tell the group they are at the zoo. Then you start by saying I have a owl at my zoo. Then make the owl sound (who, who). Now each of you must pick a different zoo animal to be today. Once you tell who you are you continue to make that animal sound. It is difficult to keep making your sound heard and continue without making your neighbors animal sound. Keep this up till everyone is playing and before you know it they will all be laughing and the ice will be thoroughly broken.



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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.



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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.



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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.



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In The Water, On The Shore

Materials Needed :

None

Time:

10-15 minutes

Setup:

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.



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Listen Carefully

Materials Needed:

None

Time:

5 minutes

Setup:

None

Instructions:

Tell the participants to listen carefully and to follow the directions. Then read the following at a normal pace at first and then increase the speed as you go.

Listen Carefully - Everyone stand please. Everyone wearing green sit please. If you are wearing black shoes, clap once. Everyone with brown hair stand please. All black haired people please sit. If you are wearing white stand please. Everyone with blue eyes wave please. Everyone wearing red sit please. If you have brown eyes please stand. Everyone wearing blue sit please. If you are wearing uncomfortable shoes sit please. If you were born in December stand please. If you are happy shake your right hand please. If you are wearing rings please sit. If you are very smart please stand. If you are wearing yellow clap please. If you know a good joke call out Ha Ha please. If you have green eyes whistle. If you have red hair please sit and stamp your feet. If you are getting tired, sit please. Everyone stand please. If you are glad this is over please clap.



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Count The F's

Materials Needed:

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

Time:

5 minutes

Setup:

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 results 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".)