



# A Sporting Chance: Focus on Fun!

**4-H**  
**Ontario**



**Manual for Leaders and Members**

**March 2008**

**4-H Ontario**

## THE 4-H PLEDGE

"I pledge:  
My Head to clearer thinking  
My Heart to greater loyalty  
My Hands to larger service  
My Health to better living  
For my club, my community and my country."

## THE 4-H MOTTO

Learn to do by doing

## VISION FOR 4-H ONTARIO

We will be recognized for delivering quality, innovative, and sustainable leadership and life skill programs for youth and volunteers; which will benefit the citizens and communities in which they live.

## VOLUNTEER STATEMENT

4-H Ontario volunteers are passionate and dedicated individuals essential to the delivery and success of the Ontario 4-H program.

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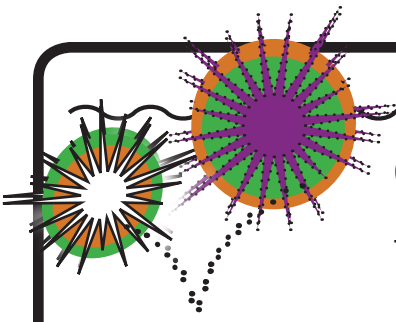


This Project is supported by the Government of Ontario



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## Overview -A Sporting Chance – “Focus On Fun”

This manual is designed for use for up to three 4-H projects over three years. Included are ample activities to provide for a fourth year if the leader chooses activities for the additional ideas at the end of each meeting. Each project should include 6 meetings with at least 2 hours of activities and meeting time. There are enough themes and ideas to choose those that best suit your members and volunteers.

Many meeting themes include a selection of activities and games that provide more than the 2 hours of activities and options for use both indoors and out doors to provide for inclement weather and for various facilities. Additional optional themes are provided that may be substituted for suggested themes or used as achievement program ideas. Leaders, volunteers and members should be encouraged to dress appropriately and /or in costume for each theme. [Optional] themes may be substituted for suggested meeting themes or may be used as achievement day plans.

Although it is recommended that leaders plan the 6 meetings from within the suggested Year 1, 2 or 3 themes, it is possible to choose from any of the 21 meeting themes and mix and match your Focus on Fun project.

### Year One: Work & Play

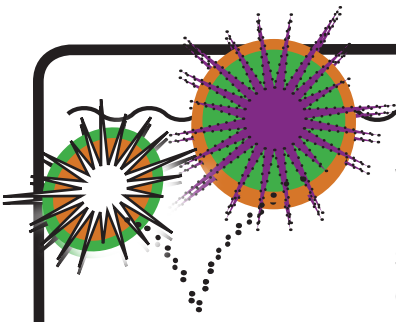
1. 4-H Fanatic!
2. Rodeo Days
3. At The Zoo
4. Lumberjack Follies
5. Boot Camp – Army Basic Training
6. Farmers’ Field Day
7. Join the Navy...Navy Days [Optional]

### Year Two: Play Things

1. More Than Air – Balloons!
2. Let’s Have A Ball!
3. Bubbles, Bubbles, Bubbles!
4. Paper Pandemonium!
5. Straws & Sticks and Stuff!
6. String Me A Long! Spin Me A Yarn!
7. Junkyard Wars [Optional]

### Year Three: Outdoor Fun

1. The Great Outdoors
2. Environmentally Friendly Fun
3. Olden Days Picnic
4. Beach Party
5. Autumn Adventures
6. Awareness Challenges
7. Winter Games /Snow Fun [Optional]



When participants vary in skill, age, or ability, there is more potential for social learning and challenge. For example, a sport, designed by a group that includes some people who use wheelchairs and some who don't, is a sport that leads to deeper contact between those groups. Playing with a broad age range leads to more understanding of developmental levels and understanding of the variables.

What do you do when a planned outdoor activity gets rained out and you suddenly have a roomful of bored, disappointed 4-H members? Included with every meeting theme are a few activities that require minimum space and equipment but look to the Alternate Activities / Minimal Equipment section for emergency ideas requiring few resources. Use these ideas to get everyone having fun. Character education is about developing virtues, good habits and dispositions that will lead individuals to be responsible citizens.

### **A Sporting Chance – Focus On Fun**

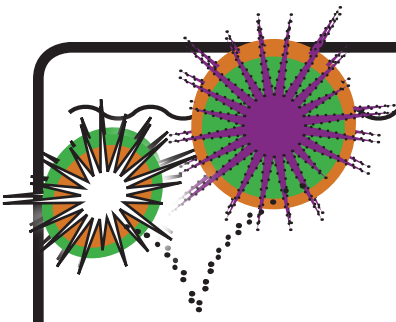
This project is designed to keep members active and healthy with a special focus on social recreation and interaction with friends. Activities attempt to be all inclusive, including both outdoor and indoor challenges. Some games involve team building with small group activities, while some involve theme related action games for larger groups. Many have some knowledge based themes and result in a variety of active, hands-on activities and challenges. Some of the meetings have a science based theme and relate to topics many members may be studying in class. There are several open ended challenges and lots of cooperative games. This allows for physical activity at all stages of 4-H membership (from age 10-21) and includes a few intellectual challenges for all ages as well.

Senior members can be actively involved in preparing and delivering these activities. See the Youth Leadership portion of the manual for ideas.

The manual outlines many activities, games and challenges for each theme. The Leader will choose the themes for each meeting and select from the various activities provided for that theme. The themed activities should enhance the leader's ability to provide activities that are active, all inclusive and suitable for the age and number of members in the club.

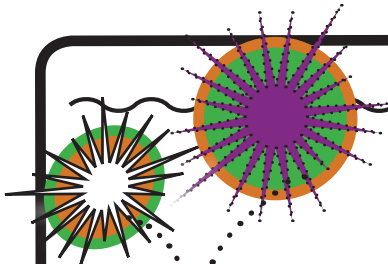
The "Focus On Fun" manual provides enough activities and themes for three separate projects and some optional material and variations. A project must include at least 12 hours of meeting or project delivery time and an achievement program. It is highly recommended that the volunteers/leaders select the 6 themes and related activities from the manual and use the planner to prepare for the project. Careful planning can ensure the manual will provide material for several different "Focus On Fun" projects with different overall themes: Year #1 "Work and Play", Year #2 "Play Things" and Year #3 "Outdoor Fun". The variety of themes and optional material should prevent repetition.





***A typical 4-H meeting consists of 120 minutes [2 hours] and should include the following:***

- Welcome/may include warm-up activity while others are coming
- 4-H Pledge
- Roll Call
- Secretary - minutes
- Press report
- Treasurer's report [if any]
- New business-includes county events, regional and provincial events, and any club plans
- Meeting Content or Background
- Activities for the theme
- Clean-up /Adjournment /Refreshments [optional]
- Closing - motto
- Suggested timing for items 1- 6 should be about 10 minutes or less
- New business [varies depending on special planning etc] from 1-5 minutes
- Meeting content or background 5-20 minutes
- Activities 80-90 minutes
- Clean-up and closing 5-10 minutes



### 4-H Leader/Volunteer "Focus On Fun Planner

Meeting # \_\_\_\_ Theme: \_\_\_\_\_

Place: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

Roll Call:

Content/Lesson Material required:

Activities Selected: [approximate time required]

- 1.
- 2.
- 3.
- 4.
- 5.

| ACTIVITY | MATERIALS / PROPS REQUIRED | PERSON RESPONSIBLE |
|----------|----------------------------|--------------------|
|          |                            |                    |
|          |                            |                    |
|          |                            |                    |
|          |                            |                    |

Special notes or reminders: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## 4-H Leader/Volunteer "Focus On Fun Planner

Meeting # \_3\_ Theme: Farmer's Field Day Year One \_\_\_\_\_

Place: Joey Merryfield's 9042 3rd line Joyville Date: May 22 Time: 6:30 p.m.

Roll Call:

1. Model your farmer's outfit or pantomime a farm activity

Content/Lesson Material required: Additional activities in case of rain

Activities Selected: [approximate time required]

1. Dressed for the Job Relay #1 - 20 minutes
2. Wheelbarrow race # 4 - 20 minutes
3. Picking Stones # 5 - 10 minutes
- 4: Cleaning the pens # 9 - 15 minutes
- 5: Watering the Horses # 10 -20 minutes

| ACTIVITY               | MATERIALS / PROPS REQUIRED  | PERSON RESPONSIBLE |
|------------------------|---|--------------------|
| 1. Dressed relay       | 2 sets of identical [nearly identical] articles of large sized clothing [ 6-7 pieces] ,two laundry hampers  | Mary Smith         |
| 2. Wheelbarrow relay   | Large number of small pebbles or rocks, marbles or pine cones may suffice, a small bag or container to hold pebbles for each team, optional plastic tarp or cloth for each team stone area. | Mark Brown         |
| 3. Picking stones      | 2 wheelbarrows, a course layout / cones/ markers, bicycle helmets for riders  | Joey Merryfield    |
| 4. Cleaning the pens   | A bale of straw, 2 forks and two wheelbarrows, [shavings, sand shovels and pails]   | Joey Merryfield    |
| 5. Watering the horses | 2 paper or foam cups with holes in the bottom, 2 pails of water, 2 containers to receive water  | Mary Smith         |

Special notes or reminders:



## Achievement Program Ideas

The planning of the achievement program should be done in cooperation with the club members themselves. The program should focus on the purpose of the project, which is to provide healthy active fun to promote fitness and to develop leadership and social skills in a recreational setting. With this in mind the members and youth leaders should be involved in selecting the activities and planning and organizing the events.

The achievement program is a culmination of what the members have learned and should give leadership opportunities. Planning should begin by the third or fourth meeting. Some possible ideas for the achievement program follow:

1. Choose the favourite activities from various meetings and do a "Replay Day"
2. Plan a new theme and prepare new activities...see additional optional activities for ideas.
3. Plan a social recreational activity program for an outside group- nursing home, seniors' residence, special needs group, day care group, church group, scout group etc.
4. Plan a trip to a recreation centre and learn a new activity, such as water exercise fitness, pilates training, kick boxing, karate, or line dancing.
5. Hold a social recreation evening for members by playing Charades of their favourite activity moments from the project. The other members must guess the game or event or theme.



## Involving 4-H Youth Leaders

This project is ideal for developing youth 4-H leaders. A youth leader may be involved for every 6 members in the club. The requirements for a youth leader include at least 15 minutes of presentation/leadership at each meeting. In addition the youth leader must complete a final report that outlines their involvement with the project and how they have developed their skills [see the 4-H Ontario Youth leader manual]. This is then signed and co-signed by the 4-H leader.

This section is designed for the “Focus On Fun” 4-H leaders to plan and assist the Youth leaders in planning this project and their roles in leadership.

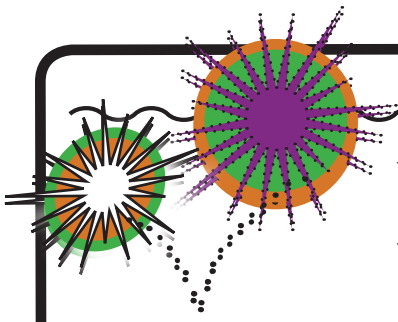
In advance of the project start date the leaders and potential youth leaders should plan an organizational meeting. At this meeting the themes for the six meetings should be selected and the activities and materials required for those meetings need to be listed.

Youth leaders may then be assigned to gather various materials for the meetings. Also the youth leaders may then select activities that they wish to lead. The organizers can then be filled in and copied for all the leaders and youth leaders.

It is usually much easier to plan a project of this type in advance of the first meeting since leaving the choices up to the 4-H members can often be hectic and difficult to organize. Input from the youth leaders and 1 or 2 members would be helpful but **PLAN IN ADVANCE!** Pre-planning makes the rest of the project go smoothly!

### ***Duties of A Youth Leader for “Focus On Fun”***

1. Attend the planning meeting to organize the project outline.
2. Assist in planning the 6 meeting themes and activities
3. Deliver at least 15 minutes of instruction, leadership or material at each meeting.
4. Collect, prepare, clean up and/or store materials for each meeting.
5. Prepare the final report outlining your responsibilities, duties and participation during the project [see 4-H Ontario Youth leadership manual]. The planning pages following may be used in the final report .



## Youth Leader Meeting Planner:

Youth Leader Name: \_\_\_\_\_

Meeting Date: \_\_\_\_\_

Meeting Theme: \_\_\_\_\_

Place: \_\_\_\_\_

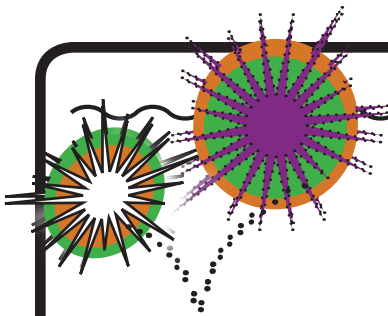
My Role:

Materials/Equipment required:

Activity Description:

Comments about success of activity:





**Youth Leader Final Report:**

Youth Leader name: \_\_\_\_\_

Project Title: \_\_\_\_\_ Date: \_\_\_\_\_

Summary of my roll in this project:

How could this program be improved?

What suggestions do you have for new or redesigned 4-H projects?

What do you feel you have gained as a result of this youth leadership experience?

4-H Leader's name:

4-H Youth Leader's name:

\_\_\_\_\_

\_\_\_\_\_

4-H Leader's signature:

4-H Youth Leader's signature:

\_\_\_\_\_

\_\_\_\_\_



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# Year 1: Work & Play

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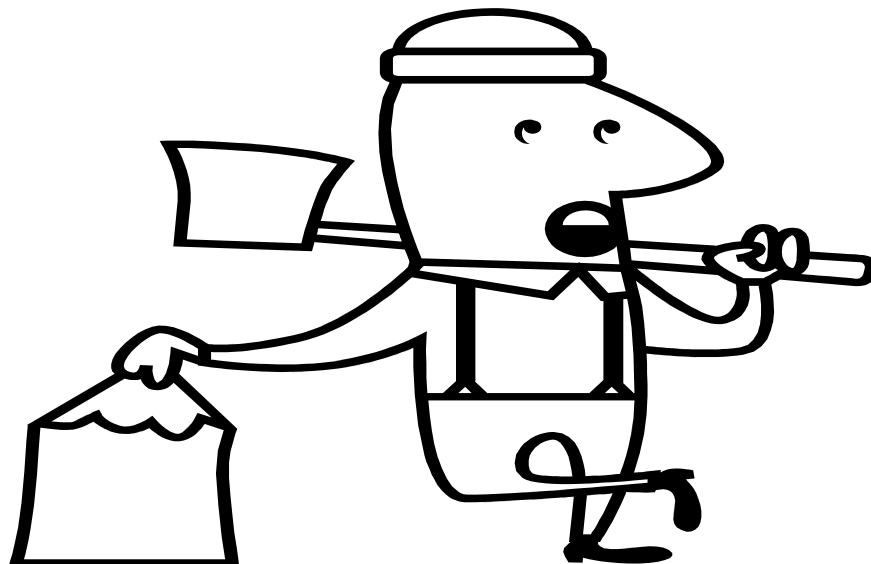
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## Theme 1 – 4-H Fanatic

Everyone knows the 4-H Fanatic who gets involved in every club project offered. These activities represent a cross section of the types of things that might occur in these projects. Have fun exploring these trying some of these 4-H learning experiences!

### Roll call:

1. Name a 4-H club project.
2. Tell something that might happen if you joined a \_\_\_\_\_ 4-H club.

### Warm-Up Activity:

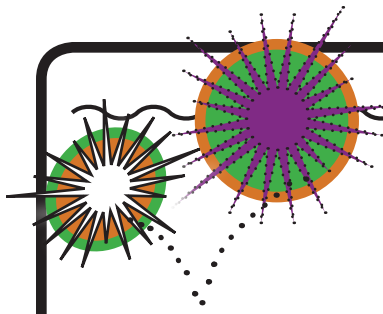
A **tableau** is a frozen scene, like a human picture. Have the members make a tableau using everyone as they arrive to create 4-H scenarios. Give them a few minutes to think out their scene then clap or shout freeze and then they show the tableau. This could be done in two groups so that each group creates a separate tableau then they can share the idea with the other group/s.

**Sample tableaux ideas:** *Training a calf, baking cookies, sewing a dress, making a campfire, the travel exchange, the elections of officers, the tractor club, sheep showing, horse club etc.*

### Meeting Content:

These activities simulate some of the many opportunities that a 4-H member can have. Some are challenges, some are relays and some are more cooperative in nature. For participants with mobility issues or challenges many can easily be adapted. An extra wheelchair for an able bodied member to use can even the playing field.





## Activities:

### 1. Training the Calf

The 4-H calf is always difficult to train and sometimes impossible to get to move around the show ring. In this relay the calf is a bale of straw or hay and the halter is a rope around it. Teams will drag the calf to a line then bring it back to the next member. The first team to have everyone show the calf will be the winner.

Variation: a) if the bale is too difficult for one person to drag then the next member in line can push the calf from behind to assist. b) for members with mobility issues the bale can be dragged while a second member wheels the wheelchair and a third pushes. Have a non-challenged member compete in a spare wheelchair under the same conditions as the challenged member or blindfolded etc.

*Requirements: two bales of straw or hay, ropes (halters will work)*

### 2. Washing the Calf –

In this relay the mess of washing the calf is fun for all. The calf (sheep, chicken, pig, horse whichever animal you choose) is a stuffed or plastic toy. Size will be determined by the washing utensils you can assemble. The relay involves washing, drying, brushing, combing, gluing, whitening, then washing out the calf. Have a variety of articles available e.g pail of water, brush, hair dryer, spray bottle with water, talc powder, comb etc. Each member will go out to the bucket of supplies and select the item required then rush to the animal and touch it, wet it or whatever is required. The first team to complete all the tasks wins.

*Requirements: pail of water, brush, hair dryer, spray bottle with water, talc powder, comb, toy animals*

### 3. Showing the Horse on Line

This hilarious challenge involves some fine teamwork and close contact. The 4-H member is going to the achievement day to show off the fine

horsemanship that has developed with training of his/her fine animal. Teams of three are selected and two become the horse by assuming the stance and having a blanket thrown over them, the other is the showperson. A volunteer or member can become the ringperson / judge who shouts out the various gaits and positions required.

The teams must demonstrate the walk, trot, canter, gallop, as well as line up. Spectators can decide the winners or a 4-H horse member can decide the best style compared to what is looked for in the real show ring.

*Variation: Senior members can practice their best judging style by judging and giving reasons for their choices by taking turns being the official judge.*

*Requirements: several blankets to create the horse*

### 4. Sheaf Making

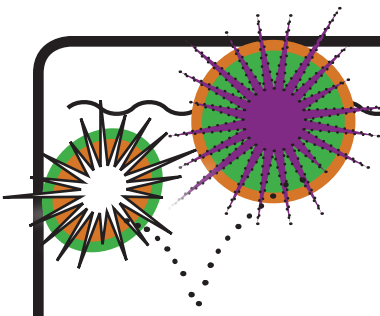
Making a sheaf of grain is very difficult. Getting it even and getting it balanced to stand up is sometimes challenging. Give teams of two some straw, hay or corn stalks (or if stretched for materials use kitchen straws) and some twine and scissors.

Challenge the teams of 2 to tie up grain to make a sheaf that will stand up. Give them some dimensions and specific details such as 3" in diameter or whatever your materials can produce, then compare the results and difficulty. Practice 4-H judging skills by having several members give reasons for their choices as they hand out ribbons to the winners.

*Requirements: a bale of straw or hay, preferably coarse and long stalked, or stalks of corn*

### 5. Baking Bread Relay

The life skills clubs practice good baking techniques. They must measure accurately, mix properly and bake according to directions. This relay demonstrates some of the steps involved in baking bread, but is a hilarious way to speed up the task, by omitting a few ingredients and steps! Have a set of equipment for each team set up on a table (preferably outside since this can get messy).



The first member is given the bowl, the next a measuring cup, the next another measuring cup, the next a spoon, the next a tea towel, the next a bread pan, the next oven mitts, the next a plastic knife and plate. The relay involves setting up the bowl, measuring a cup of flour (some sugar, salt, yeast may be added here, but it seems a waste!) measuring a cup of water, mixing them, pouring this into a pan, putting the pan in the oven (thus could be a box or just putting it under the table or use the imagination) and take out a piece of bread (this could also be in the box or under the table ready for the next runner). A small loaf of bread or bun works well. Finally the bread is cut into the number of pieces required for each one on the team, and the last runner must serve a piece to each team member and then the race is over.

*Requirements: 2 bowls, 4 measuring cups, bowl of flour, bowl of water, 2 spoons, 2 tea towels, 2 bread pans, 2 knives (plastic or safety) and 2 plates.*

### 6. Travel Exchange Memory Game

This cooperative group game is a good slow down or relaxing activity. Sitting in a circle the first team member announces, "I'm going on the travel exchange and in my suitcase, I'm putting item #1." The next member must repeat the "I'm going on a travel exchange and in my suitcase I'm putting item #1 and item #2." Each member must repeat what the others have said and add another item. If someone can't remember the items or the order then that travel exchange is over and a new travel exchange begins. The challenge is to create the longest travel exchange possible.

### 7. Travel Exchange Relay

Trying to decide what to pack in the suitcase to take on a travel exchange is difficult. Trying to get all the items you want to the airplane is often a greater challenge. This relay demonstrates what might happen if you're late for the plane! A large number of items will be scattered around the playing area. Items may include clothing, books, cameras, hats, toiletries, skateboard, sports

equipment, whatever you might think to take on a travel exchange plus a few outrageous items that are obviously too large for the suitcase or backpack.

If you have 2 teams competing then have an even number of items, but they don't need to be matching items. Each team will select a travel exchange member and this member will be given the suitcase or backpack. When the relay begins, the first team members may run out and select one item to pack in the suitcase. Each member will then bring it back to the travel exchange member with the suitcase for him/her to pack, then tag the next member to select something. The relay goes on until all the items are cleared from the playing area. Obviously, the outrageous items will be left until last but somehow the travel exchange member must pack and carry all the items selected by his helpers and then race to the finish line to catch the plane. The prize for this could be at the finish line, perhaps only one travel bag containing small candies for the winning team.

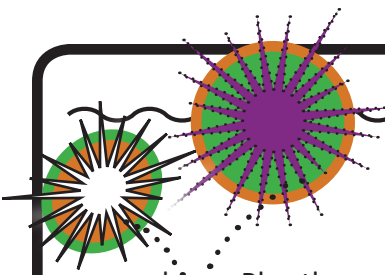
*Requirements: A large number of items; may include clothing, books, cameras, hats, toiletries, sports equipment, whatever you might think to take on a travel exchange plus a few outrageous items that are obviously too large for the suitcase or backpack such as skateboard, inflatable water toy, giant teddy bear, skis etc.*

### 8. Public Speaking

In the public speaking club members are encouraged to speak their mind, develop confidence and speaking skills. This cooperative game relies on quick thinking and a good sense of humour. The members sit in a circle and the leader announces the topic of the impromptu speech, such as the 4-H beef club. The first person begins the speech with just one word. As the speech goes around the circle everyone adds only one word. The challenge is to make the speech make sense and to make the sentences as long as possible.

If the sentence ends with a member, then the next three in line to speak must stand up and start a new speech on the same theme, but they





must use two words each until a complete sentence is formed and they can sit down. Play then resumes with a new theme (try different 4-H club events, activities or people as themes). Each time a sentence ends the next three in line must begin another impromptu speech using first 2 words each, then 3, then 4 etc. Challenge the members to keep the theme /sentence going while still keeping it grammatically correct. *Hint: use lots of adjectives and describing words and phrases.*

### 9. Sheep Club –Search For Ticks

The sheep club involves working with wool and sheep shearing. Sometimes the wool needs to be sorted through to be sure that the poor lamb has no ticks. Put a large basket of wool (preferably freshly sheared from a sheep but a basket of tangled yarn will suffice) in front of each relay team. Inside the basket of wool put some small objects (at Halloween little spiders and bugs are available-check the Dollar stores) toothpicks will do if bugs aren't available. Each member must race to the basket and find one tick and then race to tag the next member. When all members have found a tick the game is over! The fastest team wins.

*Requirements: two baskets of wool (sheep fleece) or yarn and some ticks(plastic bugs or toothpicks or similar)*

### 10. Poultry Club

The poultry club involves our feathered friends. What better way for our 4-H fanatics to experience the poultry club than to have a feather race? Divide the group into teams of two. The team must lock arms so that only the outside arms can be used for balance. Each team is given a feather. One member must toss the feather in the air then the two conjoined members must try to keep the feather in the air by blowing on it while they try to move it over the finish line first. If the feather falls to the ground the team must pick it up, return to the start line and begin again.

*Requirements: light fluffy feathers for each team*

### 11. Photography Shoot

The photography club involves getting great shots and sharing the best with others. In this challenge digital cameras and cell phone cameras can be used to complete this photo scavenger hunt. Divide the group in teams of 2-3 (this will depend upon the number of cameras available). Give the teams a list of 10 items they must find to photograph in the playing area. Custom design the list to reflect what is available in your area. Examples: small piece of furniture, tree, small insect, interesting garbage, two people, interesting smile, play equipment, group of three or more, etc. Give the teams a set time then find out how many were successful in getting all the shots. Share the photos, if there is time.

### 12. Drama Club

The drama club involves thinking outside the comfort level of most members. This activity involves an old fashioned game of charades. Give each team paper slips and pencils. The teams must put down the names of books, movies, songs or TV shows that most would know. The category must be listed. These are collected and added to the number that the leaders have prepared before the game. Each member should put theirs down without looking at the other's.

Team A begins by selecting a member to pick a "charade" and then act it out. The other team A members get 1 minute to guess the charade. If they don't get it, then Team B can steal with one guess. A correct guess within the time gets 2 points, a steal gets one point. Standard charade gestures can be used [e.g. open palms represents a book, pointing to sound coming out of mouth is a song etc.]

*Requirements: some slips of paper prepared with charade titles, blank slips and pencils Sample Charade –*

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**Category: Song, Book, Movie, TV**

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### 13. Sewing Club

Helpful life skills are taught in a sewing club. Everyone needs to know

how to sew on a button. Provide everyone with a sewing needle, thread, cloth piece and a button. Have everyone start and sew on the button. When everyone is finished have members practice their judging skills or use this as a relay by adding a mending seam challenge, or patching a tear in jeans, pressing a seam etc. The team to finish first (with buttons that stay on) wins.

*Requirements: sewing needles, thread, buttons, scraps of cloth*

### 14. Design An Outfit:

This is a cooperative game which encourages teamwork and imagination. The sewing club teaches about design and form. Supply each team with assorted scissors, scraps of cloth, newspaper, ribbon, streamers, tape, pins, feathers, beads, etc. If dress forms or mannequins are available, use them, if not, select a team member to be the mannequin and model the dress. Give the design teams a time limit, then have the outfits modeled or shared. Encourage the use of hats and accessories.

*Requirements: scraps of cloth, newspaper, tape, pins, ribbons, streamers, feathers beads, aluminum foil, tin pie plates, paper plates, etc (optional: dressforms, Mannequins).*

## Theme 2: Rodeo Days

Get out your best cowboy boots and hat and come on down to the rodeo! These activities provide lots of cowboy action and Wild West challenges. Most of the activities would be best played outdoors but they may be adapted for a large indoor space.

**Leaders'/ Volunteers' Preparations:** Choose from among the activities those that best suit your group and playing area. Equipment is listed with each activity.

### Roll Call:

1. Model your best cowboy outfit and walk.
2. Name one rodeo activity.
3. What is one job done by a cowboy?
4. Give your best yodel or "Yee haw".

### Warm up Activity:

**Activities:** Get ready for the rodeo events by warming up with a good old country dance. Try some line dancing! Get some country music [such as "Boot-Scoot' Boogie] and have small groups create their own set of moves for the music. After 10 minutes have each group demonstrate their dance.



Image: Colin Gregory Palmer

**Activities:****1. Roping A Calf**

Get out the lasso and catch that little dogie! In this challenge a bale or sawhorse with a calf head attached serves as the calf [dogie]. A lasso works best but clothes line or thin plastic rope can also work.

Members take turns trying to rope the calf. If played as a relay two calves [bales] are required and two lassoes. Each member can take up to three throws to try to rope the calf. The winning team will be the team with the highest number of most successful catches [check some of the western horse friends in the neighborhood to inquire about borrowing some real lariats and practice roping calves for this activity].

*Requirements: 2 straw bales or sawhorses, 2 lassoes/lariats or long thin ropes fashioned into slip knots .[you may also try real practice calf dummies and lariats]*

**2. Tying a Calf**

Once the calf is roped it is tied up for branding. This activity involves the fast tie of three legs of a calf. To simulate a calf, use long legged stuffed animals or make a wooden "calf" by nailing 4 long strips of 2x2 to a foot long piece of 2x4. Be sure the "legs" are moveable by nailing loosely to the 2x4. Give each team a "pigging string" [piece of light rope or twine] then each team relays to tie the legs then untie then tie up then untie until all have gone and the calf is released. First team to finish wins.

*Requirements: long legged stuffed animals or make a wooden "calf" by nailing 4 long strips of 2x2 to a foot long piece of 2x4. Be sure the "legs" are moveable by nailing loosely to the 2x4.*

**3. Barrel Races**

The fastest horse and rider to complete the clover leaf pattern is the winner. This version is more like a circle 8 demolition derby. Horse and rider will be a stick horse or broom and two riders will compete from each team at the same time in relay fashion. The first team to complete the barrel race

cloverleaf course wins.

*Requirements: three barrels or large cones, two brooms or stick horses.*

**4. Pole bending**

Set up about six poles [if you have rodeo friends, borrow] or cones for each relay team. Give each team a broom. The first team member must race through the poles weaving in and out and then back to get the next member onto the broom. This time 2 team members race on the broom through the poles and so on until all the team members are riding the broom through the pattern. If the poles/ cones are knocked over then an additional run through the pattern must be taken for each poles/ cone knocked over. The first team to complete the patterns is the winning team. This may also be a timed event if only 6 cones are available.

*Requirements: 12 poles or cones [markers], 2 brooms*

**5. Steer Wrestling**

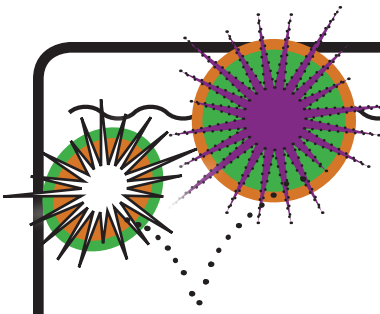
This event requires lots of space and some safety ground rules. This can be a timed event or a challenge event if two "steers" are available. Place a sawhorse on a car dolly or wagon [or put wheels on a sawhorse]. Tie the wagon or dolly to a bicycle or have a good runner pull the "Steer" sawhorse. Give the steer a 4 second lead and then have the runner try to catch up and knock the sawhorse off the wagon/dolly. Time is up when the steer is on the ground. The team with the fastest time is the winner.

*Requirements: sawhorse/s, wagon, dolly wheels, bicycle & rope*

**6. Blind Horse Challenge**

Teams of 2 will guide a blind horse through an obstacle course. Set up a series of obstacles, such as a tree to go around, a pail to avoid, a water puddle/wading pool, a bridge made of wood, a carpet to cross etc. Blindfold one member and give that member a broomstick horse to ride. The guide is the second member who will walk behind and give verbal instructions as to how and where to go through the maze. This is a sensitivity





task designed to illustrate the difficulties that the blind endure doing simple everyday chores. Try the challenge again but this

time the second partner may guide with one hand on the elbow and no words.

*Requirements: one broomstick horse, several blindfolds, some everyday obstacles for a course.*

### 7. Catch A Wild Horse –

In this game team members will create a horse and then ride it to the finish line. Have several horse parts : i.e. a large man's sock, stuffing [other socks], string, felt or buttons for eyes, string or duct tape for tying on neck, needles and thread for sewing on button eyes, yarn for making a mane, and a stick of some kind for the body. Rules: the horse must have head, eyes, nose and mane, [you set up the details]. The team who can ride the finished horse to finish line first wins.

Variation: Decorate a sawhorse or just judge the finished horses with no racing.

*Requirements: several sticks, socks cardboard, string buttons etc, to create the horse*

### 8. Pin The Part On the Horse

Have a large sheet of paper taped or pinned to the wall for each team. Have each member blindfolded and give a part of a horse picture to each member and have them tape or pin that part onto the paper to assemble the horse. The team whose horse most resembles a complete horse wins!

Variation: without blindfolds each team member is assigned a part of the horse to draw [e.g. body, legs, hoofs, head, eyes, mane, tail, saddle blanket, bridle, feed bucket, hay etc] and the first to team complete the horse wins. See Horse Parts picture in Resources [additional animals are available in resources as well] Horse Part cards are also available in Resources [cow parts are also available]

*Requirements: large sheets of paper, tape or pins if corkboard is available for the paper, parts of a horse [see additional resources] or markers*

*and crayons and horse part cards [see additional resources]*

### 9. Chuck Wagon Race

The food had to get from place to place as the cowboys drove the cattle across the range from pasture to pasture and river to river. It took a long time to cook over a campfire and a long time to cleanup so they had to move fast with the equipment and get to the next campsite to prepare the meals. This activity simulates the chuck wagon race of the Calgary Stampede! Set up a small figure 8 pattern and provide teams of 3-4-5 with a wagon and a rope to pull it. The rider should wear a bicycle helmet for safety. The pattern is to race for the chuck wagon, load the rider, pick up the supplies and pull the wagon through the figure 8 pattern then out to a finish line with all the supplies arriving with the wagon. All members of the team must cross to win [this may be a timed event for added safety]. 1 is riding, 2 are pulling and the outriders should be given some wood to carry and/or a potato on a spoon to carry with one hand [or similar, maybe an egg]. This may be a timed event or a race if 2 or more wagons are available.

*Requirements: wagon with pulling rope or twine attached, bicycle helmet, some wood, potato and spoon or egg on a spoon. Timer [if desired] or 2 sets of equipment.*

### 10. Branding Irons In the Fire

This is a simple relay that reminds everyone of the cowboy way and tasks that were done on the ranch. Branding the calves so they could be identified by the owners on the open range was usually done once or twice a year. In this game, each member must pick the branding iron out of the fire pit run to the calf, apply the iron then run it back to the fire pit or, for an added challenge, they must toss the branding iron into the circle or bucket before the next team member takes a turn. The fire pit can be a place, bucket or hoop on the ground, the calf could be a stuffed animal, the branding iron could be a potato masher.

*Materials required: a bucket or hoop, a stuffed animal for each team, a potato masher for each team.*

## Theme 3: At the Zoo

**Leaders Background** – There are many things to do if you work at the zoo! These activities involve some hilarious relays and challenges. Most of these games can be done either indoors or outdoors but do require space.

**Leader /Volunteer Preparation:** Select the games and activities prior to the meeting and prepare the activity centres where required.

### Roll Call: [suggestions]

1. Name one animal found in a zoo.
2. Name a zoo animal and what it eats.
3. Make a noise like a zoo animal and have us guess what it is.

### Warm-up activities:

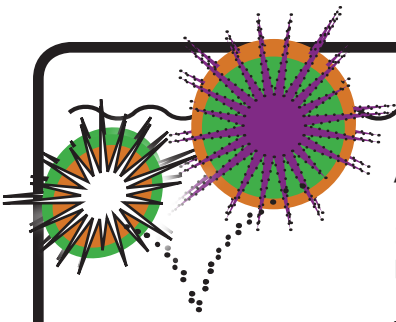
Suggest some of the activities that may occur at the zoo. As the members arrive give each group of two a piece of paper and a pencil or box of crayons [or a large sheet of paper and markers]. Have the team draw as many zoo animals as they can in the time given. At the end of the time [or when all have arrived] have the other team members guess which animals they have drawn.

### Meeting Content:

These activities deal with things that occur at the zoo. Feeding the animals, caring for the animals and visiting the animals are all part of the zookeeper's day. Some of the activities are relays and some are quieter social recreational activities. A few of the activities involve improvisation and concentration games. Select teams as you go to create greater mixing of team members.







## Activities:

### 1. Feed the Monkeys - The Banana Pass Game

The banana pass is an outdoor action game that is essentially a messy relay race. The “baton” is a banana — the catch is that you can only use your feet to pass it! Players lie down on the grass, head to toe in a straight line with each person’s toes about 2 feet away from the next teammate’s head. When the game begins, the first people in line grab hold of the banana with their feet and pass it over their heads to the next person’s feet. The next person receives the banana with his or her feet and passes again until the entire team is done. When the banana has been passed to the last person, this person must peel the banana and eat it (ewww!). After eating it, the person then must run back to the starting line finishing the race for the team.

*Requirements: 1 banana for each team*

### 2. Big Game Hunter -Photo Scavenger Hunt

Digital cameras and camera phones make this game fun & easy. Each team of 3-4 should be given a camera and a list of items or animals to “shoot”. Prepare a list of about six-ten interesting places, things and circumstances that can be captured using a camera. The list could include pictures from stacks of old magazines and books or things they may find in the location you have chosen for the meeting [i.e. farm, park, zoo ,etc.]. You could list, for example:

- A group photo of the hunting expedition [team members]
- The biggest animal you can find
- The biggest tree /den/ animal habitat
- Some type of animal feed
- A picture of more than one insect or animal together
- An interesting animal
- The smallest animal you can find

- The largest insect you can find
- The smallest insect you can find
- A photo of a hunter stalking prey
- The funniest thing you can find

Be creative. Set a time limit for the groups (e.g. one hour or so). Instruct the teams to find as many things on the list as they can. When time expires, have all members reconvene and present their photos along with the checklist. Award one point for each successful photo item and bonus points for extra creativity or effort. Having a computer would be an asset for sharing the photos. Being able to project the photos with a digital projector would be an added bonus. This activity is good for building team chemistry and for creating funny memories. Be sure to provide adequate supervision and always keep safety first!

*Requirements: digital camera or phone for each group, list for each team*

### 3. Clean the Parrot Cage - [fan the feather]

Every zookeeper has to clean up. The bird cages need daily care. This relay keeps everybody working to clean up those cages. Divide into teams of 5-6 players. This can be a relay with each player going individually or all going together at one time. Everyone on each team is given a piece of paper that must be fashioned into a fan-broom [try pleating the paper and holding one end]. A feather is placed in front of each team member and a finish line or garbage pail is placed some distance away. Using only the broom fan, the team members must fan the feather toward the line or container and either cross the line or get the feather into the trash container. The individual or whole team that gets the feather/s across the line or into the garbage container wins!

*Requirements: feathers for all members, piece of paper for each member, string for finish line or garbage container/s*

#### 4. Animal Escape

The animals have escaped from their cages and each keeper must round up

their own animals before they get lost or hurt. Hide small plastic animals or pictures throughout the playing area. Give each team or member a cage [bucket or hoop on the floor]. The team members must search for and round up all their animals and get them back in the cage. Try to have the same number of pictures/animals for each type. Each team can have only one of each type of animal so return and hide any duplicates so the other team will have trouble finding that animal. The first to round up all the animals, wins. Be sure to tell the teams how many different animals they are searching for!

*Requirements: 3-4 or more pictures of many different types of animals or small plastic animals [this could be played with plastic bricks of different colours as well].*

#### 5. Zookeeper!

There was a substitute zookeeper today and all the animals got into the wrong cages. This game mixes them up even more. All the players are seated in a tight circle either in chairs or on the ground. Each player is assigned an animal name. Make sure there are at least 2 of each animal [more is fine]. Select someone to stand in the middle as the zookeeper. The zookeeper will shout out the name of one type of animal and those animals must change cages [seats] In this exchange the zookeeper will try to get one of those cages [seats].

If the zookeeper succeeds the “animal” that is left will now be the zookeeper and the zookeeper now assumes the name of the animal he/she is replacing. If the zookeeper doesn’t get a seat first then he / she remains to call out more animal names. If the zookeeper shouts out **“Change cages”** then everyone must change cages [seats] while the zookeeper tries to find an empty spot. This can go on until everyone is tired of it. Suggested animal names: **giraffe, zebra, elephant, hippopotamus, rhinoceros, monkey, gorilla, ostrich, snake etc.**

#### 6. Midnight at The Zoo

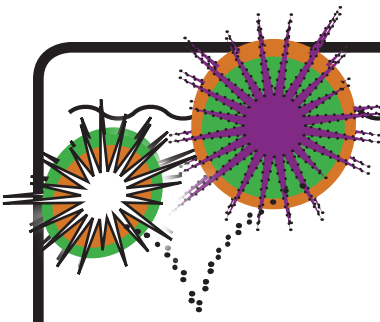
It’s midnight and the lights have been turned off. The zookeeper is doing the rounds but some animal is moving in the darkness. Which one is it? A person is blindfolded and becomes the zookeeper in the centre of a circle. The other members move around in a silent circle around the zookeeper until he shouts **“Stop”**. The zookeeper then points at someone and asks them to make an animal sound such as **a) roar like a lion b) hiss like a snake c) laugh like a hyena d) speak like a monkey e) howl like a wolf etc.** The person pointed to must make the sound then the zookeeper must try to guess who made the sound. If the guess is correct then the “animal” becomes the zookeeper.

*Requirements: one or two blindfolds*

#### 7. Animal - Human Sculptures Game

Human Sculptures is a fun game that can be used as an icebreaker activity or as a general party game. There are two variations of this game — one version is a competitive guessing game, while the other version is based on creative interpretations of various topics.

*Version One:* The facilitator should announce an animal category (e.g. African animal, large cats, beasts of burden, North American animals, large birds, domestic pets, farm animals etc.). All players are then divided into smaller groups and one team leader is given a pen and paper. Each group brainstorms an idea that goes along with the topic and each team leader must write down the idea on a sheet of paper and turn it in to the leader, who checks that the idea is appropriate for use. Each group then creates a sculpture using their bodies. Every member of the group should comprise some part of the entire sculpture. After a predefined time limit (for example, five minutes), each team looks at each other’s sculpture. Each team is allowed two guesses for what the other team has formed. Whatever group guesses the other group’s sculpture the closest is the winner.



### *Noncompetitive Version 2*

The leader should announce that the group will now participate in a “human clay” activity.

Players would be asked to provide their own interpretation or illustration of some category of events or other topics (prepared in advance by the leader). Some examples of categories that could be used:

- An elephant performing a trick
- A performing seal
- A giraffe eating
- An angry gorilla
- The monkey cage

**Have fun!**

### **8. Animal Trainer – Expert [Improvisation Game]**

This game involves lots of imagination. It is a quiet, non-active activity that can be used as a rest activity. Two members are chosen to be the interviewer and the expert. The interviewer asks the questions and the expert must improvise the answers. Others in the audience will listen and the best animal trainer expert interview can be selected by popular choice or it can be non-competitive. The expert is some type of animal trainer. The expert may volunteer after the type of trainer is read out loud or they may volunteer first then be given the topic. Some suggestions for animal trainer experts follow:

- Trains elephants to parachute
- Trains cats to swim
- Trains snakes to climb trees
- Trains mice in search & rescue
- Trains fleas to knit
- Trains monkeys to be jockeys
- Trains Gorillas to do baby day care
- Trains camels to snowshoe
- Trains hippos to water ski

*Interviewer Questions:*

How did you become interested in...?  
Why do you...

Where do you...

When would this be useful?

### **9. Feed the Giraffe**

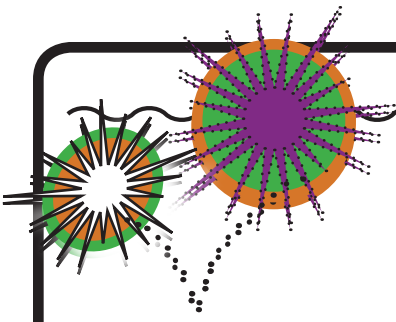
Sometimes it’s a challenge to feed all the animals. In this relay game a spoon is taped or tied to a long stick [a metre stick is fine] and the team tries to spoon the feed into a tall feeder placed up high. A plate of oatmeal, grain, rice or similar is placed on the ground and a bucket is placed in a high position such as tied in a tree or on a 6 foot ladder. Teams run one a time to the bucket and spoon one measure into the bucket then run back to tag the next member. The team with the most feed in the feed bucket wins!

*Requirements: 2 plates of rice, oatmeal grain etc., two feed buckets [ice cream pails] 1- 2 ladders or high places to hang bucket, two spoons taped or tied to long sticks.*

### **10. Big Bear in the Zoo**

All players should arrange themselves in a circle, facing each other. Each seat in the circle will be a different animal, arranged in order from the top of the food chain (the Bear) down to the bottom of the food chain (a slimy worm). Designate one person to be the Bear and then assign the other animals in order. If you wish, you can let players choose their own animal and invent their own gesture for the animal. Otherwise, typical motions for the animals are:

- Bear – stand up and hold your two hands out like giant bear claws
- Rabbit- crouch and make little hops or hold up long finger ears
- Bird - join both of your thumbs together and flap your hands like a bird flying
- Chicken - place your hands under armpits and flap your arms
- Snake - make a slithering snake movement with one of your arms
- Fish - clasp both your hands together and



imitate a fish swimming  
upstream

- Worm - wiggle one bent finger

Big Bear is a rhythm game, in that you must successfully stay on beat. Depending on the chair you are currently seated in, each person adopts an animal gesture (as described above, or you may create a new one). The task is to correctly do your animal signal when called upon, and then to make another animal's signal to try to get that person to make a mistake.

The rhythm to maintain is set by the person who is Big Bear. He or she can alter the speed as desired. Everyone follows the rhythm of a 1-2-3-4 pattern, where 1 is a pat on the knee, 2 is a clap, 3 and 4 are left and right thumbs (or the signals). The person does his or her own signal (animal gesture and noise) first, followed by another animal's signal. So for example, a round could look like this:

Big Bear starts rhythm: knee pat, clap, bear signal (his or her own signal),

Big Bear signals a different player: knee pat, clap, Fish signal (or anyone else's signal),

Fish continues: knee pat, clap, Bear signal (his or her own signal),

Bear signals another player: knee pat, clap, Bird signal,

Bird continues: knee pat, clap, fish signal (his or her own signal)...

When people fail to keep the rhythm or make a mistake on their signal (e.g. do a signal when they aren't supposed to) then they become the new worm and everyone else moves up by sliding up a seat. Those who change seats take on the role of a new animal. The goal is to try to be the Big Bear by knocking out anyone in front of you. Great fun! Be sure to get everyone to make funny animal sound effects when they do their signal too.

## Theme 4 - Lumberjack Follies

The lumberjack is a hardworking person who relies on strength and skill.

Whether climbing and marking trees, felling trees, chopping them or sawing them, the lumberjack labours in wood from dawn till dusk. These games, relays and challenges all revolve around the duties of a Canadian lumberjack. Use caution if choosing activities that require skills that challenge the member's capabilities. Safety equipment should be worn for some of these activities [See each game for safety equipment suggestions], and make sure you provide proper supervision! Prior to running some of the activities involving saws and nails, you should give instruction on how to use the tools properly and safely - or bring in a local carpenter to do so.

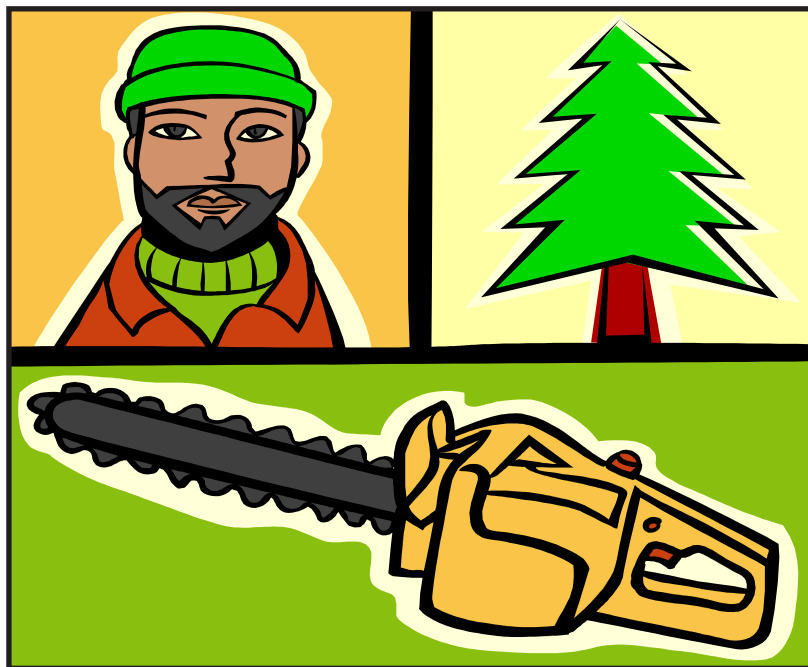
**Leader's / Volunteers' Preparation:** Select the activities prior to the meeting depending upon the space and time you have for this meeting. The supplies and equipment required are listed with each activity. Items will vary according to the number of participants in each event.

### Roll Call: [suggested]

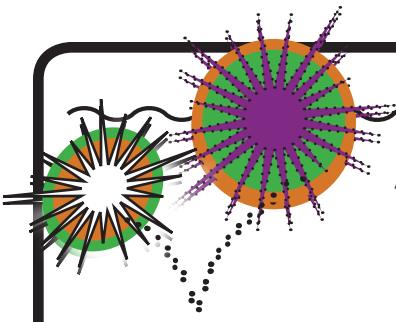
1. What is one thing a lumber jack might do?
2. Name one type of tree that a lumberjack might cut down.
3. What is one use for wood?

### Warm up Activity:

As each member arrives give them a piece of a picture [preferably a picture of trees, leaves etc] that has been cut into the number of members you wish to have on each team. The members must circulate and find among the members the rest of their puzzle. When they have put the pieces together they have formed a team.







## Activities:

### 1. Sawing Logs

In this activity team members may compete for the fastest time or they may compete as a relay to see which team gets the most cut in the fastest time. One or two logs will be set up and **securely fastened** to a saw horse or similar. Choose log dimensions according to the size of saws and the contestants skill levels. Give the first member of each team a saw and have them saw off one small 1" slice then they can tag the next member to do the same. The relay is over when all have taken off their slice. The team who completes first, wins. Variation: The sawing may be timed and the winning time wins either for the team or as an individual. If younger members are involved use smaller pieces of wood and smaller saws for safety.

*Requirements: two saws, small 3-4" diameter logs, sawhorses or similar, ties to hold down the log. [optional- stop watch]*

### 2. Driving Nails

This activity requires a steady hand and good eye. Contestants will take turns driving a 3" spike into a block of wood with a hammer. The number of blows to get the nail flush with the wood will be the score. The lowest score wins! Variations: a) Run it as a relay with everyone given a nail and the lowest total hits score wins; b) run as a relay with the team to get all nails driven in first wins; c) run as an individual event

*Requirements: two hammers, supply of 3" spike nails, two blocks of wood*

### 3. Piling Wood

Lumberjacks need to get ready for winter by getting the wood ready for the fireplace. Stacking the wood is a fall chore. In this relay a bunch of wood is strewn about the playing area. Each member must run to pick up one piece of wood and run it to the stack area. Then they must tag the next member who picks up a piece of wood, runs it to the stack area, and so on until all the

wood is stacked appropriately in a pile about 4 high [or whatever size is desired] The first team to complete the stack wins.

*Requirements: about 24 pieces of wood*

### 4. Building A Log Cabin

Lumberjacks need shelter that they must build using what they have so a log cabin bunkhouse is a perfect choice. This is a cooperative challenge that may be played outdoors with natural found materials or indoors with purchased materials. Each group [suggested 2-4] must build a log cabin from either materials they find [outdoor scavenging] or from what is provided [suggestions might be popsicle sticks, stir sticks, dowels, straws etc.] Provide scissors, glue, small nails, hammers, saws, or whatever is going to work with the chosen materials. The groups may choose to furnish the bunkhouse as well. Let the imaginations fly!

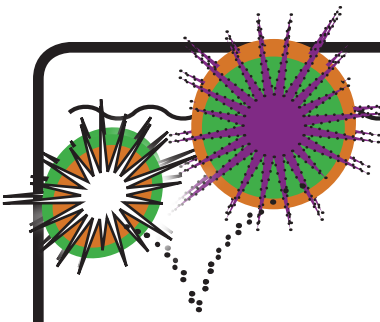
Give the groups 45-60 minutes to complete the log cabin. Hint: it helps to limit the size to about a shoebox. When time is up each team will present the finished log cabin and the evaluations may be done if desired [sometimes this is so much fun that nobody really wants to evaluate] The members could vote on the finished products for such categories as : **1. Most finished and ready for habitation 2. Most environmentally friendly design 3. Most outrageous 4. Most likely to survive the first snowstorm 5. Most unusual cabin, etc.** Have fun!

*Requirements: supply of building materials such as popsicle sticks, etc [see possibilities], small tools and adhesives*

### 5. Pulling the Log

When horses and equipment aren't available then the lumberjacks must take over. Moving heavy logs out of the bush is back breaking work! This relay keeps every muscle working as the lumberjack drags the log through the bush. Each team member must drag a log behind them through a course and get it back to the next member. The first team to finish the course wins. Tie a long rope to the end of a rail or log and have the rope long enough for members to run in front and drag





the log behind without hitting the legs. This may be done in pairs [team of horses] if the rope end is tied around a rod such as

a broom handle so that there is one team member on each side to team pull.

*Requirements: two rails or logs, ropes tied to the end of the logs, broom handles or similar if desired for team pull.*

### 6. Crosscut Team Sawing

This requires a crosscut saw and some skill but you might be surprised at what you can find. Two members are on either end of the crosscut saw and will saw off a slice from a log. This event should be timed to determine the winners. This activity is best used with senior members and they should have some practice first to get the feel of the task.

*Requirements: at least one crosscut saw, large log and sawhorses or supports, stopwatch or timer*

### 7. Rolling on A Log

Many years ago [and still today] the logs cut in winter are floated down stream to the mills. Today the log jams are broken up by other means but the lumberjacks of old used to balance on the floating logs and keep them moving if they jammed up. This challenge simulates this rather difficult task. It is not exactly in water but its close. Have the rail or pole on the ground or place it just up a foot or so by placing the log on bricks or solid supports. Have the teams try to balance their way across the log to get all team members to the other side. If a team member falls off they must go back to the end of the line.

*Requirements: two solid logs or rails 8-10 feet in length, some cement blocks or supports.*

### 8. Sorting Wood Shapes

This relay keeps the lumberjacks in top form! Place a large number and variety of wood shapes [child's blocks or visit lumber yard and pick up scraps] some distance into the playing area. Be sure they are mixed up. Assign a shape or shapes to each team and the team must find and bring back only those shapes to their area one at a time. The first

team to retrieve all their assigned shape/s wins.

*Requirements: a large selection of assorted wood shapes*

### 9. Toothpick Towers

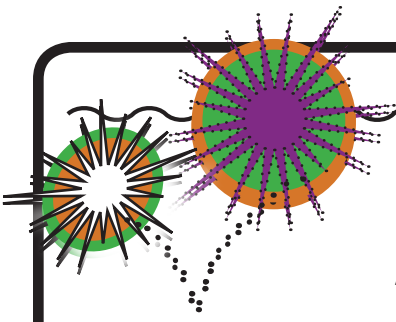
This involves ingenuity and engineering skills. This challenge works best with 2 members per team. Challenge the teams to build the tallest toothpick tower possible in the assigned time. A suggested building time would be 30 minutes. The only materials they will have are toothpicks and the only adhesive they will have is miniature marshmallows. The tower must be tall and strong. The test for strength is to hold a chocolate bar on the top after it is complete [choose a small light bar] The tallest tower that will actually hold the bar wins! Of course the prize could be the chocolate bar. Be sure to have enough for both team members as there may be ties!

*Requirements: several boxes of toothpicks, several bags of mini marshmallows, [small gumdrops work as well] in place of marshmallows or gumdrops plasticine can be substituted.*

### 10. Lost Nail

Sometimes the best lumberjack or carpenter may drop a nail. It is important not to have that nail get into a tire or horse's hoof, so it must be found. In this relay every member must find a nail in a bucket of wood shavings. Fill a large container with wood shavings [no smaller than a 5 gal. pail] then put enough nails for every member into the container. Two teams will compete against each other to find the most nails. At a signal a member from each team will run to the container and search for a nail. When they find one, they can run back and tag the next member. The first team to have everyone find a nail wins. Variation: Time the search for 10 seconds, if no nail is found the next member comes up to search. The winning team will be the team with the most nails during the search time. Only one nail per search, though!

*Requirements: bag of wood shavings, a large container [cattle trough or similar size is great!] several nails [not too small or sharp] Hint: be sure you have counted the nails and get everyone back then the shavings can be reused.*



### 11. Lumberjack Equipment Relay

A lumberjack must have proper equipment for the job. In this relay the members must put all the appropriate clothing on their lumberjack, then their lumberjack must get to the woods before the other lumberjacks.

Each team must choose a lumberjack/jill. Pieces of equipment such as axe [make sure it is in a sheath], boots, saw, lunch pail, winter jacket, backpack, flashlight, are in a basket some distance from the member chosen as the lumber jack.

Each team member must race to get one piece of equipment or clothing for the lumberjack - **only one piece at a time**. When the lumberjack has one piece then the next runner gets the next and so on until the equipment basket is empty and the lumberjack is fully equipped. At that point the lumberjack must get to the finish line as fast as he/she can to win the race.

*Requirements: 2 laundry baskets, axe [make sure it is in a sheath], boots, saw, lunch pail, winter jacket, backpack, flashlight etc*

### 12. The Amazing Balancing Nails Challenge (see resources section for diagram)

Supplies needed: A small board with one nail hammered into the middle of it (leave the nail sticking out at least 3" and 14 loose nails for each group. The nails need to have heads on them. Break the participants into small groups of about five people.

Ask members if they think that it is possible to balance 14 nails on only one nail.

Have the group brainstorm how they think this could be done. Some key questions you could pose are:

- What type of base should you use?
- Will they balance better in a tall structure or a wide structure?
- Should we only put one on at a time or all on at one time?

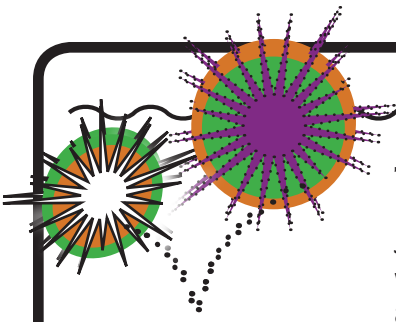
The objective is to balance 14 nails on only one nail.

HINTS:

- 1) Start on the ground.
- 2) One nail is the foundation.
- 3) Think head to head
- 4) The last nail holds everything together.

Once one or more teams have accomplished the feat, the leader can share the trick so that everyone can be successful at achieving the goal. See Balancing Nails in the resources for the trick solution.

**Source: Manitoba Quality Equation-North Central Leaders Forum 2002**



## Theme 5 - Boot Camp – Army Basic Training Days

Join the army for a day and start basic training with, obstacle courses, tug-of-war, search & rescue, and water pistol practice and lots of fun non-human target adventures. Small groups will be formed into companies who will learn to march, drill and do basic training in a fun competitive atmosphere. The armed forces were never this much fun!

### Leader/Volunteer Preparation:

Depending upon the activities you have selected and the number of participants, you may require any or all of the following:

- A clip board or score card for each company/team
- A CD or other recording of a bugle call is lots of fun. If you can find marching music this is even better. A whistle will do if necessary
- A timer or stop watch device

**Roll Call:** [In advance of this meeting members should be encouraged to wear an army style uniform, i.e. khakis, camouflage, boots etc], or have a supply of military style shirts, pants etc, for them to create their own uniform as they arrive.

1. Show your uniform and/or your best salute.
2. Standing at attention, shout present and accounted for, SIR!

### Warm-Up:

Divide the group into companies of 2 or more. Each company is to create a marching style or drill that they will use throughout boot camp. E.g. quick step, lockstep, hop, hop step etc. After 10 minutes have each company demonstrate the march or drill.

### Meeting Content:

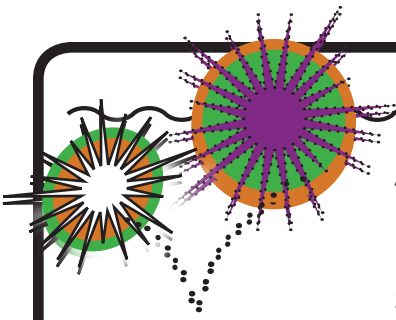
In the army, soldiers are assigned to different companies and must undergo basic training in order to prepare for anything they might encounter. Often the various companies stage war games which help prepare them even further and encourage team building and support of all the members, since in real life soldiers must rely on one another for their safety. Each member will be assigned to a company and each company will choose their drill sergeant. As soon as you have your company assignment your drill sergeant will help you design a special march for your company that you must use all during the war games in order to move from activity to activity. Your march is worth 10 points. Each activity will have 2 companies competing for no longer than 10 minutes.

The winning company at each event scores 10 points. A tie gets 7 points for each team and the losing team gets 5 points if everyone participated. The score card will be carried by the drill sergeant of each company and the event leader will assign the scores. At the end of 10 minutes marching music or a whistle will blow and each company must march to the next activity. A team not marching together will have 1 point deducted from their marching score each time they fail to march together. At the end of the war games the drill sergeant will turn in the score card to the leaders and proceed to the rest station for rehydration.

If there is a tie the tie will be broken by the best drill/march routine.

A note on the subject matter for this theme

When delivering this theme, please emphasize that you will be using materials such as sponges and water pistols - and that no human targets will be used in activities. Depending on the temperament and make up of your group, you may want to modify the name of the activities if you feel your members may wish a slightly less militaristic tone.



## Activities:

### 1. Water Grenade Toss

Soldiers need to accurately toss a grenade at a far away target. Teams will line up in relay fashion and take turns tossing the wet sponges at the target. Possible targets could be another bucket, clothes hamper pail or a person with a garbage bag covering sitting on a chair - use your imagination!

The relay keeps going for a full 10 minutes so when all sponges have been tossed the next team member can go collect all the misses and ones in the bucket to start again with the next member until time runs out. Keep track of total score to find winners [this is best played outdoors on a hot day!]

*Requirements: 2 buckets water, at least 20 sponges and two targets/buckets or alternatives that you may have on hand.*

### 2. Rifle Range

Soldiers must prepare to use rifles in various positions. Using water blaster, super soaker type rifles the teams will try to put down a single can or empty water bottle in relay fashion using three poses. The empty cans should be positioned on sawhorses, tables or TV trays and there should be an ample supply of refill water in pails [leaders should check that the distance is adequate for the rifles you have]. Obviously, if a team takes too long to hit the target the ammunition may run out!

The first position is standing, second is squatting and the third is prone or lying down. The team members must take turns trying to put the empty cans or bottles down in each of the three positions. The members must keep shooting until a target goes down then the next shooter assumes the stance. The first team to assume all positions and knock their targets down first is the winning team.

*Requirements: several Super soaker water rifles or similar [ 4 would be ideal], 2 pails of water for refills, about 10 empty pop cans or water bottles, 2 sawhorses or TV trays or tables.*

### 3. Latrine Duty

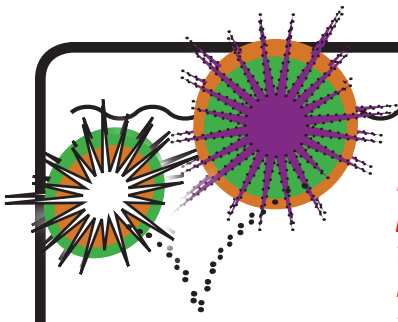
Soldiers have lots of duties, including digging ditches and cleaning the latrine! This game tests their accuracy. Using two toilet plungers or two toilet brushes the teams will try to sink them into the toilet [or toilet seat on a pail if toilets aren't available.] Teams will continue firing the plungers until time is up. The next member of each team must run to retrieve the plunger then go back to the starting /throwing line to toss the plunger. The team with the highest number of hits/plungers in toilet wins this relay [or the closest to the toilet!]

*Requirements: 2 toilet brushes or plungers, 2 toilets or toilet seats on 5 gallon pails.*

### 4. Kitchen Patrol - KP

A soldier has to eat! Potatoes are the army's staple food so peeling them is essential. Teams will be given a potato peeler and a potato. This relay can be run several ways.

- a) Each team can be given one potato peeler and they must get a potato from the pile, peel it and run it to the pot. Then the next does the same and so on, until all team members have gone and the first team finished wins.
- b) Everyone on the team is given a potato and a peeler at the same time and they all peel and then run the finished potato to a pot. The first team completed wins. A volunteer will have to judge the completeness of peeling.
- c) The first member runs to get the potato, the next must peel it, the third must run it back and the next gets another potato and so on until time is up. The winning team will have the most potatoes in the pot.
- d) Each team member can try peeling the potato to get the longest peeling in one piece. The winning team will have the longest peelings lined end to end. Or the team with the longest single peeling could win [This could easily be done with apples... then they could eat them. If you don't have peelers, oranges could be used].



*Requirements: 2 potato peelers or one for each team members...see game ideas, 1 potato for each team member or apples or oranges*

### 5. Ground Obstacle Course

Soldiers have to learn to crawl along the ground with their packs to avoid being seen by enemy patrols. Often they must retrieve dangerous items and bring them back to headquarters. In this relay the team members must wear a large back pack stuffed with items like paper/clothes, then crawl on the ground under a netting or tarp to retrieve an item on the other side - then return to the rest of the team to tag the next member. The item to be retrieved may be a stick, a pebble, a marble or for more fun, a water filled balloon, an egg or something similar. Each team should have the same number of objects to retrieve. Only one may be brought back at a time. The team who gets the most back [in one piece] first wins.

*Requirements: 2 large stuffed back packs, one large tarp or camouflage net or tree netting [If tree netting is used consider pegging it down on the corners] about 10 similar objects[ water balloons, balloons], eggs, pebbles, marbles, sticks etc.*

### 6. Search & Rescue

Often the army has casualties who must be retrieved from enemy territory and given first aid by the medics. In this relay the first 2 on each team must go out with a stretcher and retrieve the injured GI Joe/Barbie or teddy and bring it back to the medic who is next on the team. This member must run to the first aid kit and retrieve a piece of cloth to bandage the wounded soldier. The next team member must run to the first aid station and fill a syringe with water and run back and inject [ push all the water out beside the wounded soldier] and run the syringe back for safe disposal into a bucket beside the first aid kit. Then the bandage must be removed by the next member and returned to the first aid station. Finally the wounded soldier must be run back by the next team member to the front lines. The first team to accomplish all tasks wins.

*Requirements: 2 GI Joes, Barbies or teddy bears, two small stretchers [ 2 metre sticks and garbage bag work well], box for first aid station with 2 --4 strips of cloth and two syringes without needles and 2 water bottles/containers with water for filling syringe*

### 7. Target Practice

Often, the soldier has to rely on the ability to hit a target. In this relay the team members must choose a water pistol and aim at a container [such as a margarine, yogurt or ice cream tub]. The object is to see which team can get the most water into the container in the given time. The first member must fill the gun then he/she can empty the water gun at the target. The next members may be filling their guns during the first member's turn. This game may be played with only one member firing at one time while the next member loads the pistol or if you have enough water pistols, all members may try firing at the same time to see which team can get the most water together into the container during the time given. The winner is the team with the most water in the container.

*Requirements: 2 water refill buckets, 2 identical, large ice cream/yogurt or similar containers, several water pistols [may need one for each team member] a ruler for measuring water*

### 8. Coordination Relay

Soldiers must cover all sorts of terrain quickly. In this relay teams participate in a ground obstacle relay. Set up several old tires or hoops, some traffic cones or chairs, trees, hills, etc, to cover a fairly large area. If using a playground or park area the climbers are great to use for this relay. Teams must complete the course and return to tag their next team mate. A variation of this is to tie all the members together with soft ties [ old ties, scarves or strips of cloth are ideal] and they must complete it together or they must all hold hands the entire relay to complete it together. The first complete team to finish wins!

*Requirements: old tires or hoops a variety of objects or terrain. Soft ties for group if using variation.*



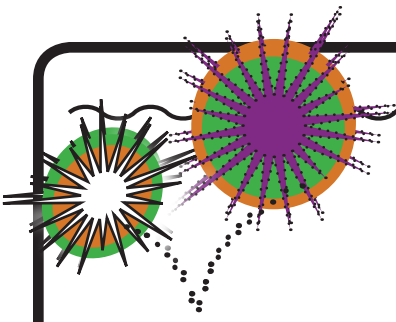


### Organization Ideas!

When organizing the war games several scenarios may occur depending on the number of members. With a relatively small club of 6-11 members it would be easiest to have just two companies and stage the games one at a time consecutively. If you have 12 – 20 members try having 4 companies and try 2 activities running at once then have the members switch activities. For the next 2 activities have them play the opposite teams so that there is maximum mixing of teams. If you have 20 members and over then the games organizer works well. If you have 8 teams and 8 stations or activities then the teams may play each other like this organizer below. Teams would be given Company names A,B,C,D,E,F, G. The Boot Camp Score card master is included in the Resources section.

### Boot Camp Games Organizer

|   | Game #1 | Game #2 | Game #3 | Game #4 | Game #5 | Game #6 | Game #7 |
|---|---------|---------|---------|---------|---------|---------|---------|
| 1 | A&E     | D&E     | C&E     | B&E     |         |         |         |
| 2 | B&F     | A&F     | D&F     | C&F     |         |         |         |
| 3 | C&G     | B&G     | A&G     | D&G     |         |         |         |
| 4 | D&H     | C&H     | B&H     | A&H     |         |         |         |
| 5 |         |         |         |         | A&B     | G&B     | E&B     |
| 6 |         |         |         |         | C&D     | A&D     | G&D     |
| 7 |         |         |         |         | E&F     | C&F     | A&F     |
| 8 |         |         |         |         | G&H     | E&H     | C&H     |



### Master Games Organizer

| Game Station # | Game # 1 | Game #2 | Game #3 | Game #4 | Game #5 | Game #6 | Game #7 | Game #8 | Game #9 |
|----------------|----------|---------|---------|---------|---------|---------|---------|---------|---------|
|                |          |         |         |         |         |         |         |         |         |
|                |          |         |         |         |         |         |         |         |         |
|                |          |         |         |         |         |         |         |         |         |
|                |          |         |         |         |         |         |         |         |         |
|                |          |         |         |         |         |         |         |         |         |
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|                |          |         |         |         |         |         |         |         |         |
|                |          |         |         |         |         |         |         |         |         |

## Theme 5: Farmers' Field Day

Join the hard working farmer with the daily chores! This theme involves a series of relays involving farm chores and activities. It needs some space, preferably outdoors, some fairly bulky equipment and some set-up time. This theme needs lots of pre planning and some youth leader or volunteer assistance. Teams may be arranged to play for "Farmers of the Year" Award by compiling scores or alternatively, teams may be shuffled for each activity to provide maximum interaction.

### Leader/Volunteer Preparation:

Select and prepare the activities before the meeting and have the centres set up. See the games for equipment required. Varying the numbers of participants may change the number of materials required.

### Roll Call: [suggestions]

1. Show your farmer's outfit
2. Tell what items you brought for the farmers' activities.
3. Tell one chore a farmer has to do.

### Warm-up Activity:

Arrange the members in a circle and have each member act out an animal, chore or activity seen on a farm. Have the other members guess the activity.

### Meeting Content:

Farmers have many jobs to do on a farm. These jobs vary according to the season. The farmers' field events will test your members' skills. Members will be placed on teams and scores will be kept for wins, ties and participation. A win scores 10, tie scores 7 and everyone participating scores 5. The team with the most points becomes the Farmers of the Year. [A prize or certificate may be awarded but usually a treat such as a mini chocolate bar, a popsicle or the first team to get the refreshments works well for this age group.] The alternate way to score the games is to just play the games with new teams each time and individual farmers can keep track of their scores for an individual "Farmer of the Year" certificate. - found in the resources portion of this section.



Image: Timo Elliott - <http://creativecommons.org/licenses/by/2.0/>



## Team Score Card

Team Members:

| Event | #1 | #2 | #3 | #4 | #5 | #6 | #7 | #8 | Total |
|-------|----|----|----|----|----|----|----|----|-------|
| Score |    |    |    |    |    |    |    |    |       |
|       |    |    |    |    |    |    |    |    |       |

## Individual Score Card

Member

| Event | #1 | #2 | #3 | #4 | #5 | #6 | #7 | #8 | Total |
|-------|----|----|----|----|----|----|----|----|-------|
| Score |    |    |    |    |    |    |    |    |       |
|       |    |    |    |    |    |    |    |    |       |



## Activities

### 1. Dressed for the Job

Have a number of clothing items such as coveralls, work gloves, dust mask, work shirt, socks, rubber boots etc, in two laundry hampers placed some distance from the teams. At a signal the first member must run up to the hamper and put on all the clothing then run back and take the clothing off and give this same clothing to the second person to put on and run back to the hamper to take it off. This continues until all members have worn the clothing and either run it back or to the hamper. Game ends with the first team to complete the laundry by taking the clothes hamper with the clothes back to the starting line and sit down.

*Requirements: 2 sets of identical [nearly identical] articles of large sized clothing [6-7 pieces] ,two laundry hampers*

### 2. Feed The Chickens

The teams will race to feed kernels of corn, grain, beans [whatever you have] to the chickens. These may be 2 stuffed birds and a pie plate in front or just two pie plates. The team members must carry the grain on a spoon. The team that empties their container of feed first with the most grain in their chicken feeder [pie plate] wins! Variations: a) teams must feed beans to the hens but must carry the bean by sucking it up on a straw b) teams may feed the chicken only 1 grain/kernel at a time.

*Requirements: supply of grain, beans or corn, 2 containers for grain, 2 pie plates for the feeders, 2 stuffed chickens, ducks etc. if possible*

### 3. Milk The Cow

Teams will relay race to try to milk the cow. Fill rubber gloves with water, tie off, prick tips of fingers with needle, then suspend from a fence, sawhorse or similar. Provide each team with a paper cup and a small bucket or measuring cup

[2-4 cup liquid measure is good but an ice cream container with a ruler to measure works fine]. Taking turns, each member races to the cow, tries to milk it and is given 15-30 seconds to milk before they must return to empty their cup into the team container. When emptied the next milker goes forward, etc. When everyone has milked for the given time, the team with the most "milk" wins! Leaders may need to make a whole herd of cows ahead of time since 2 or 3 milkers may drain each "cow"!

*Requirements: several latex or rubber gloves, supply of water, string or elastics to tie off gloves, needle to prick fingers, support for gloves, paper/ plastic cups, containers for each team to hold "milk"*

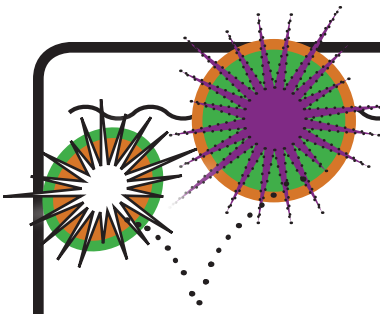
### 4. Wheelbarrow Relay

Farmers must use wheelbarrows regularly for farm tasks. They must be able to maneuver them around obstacles quickly. In this relay the teams must wheel a fellow team member down a course then tag the next member, who must climb in to be wheeled by the next member in the team. The race is over when everyone has been inside the wheelbarrow and wheeled the barrow. Variation: a) two members may wheel one member through the course with one on each handle b) groups of three or two may do the course and the winners would be the best time overall. [Note for safety - a bicycle helmet is a good idea. c) use an object in the wheel barrow instead of a person for added safety].

*Requirements: 2 wheelbarrows, a course layout / cones/markers, bicycle helmets for riders*

### 5. Picking Stones

Farmers need to get the stones off the field after planting so that they won't be picked up by harvesting machines and contribute to costly repairs. In this relay a bag of pebbles or rocks [marbles etc. may substitute] is poured out in



the playing field at the opposite end of the playing area. A large tarp or plastic sheet used to identify the

area and keep track of the stones may be helpful. Each team is handed a small bag. At the signal each team member races to pick up a handful of "stones" and races back to the team member holding the bag. Then the next member runs until all the stones are picked off the playing field. The first team to clear their field of stones wins. Variations: a) members can pick up only one stone each time b) all members of the team may rush to pick up the stones at the same time. At a certain time limit a whistle will blow and the team who has the most stones picked wins.

*Requirements: large number of small pebbles or rocks, marbles or pine cones may suffice, a small bag or container to hold pebbles for each team, optional plastic tarp or cloth for each team stone area.*

## 6. Stacking Hay

Farmers have to put up hay for the animals every summer and stack the bales for winter storage. This relay involves stacking bales three high to form a stack. Six bales of hay [straw may be substituted since it is much lighter] are placed at one side of the playing field. At a signal the team members go individually or in pairs, take a bale and run it to the stacking area some distance away. They run back to tag the next team member/s and they run their bale down and form a stack until all bales are stacked. The game is over when the whole stack is piled three high and they have all members on the stack. [if there are too many on the team they can put just 2 members on top or whatever number suits the situation]

*Requirements: 12 bales of hay or straw, gloves*

## 7. Feeding the Cows - Bale Tossing

Farmers need to be strong and able to toss the animal feed long distances. This challenge pits individual strength against that of others. Each team member takes a turn at tossing a bale as far as they can. The winner may be declared in several ways: a) the team that had the longest individual throw wins b) each toss may be measured and the team's total throw lengths may be added together c) the top 2 throws may be scored and added together d) teams may nominate a thrower to represent their team [this option limits the physical activity for the others] e) two may throw at one time and the team with the winning throw each time gets a point. The team with the most winning throws wins.

*Requirements: 1 or 2 bales of hay or straw, make sure they are well tied [additional twine around each bale prevents falling apart during this game], a 50 ft measuring tape or long twine for measurement*

## 8 .Stacking Wood

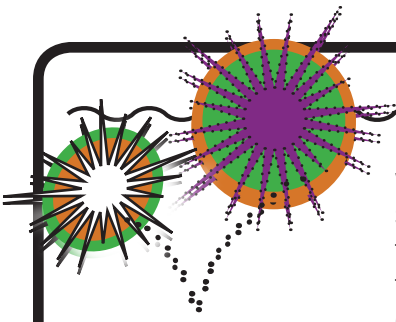
Farmers need to get ready for winter by getting the wood ready for the fireplace. Stacking the wood is a fall chore. In this relay a bunch of wood is strewn about the playing area. Each member must run to pick up one piece of wood and run it to the stack area. Then they must tag the next and so on until all the wood is stacked appropriately in a pile about 4 high [or whatever size desired] The first team to complete the stack wins.

*Requirements: about 24 pieces of wood*

## 9. Cleaning the Pens - Forking Straw - Wheelbarrow race

All farmers need to clean out the animal pens! Where to put this nutrient rich fertilizer is often a big decision. In this race the farmer can't decide and the pile keeps moving from place to place. The members must fork some straw into a wheelbarrow then race it to another designated site. The next member must fork it back into the wheelbarrow and return it to the original site. This goes on until all members have "cleaned the pens".

The first team to have everyone clean the pens



wins! Adjust the teams for similar numbers or have team members go more than once. Variation: a) don't use wheelbarrows

just move the straw by fork or shovel b) use shavings, sand shovels and pails

*Requirements: a bale of straw, 2 forks and two wheelbarrows, [shavings, sand shovels and pails]*

### 10. Watering the Horses –Water Cup Relay

Watering the stock is a daily chore. If you don't have the right equipment it is very difficult to complete the job. Two pails of water are given to each team. Each team is given a paper or foam cup with a small hole [punched by needle or nail] in the bottom - and they can't cover the hole! At the signal the first member fills the cup and runs with one hand on the cup and the other hand behind the back to a container [watering trough] placed at a distance. The first member runs the cup back to the next member until all have gone. The team with the most water in the trough wins! Variations a) the team that completes first wins b) the team that empties their container of water first wins

*Requirements: 2 paper or foam cups with holes in the bottom, 2 pails of water, 2 containers to receive water*

### 11. Growing Corn –cultivate, plant, water, weed, scare crows, pick corn

Planting the fields in spring is a necessary chore but the job doesn't end there. Farmers must cultivate, plant, water, weed, keep out pests and harvest their crops. This relay reminds everyone of some of the hard work involved in growing food for cities. The teams are lined up behind a basket of tools and equipment. The first team member will cultivate the field [choose a hand trowel], the second will plant the seed [choose the corn kernels (or other grain)], the third will water the seed [choose the watering can or cup of water], the fourth will weed the crop with a hoe. The fifth will scare the crows [pick a broom or put on funny hat and large shirt] and the final runner will pick the corn and take it to market. In order for members to remember the order of items the items may be placed out in

sequence or given to the members before the start of race. When the race begins each member will proceed to a spot where they will perform their job then run back to tag the next player. The team that harvests the crop first wins!

*Requirements: 2 small trowels or shovels, some corn or bean seeds, water cans or cups of water, 2 small forks or hoes, 2 funny hats and large plaid shirts*

### 12. Tractor Pulling – Horse Pull – toboggan, weights etc.

Sometimes farmers take time to have some friendly competition. This challenge involves the test of strength similar to a horse pull or tractor pull. Teams of two or more are challenged to pull a heavy weight the greatest distance. The team is challenged to pull a toboggan or piece of plywood loaded with bales the greatest distance. Pulling on grass or gravel will give the greatest challenge. Place one bale on at first [or one person] so that most teams can succeed, then add more weights. Continue to add more bales or weight until only the strongest team can drag it. Measure the distance pulled to determine the winners.

*Requirements: sturdy toboggan or piece of plywood with holes drilled in one end to receive the pull ropes, several bales or you may use people or other weights.*

## Theme 7: Join The Navy ...Navy Days

What's in the day's work of a sailor? These activities replicate some of the chores and activities that happen on board ship and in naval training. No one really gets wet but the possibilities present themselves in some activities.

### Leader/Volunteer Preparation:

Choose the activities that best suit the needs of your group and the area in which you meet. Some activities are cooperative and team building in nature; some are challenges to the ingenuity of the team members, while others are competitive and active. Selecting a mix of these activities with attention to the time and space you have allotted for the meeting is recommended.

### Roll Call:

1. Name a part of a boat or ship.
2. Role play a duty of a sailor [pantomime or act out with words and actions].
3. If you were a sailor, where would you like to sail/ visit?

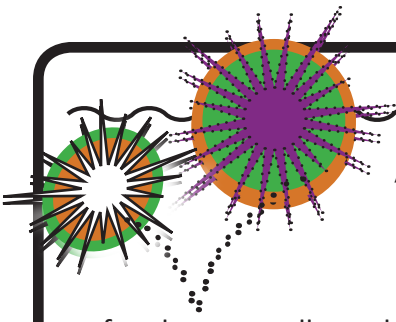
### Warm-Up Activity: Name that sailor!

Instruct everyone to go around the room and make introductions (share your name and other information such as your hobbies if desired). This is a good game to get to know everyone. Then separate into two groups and have two people hold a large, thick blanket separating the two groups so that neither group can see the other. The team on one side of the blanket will designate one person to stand in front of the group right behind the blanket [the designated sailor]. When the blanket drops, the first person from the other team must correctly call out the name of the other group's designated person to win the round (which typically means the loser of the round must leave the game, though if you prefer to avoid 'elimination' then you don't have to do this). The group may strike different humorous poses to distract the attention of the other group's person. As a variation, several people may be facing the other group with one person being chosen to call out the information (name, hobby etc) of the other group's chosen person.

### Meeting Content & Background

Sailors perform numerous duties on board ship and are trained in safety procedures and sea rescue. They are often at sea for long periods of time and make short dockings at various ports of call for supplies and to pick up cargo. This theme has many activities that use navy terms and some interesting challenges for our 4-H sailors. The club members are going to become sailors on board the 4-H ship. We are definitely going to "Learn To Do By Doing".





## Activities:

### 1. Haul In the Ship.

Naval officers and sailors often have to pull very heavy ships closer to the wharf against rolling seas. This tug-of-war simulates a rolling sea and opposing forces of nature.

**Adapted from Multi-Way Tug-of-War** [Whiteside, Kay Your Turn To Lead, Tab Books, McGraw Hill Inc. Blueridge Summit, PA. Illustrations By Robert Newell] This is a fun, physical, team building activity.

Use this activity for any size group, indoor or outdoor. It is ideal for use with a large group outdoors. Pick a soft location e.g., grass/beach. In traditional 1 on 1 tug-of-war it is mostly strength that wins, with a few tactics. In multi-way tug-of-war it is mostly tactics that wins. Lay out the ropes as shown in the diagram, found in the Resources section at the end of this chapter.

Safety Concerns: Participants should prepare appropriately e.g., watches and hand jewelry off. Divide into groups and make sure the groups appear to be of similar strength. Instruct members that there should be no wrapping or tying rope around anyone or anything - **only hold rope with hands, gloves and long sleeves are a good idea** watch out for rope burn on hands - **let go if rope is moving through hands**

How to begin: have the teams- "take the strain". This is only to take up the slack, that's all. Make sure the centre ring is stable and centered. Then "Go!!"

Teams attempt to pull the center ring or knot over their finish line. Teams can swivel to join other teams then switch directions etc. Allow a team to win 3 times before declaring a winner.

Team building groups may wish to discuss what the secrets to success were in this activity - and whether these lessons apply to everyday tasks as well.

*Requirements: strong ropes and heavy ring or similar to create centre tie*

### 2. Sailor's Knot Challenge:

This is a challenge that may be competitive or cooperative depending upon the group and the volunteers' goals. Divide the group into several teams of 3-4 members and give them the Sailor's Knots page and several pieces of twine, string or rope. The challenge is to see which team can complete all the different knots in a given time [say 20 minutes]. The winning team would complete the most knots. Variation: As a cooperative game, each team would have to have every knot completed before they can have a snack or some similar treat. Another cooperative variation of the Sailor's Knot challenge would be to have every member complete a sample of each knot. In this variation there would have to be lots of cooperative interaction before every team member had all the knots completed. See the Resources section for the Sailors Knots Page.

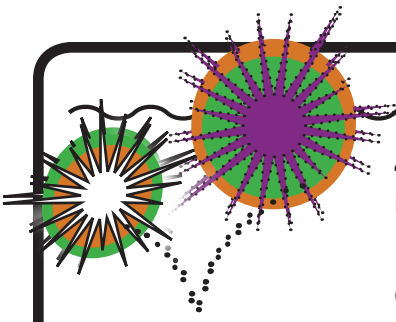
*Requirements: the Sailor's Knot page for each group, rope, twine or string pieces for everyone on team*

### 3. Drop Anchor - Knot Race

The anchor has to be dropped but some prankster has tied it up in knots! The sailors have to drop anchor quickly and must fix the rope and get those knots out. Set up two teams with a rope for each team. Tie as many knots as there are players in each team. On "go", the first person in the team is to untie a knot, then hand the rope to the next person and repeat. The first team to untie all their knots is the winner. Variations: Have the teams send the rope down the line with them tying the knots and then back up the line untying them. You could even have them use only one hand to untie the knots which means they would have to use their teeth. Please use a clean rope or sheet for this activity.

*Required: Ropes or sheets*





#### 4. Name, Rank & Serial Number

When captured by the enemy a good sailor knows that they only have to give their name, rank and serial number. This game gets everyone talking and moving.

Everybody takes off a shoe and throws them in a large pile on the floor. On the count of three, each person grabs a shoe from the pile, then finds the person with the matching shoe on their other foot and finds out their name, rank [age] and serial number [birth date]. After everyone has found their person and asked them the questions, then go around the circle and have everyone introduce the person they talked to and tell the three things about them.

#### 5. Life Jacket Relay

The sailors have to practice emergency routines on board ship. They must hand out the life preservers and get to the life boat stations; however they have discovered that there are not enough for everyone on board. They must share and pick up everyone. Give each team a pool noodle and set up an obstacle course some distance away from the team.

The first player places the noodle between their knees and goes around the obstacle course as they hop. After they get back to the starting line they pick up another team member. They will both now hold the noodle between their knees while the first continues to hop and the second runs. They go back to the starting line and pick up the 3rd team member who must skip while the others continue to do their actions, all while the noodle remains between the knees. This continues until all are aboard the life preserver. Variations: the even numbered players must face backwards or the whole team must perform an action aboard the noodle once they are all aboard such as get into something, climb over something etc.

*Requirements: pool noodles for each team of 4-6*

#### 6. Man Overboard

This is a very active game that requires a large outdoor space or gym type area. Outline the boundaries for the game with gym walls or playing field lines. The Captain of the ship instructs the players in the orders of the day. The actions follow:

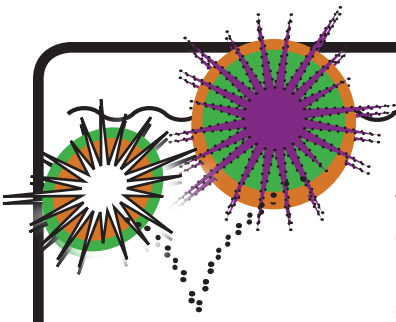
1. Attention –everyone snaps to attention and salutes saying “Yes Sir”
2. Port- run to left side
3. Starboard – everyone runs to the right side
4. Bow- everyone runs to front line/wall
5. Stern- everyone runs to the back/rear line
6. Swab the deck – everyone gets down and scrubs the floor
7. Bomber- players lay flat with face to the floor and cover heads to avoid the `bomber”
8. Man Overboard – everyone lies face up and motionless
9. Up Periscope- everyone lies face up with one leg up in the air

After all sailors have practiced the commands then the players scatter throughout the playing field. When the captain shouts out a command everyone must obey. The last to successfully complete each command is sent to the sharks. The sharks must swim continuously around the perimeter of the playing field until all but one sailor is left in the game. Make sure the captain calls the commands randomly and fairly quickly. For mobility challenged players they may be the captain or they can be carried or wheeled by others. Variation: Tie 2- 3 players together by holding hands or soft ties.

*Requirements: a card with the commands for the player acting as captain (also found in the Resources section)*

#### 7. Lifeboat

This is a team building cooperative game that assists people to get to know one another. Each player must put 2-3 things down on a small card or piece of paper that they think no one will know or is something not obvious [such as I have a pet



named "Scooby" or I am wearing blue underwear, or my dad's middle name is George]. The players are then divided into two

teams and the cards are placed in two different containers. One team then gets into the lifeboat by sitting one behind the other either on chairs or on the floor/ground. The other team must pull a card from the other team's container and then they must read it silently and without comparing with another team member they must silently go and sit in the lifeboat beside the person they think that the card matches. When all are seated, [this works best with even numbered teams] then the second team can ask one question of the player they sat beside to see if they matched.

Players in the lifeboat can answer only yes or no. If they did match then they are 'saved' and they stay in the lifeboat beside their match. If they don't match then they take the card back and place it in the container and draw another card. The game proceeds until all are rescued by finding a place in the lifeboat. To prevent people from fighting over one seat the captain [volunteer] allows only one person to get on the lifeboat at a time until all are seated [in silence, of course!] When all are matched, switch teams. This allows players to find out more about the other players.

*Requirements: Some pieces of paper or recipe cards, pencils for all and 2 small containers*

*Suggested items for the card:*

*What is your middle name? Father's middle name? Mother's middle name?*

*What is your favourite colour? TV show? Movie?*

*What is your favourite school subject? 4-H club?*

## 8. Boat Regatta

All sailors need to be able to sail a boat. In this challenge each team member must construct a toy boat from simple wooden pieces and elastic bands. The boat is powered by a paddle and elastic. Then place the boats in a wading pool or trough and have a race. To construct a boat, provide small piece of thin plywood or similar and some small hand tools, such as saw, hammer nails etc. The

boat should be constructed with a place for the paddle wheel at the back either by cutting out a notch that is slightly larger than the paddle or by inserting 2 long nails on the back of the boat to hold the elastic/s and the paddle propeller. To make the boat move, wind the propeller until the elastic is twisted but not overly twisted, then place the boat in the water while holding the propeller then release. See resources for Propeller Boat Ideas.

Variation: Make paper sails on the boat and blow the boats across the wading pool.

## 9. Paper Boat Challenge

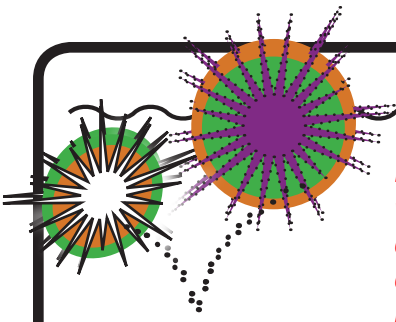
This is a cooperative team challenge that builds team work and cooperation. Divide the group into teams of 2, 3 or 4. Each team is given several pieces of paper and access to scissors, glue, tape string etc. The teams are given a certain amount of time [20-40 minutes] to build a boat. You decide before the challenge whether the boat will actually be tested in water or whether it will be a purely aesthetic challenge since this may make a difference to the builders. At the end of the time period the boats will be tested or evaluated by the group. The players can decide the criteria for evaluation. Some fun suggestions might include – the smallest boat, the largest, best sail boat, best cargo ship, best tugboat etc.

*Requirements: paper, scissors, crayons, markers, tape, string etc.*

## 10. Aluminum Foil Cargo Boat Challenge

Every sailor has loaded cargo. This challenge brings out the engineer in the club. Give each player a square piece of aluminum foil. Each sailor must construct a cargo boat by folding, scrunching or shaping the foil. No other tools or equipment is allowed other than scissors if desired. After 10 minutes of construction the boats are brought to a tub of water for testing. All boats that float for at least 15 seconds can continue to the cargo challenge. Each boat that floats will then be loaded with cargo. Try objects such as corks or washers that are all the same. Continue adding the weights until the boat takes on water and begins to sink. The boat that holds the most cargo before taking on water is the winning cargo boat.





*Requirements: tub of water [dishpan may do], aluminum foil, scissors if desired, weights of some kind [corks, washers, etc.]*

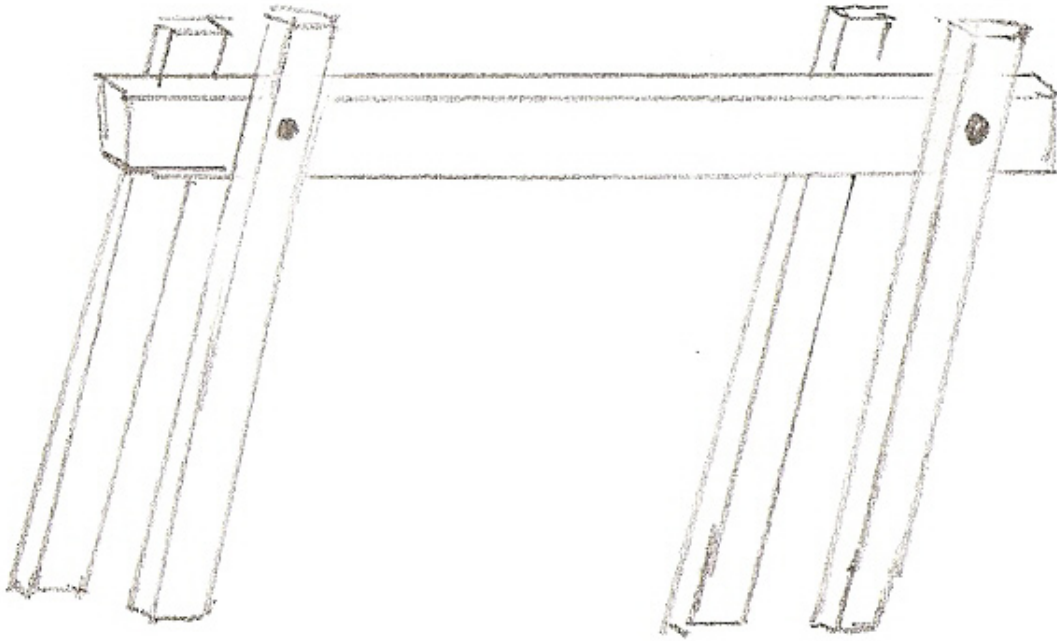
### **11. Life Raft Rescue**

Sailors have discovered someone is in the water and needs a rescue team. Send in the life raft and float them to safety. Play this game in an open grassy area. Divide the group into teams and give each team one blanket. Set out one marker per team at the end the playing field for players to go around. Each team will need four players to float the raft to the ship. The team must carry the blanket; one player on each corner and the corners will be numbered corner #1, #2, #3 and #4. They will also need one member to ride in the blanket. The players will rotate after each carry so that each player on the team has been at all of the corner positions and the carried player. On "Rescue", the teams will race down around the cones and back then rotate until all players have had a turn. If one team is short on players that team will have to repeat some players so that all teams take the equal amount of trips down and back. The first team to complete the rescue is the winner.

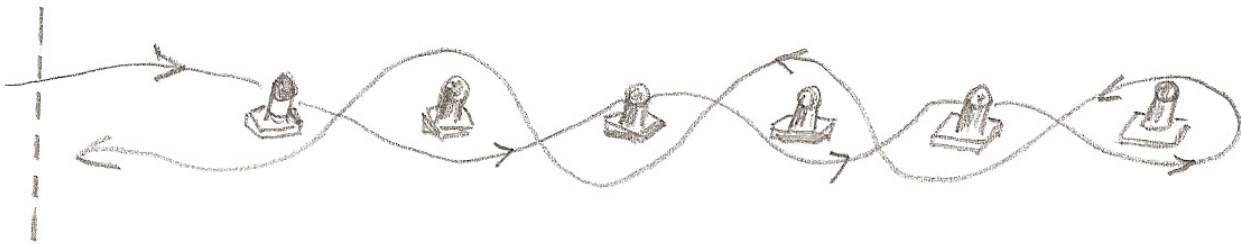
*Requirements: blanket for each team of 5*

## Resources for Year One Work and Play Themes:

### 1. Rodeo Days: Instructions for a wooden rodeo calf

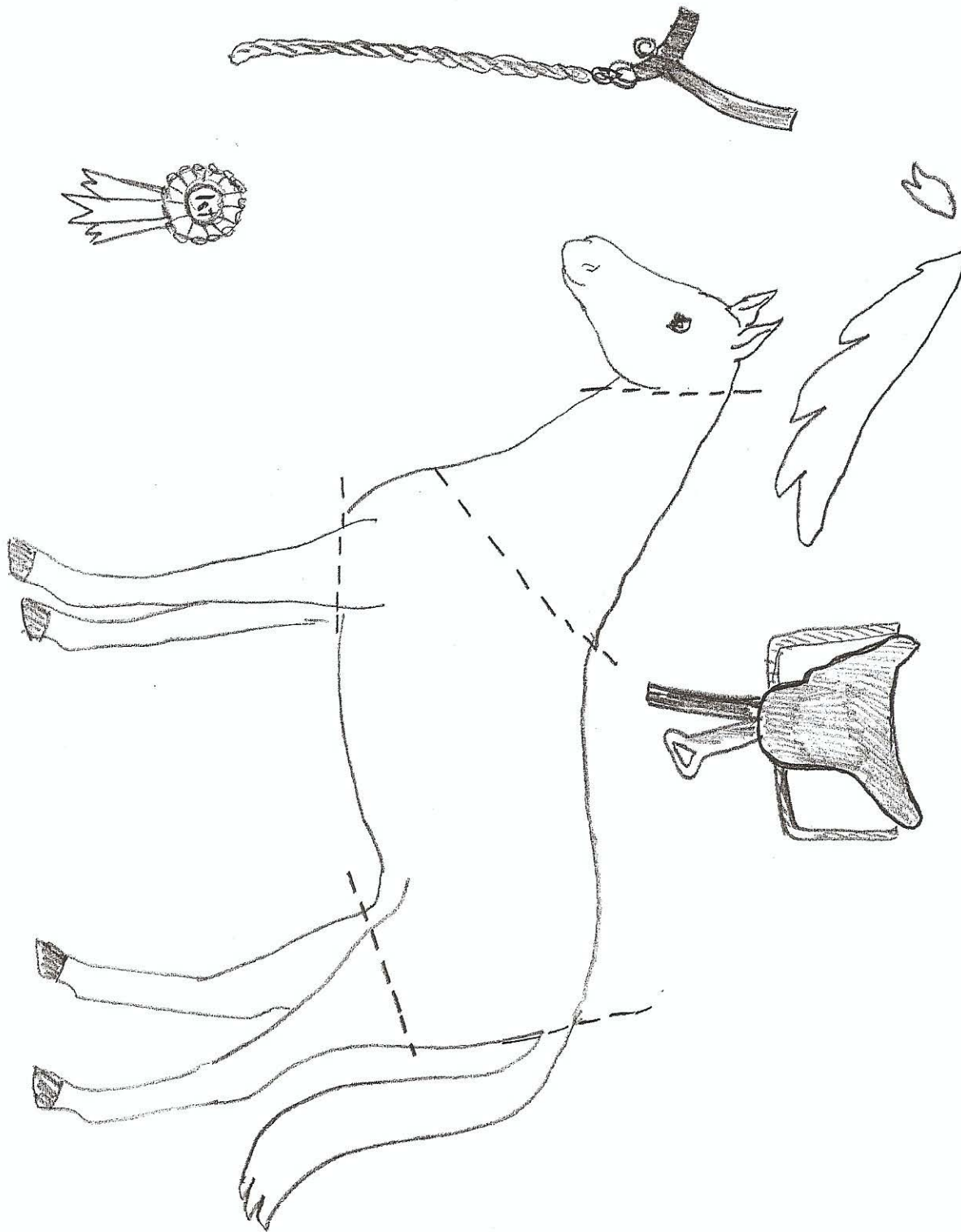


Use some scrap 2x4's and some 3- 31/2 inch nails to put together a structure with moveable legs.

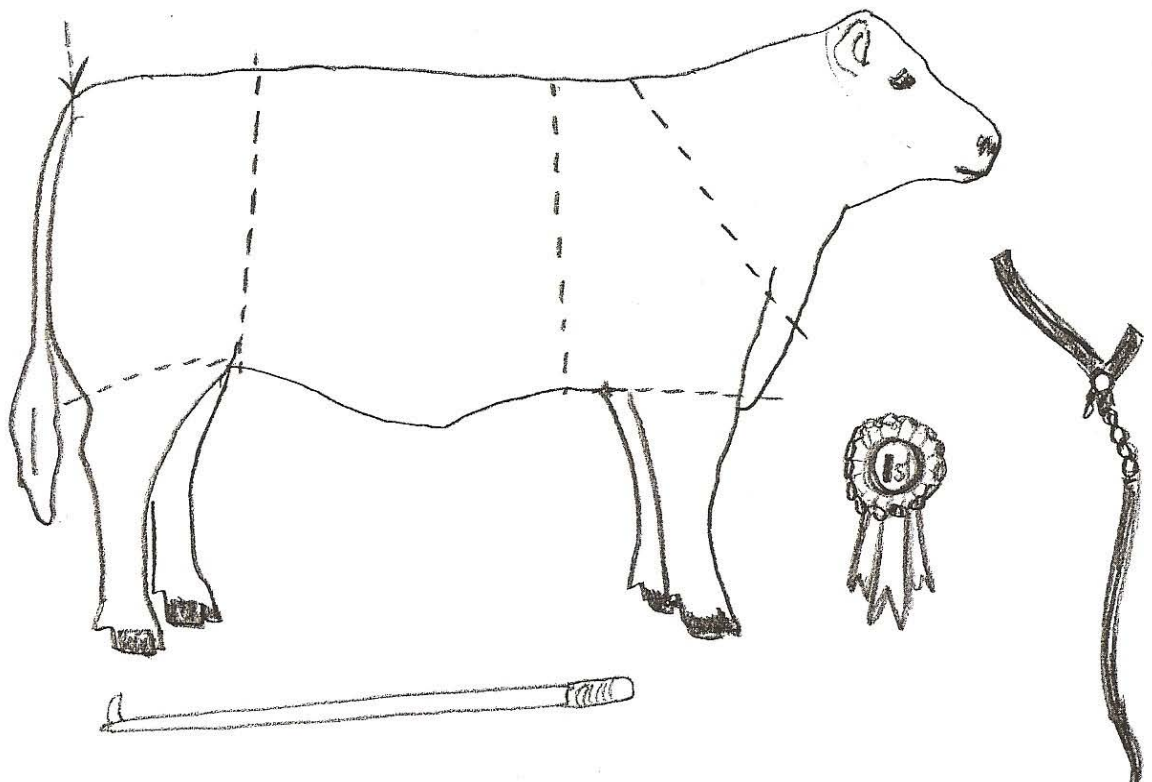
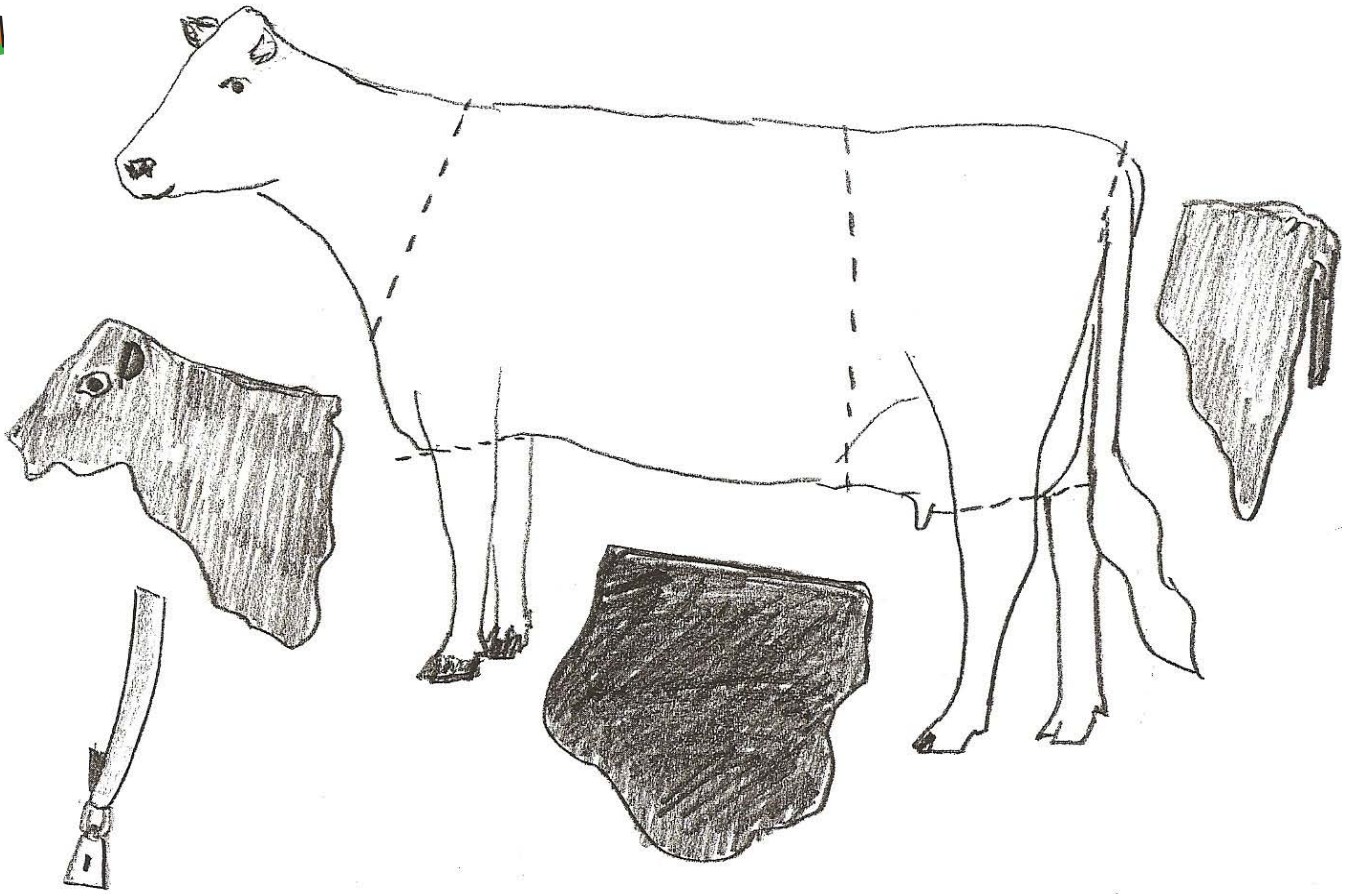


### 2. Rodeo Days - Pole bending - Layout of Course.

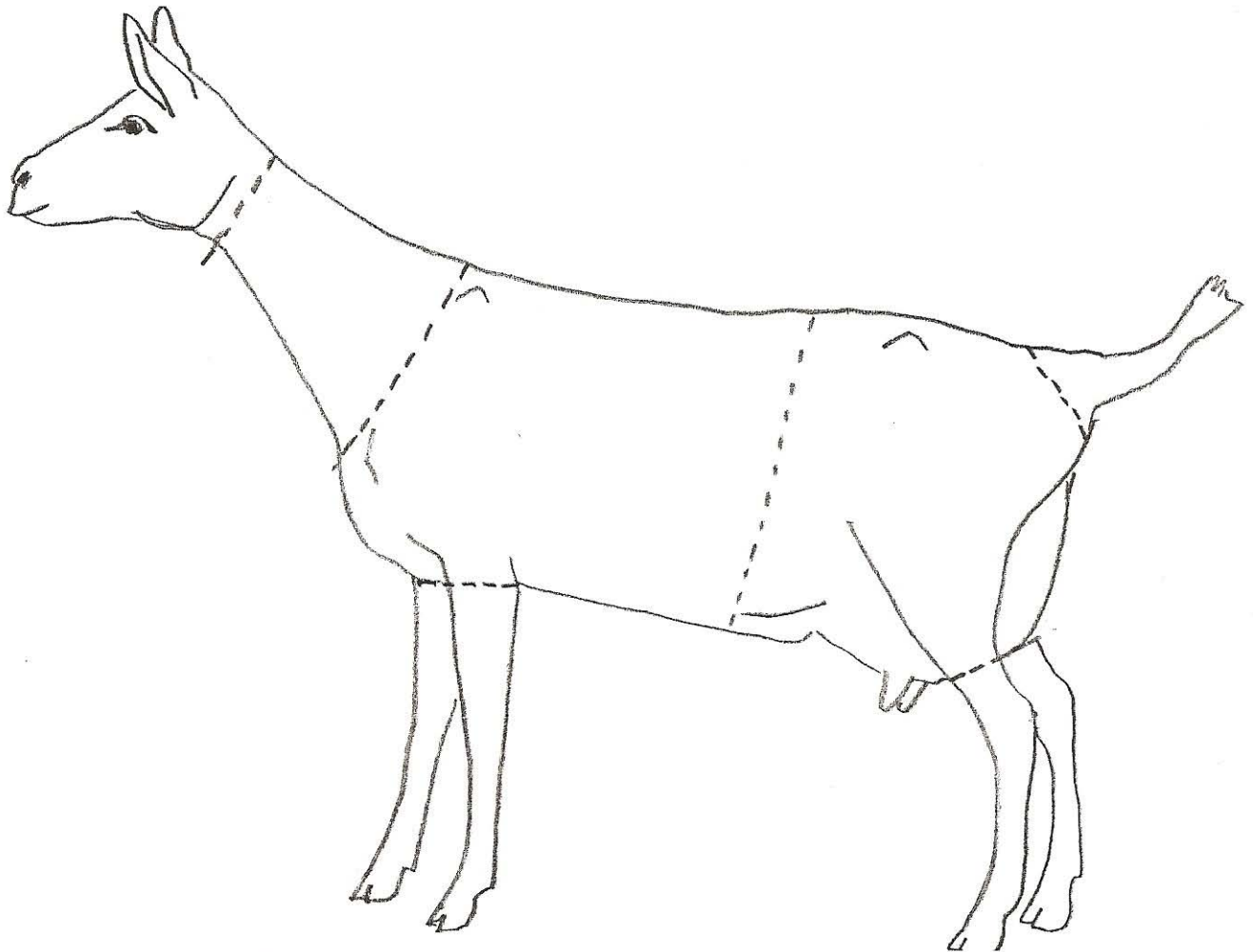
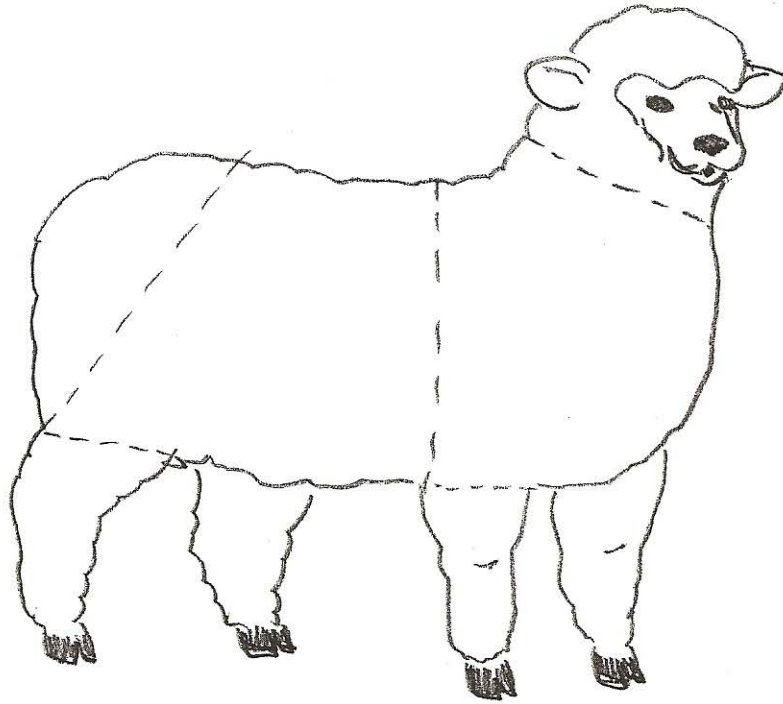
3. Rodeo Days -Pin The Part on The Horse [other animals available as well] Enlarge them to suit needs.

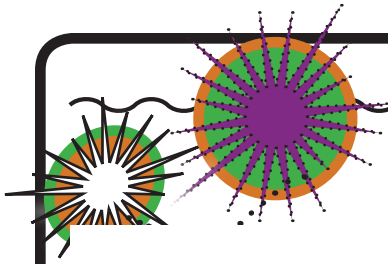


Cow parts

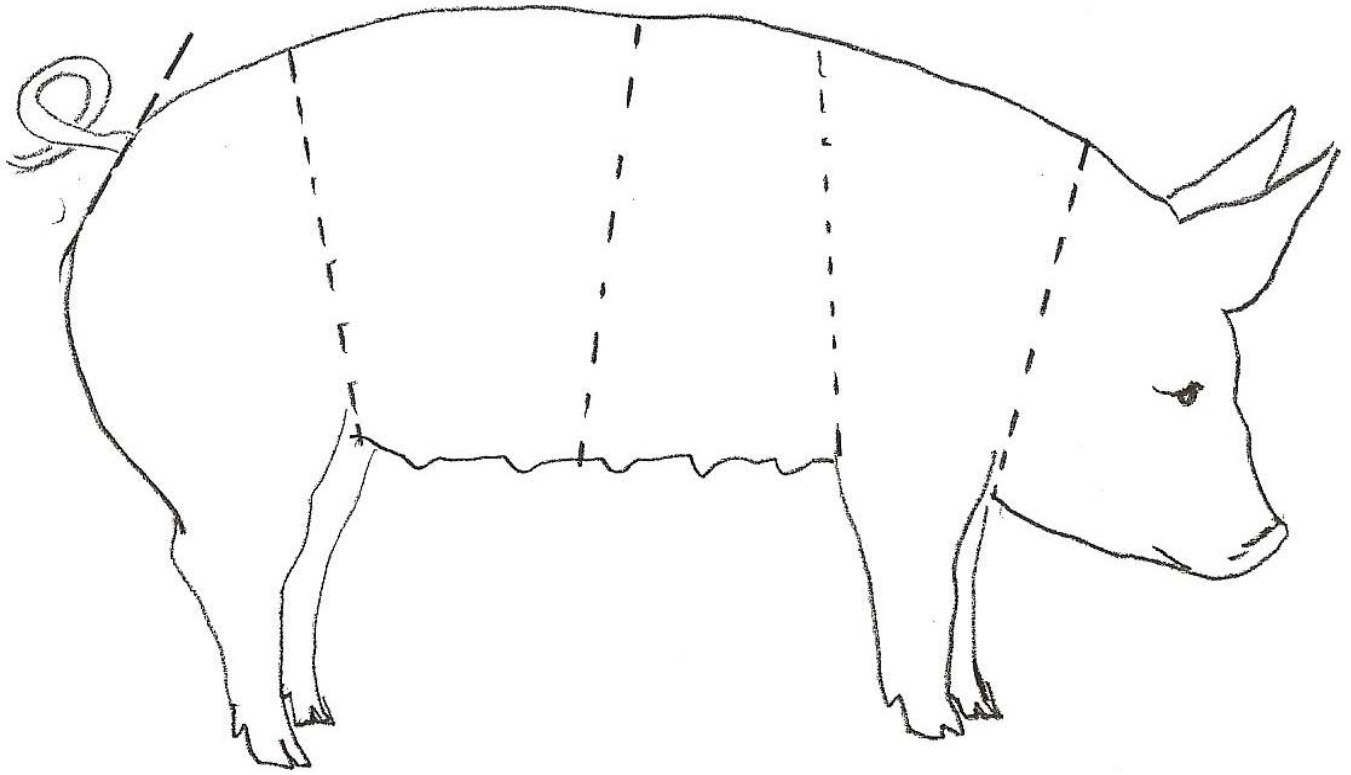


Goat & Sheep Parts

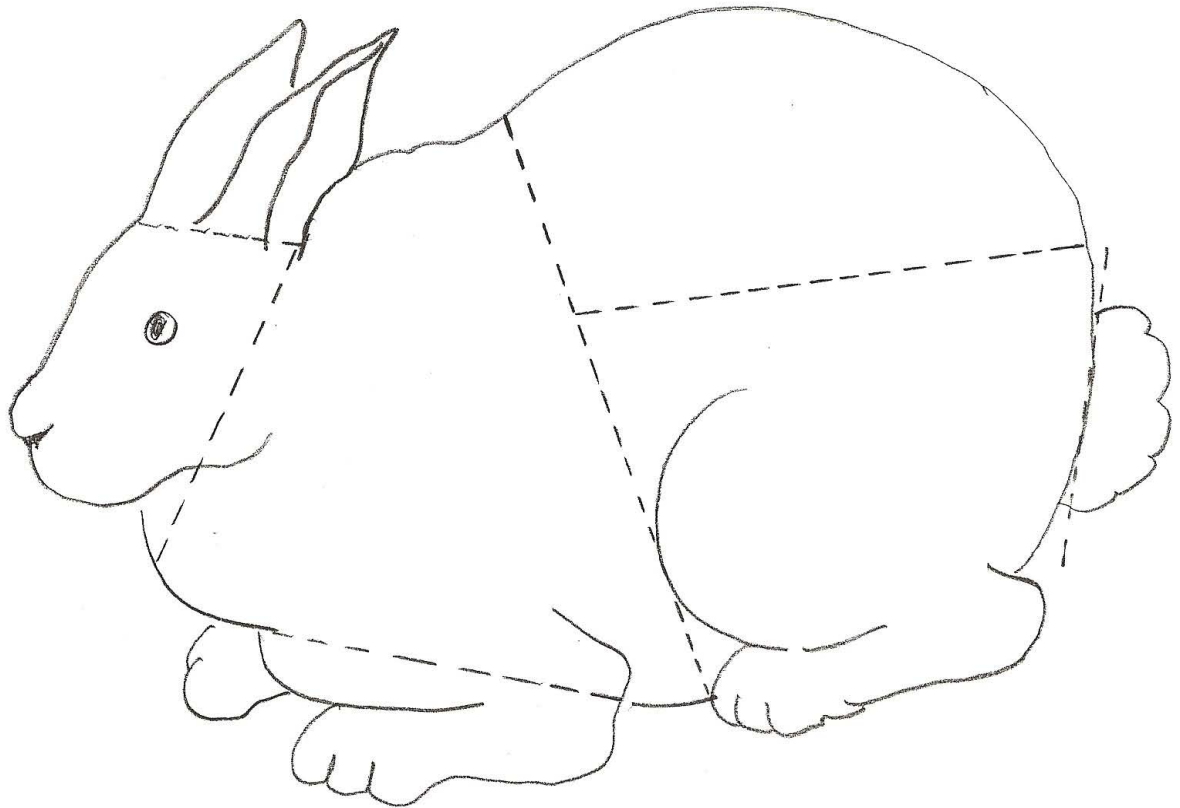




Pig parts

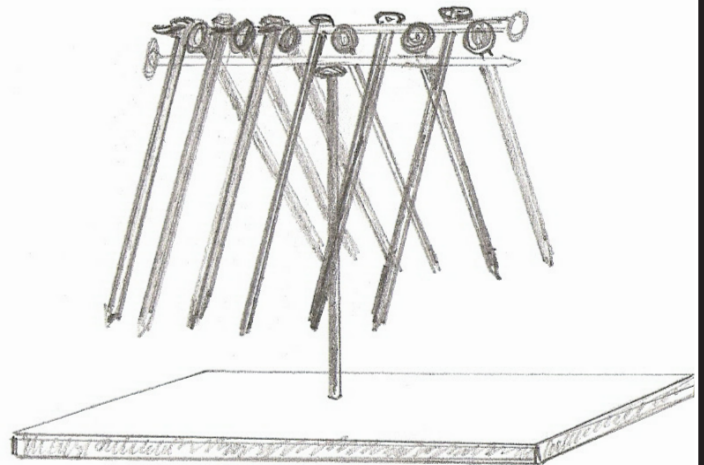
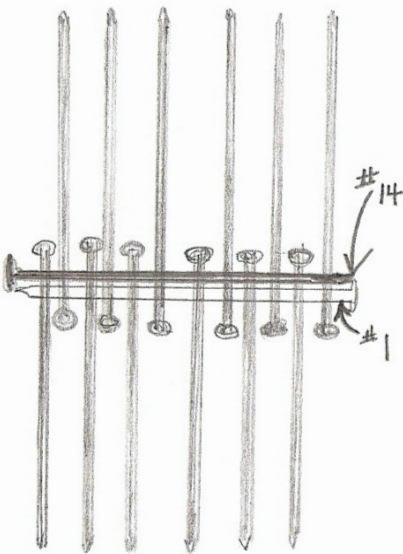
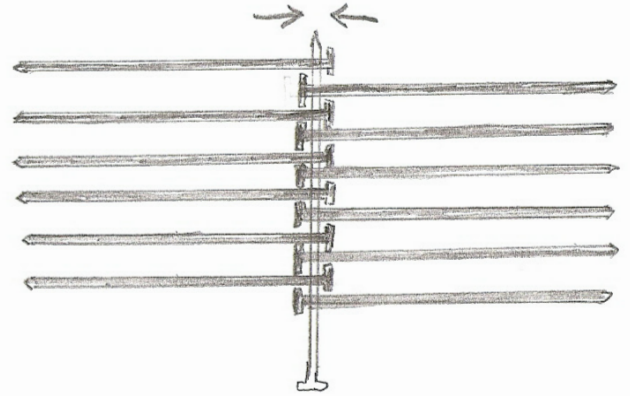
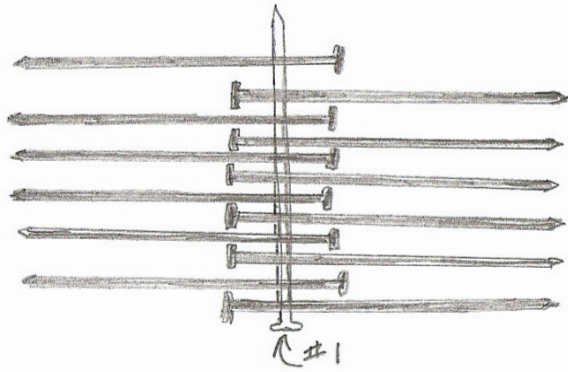


Rabbit Parts

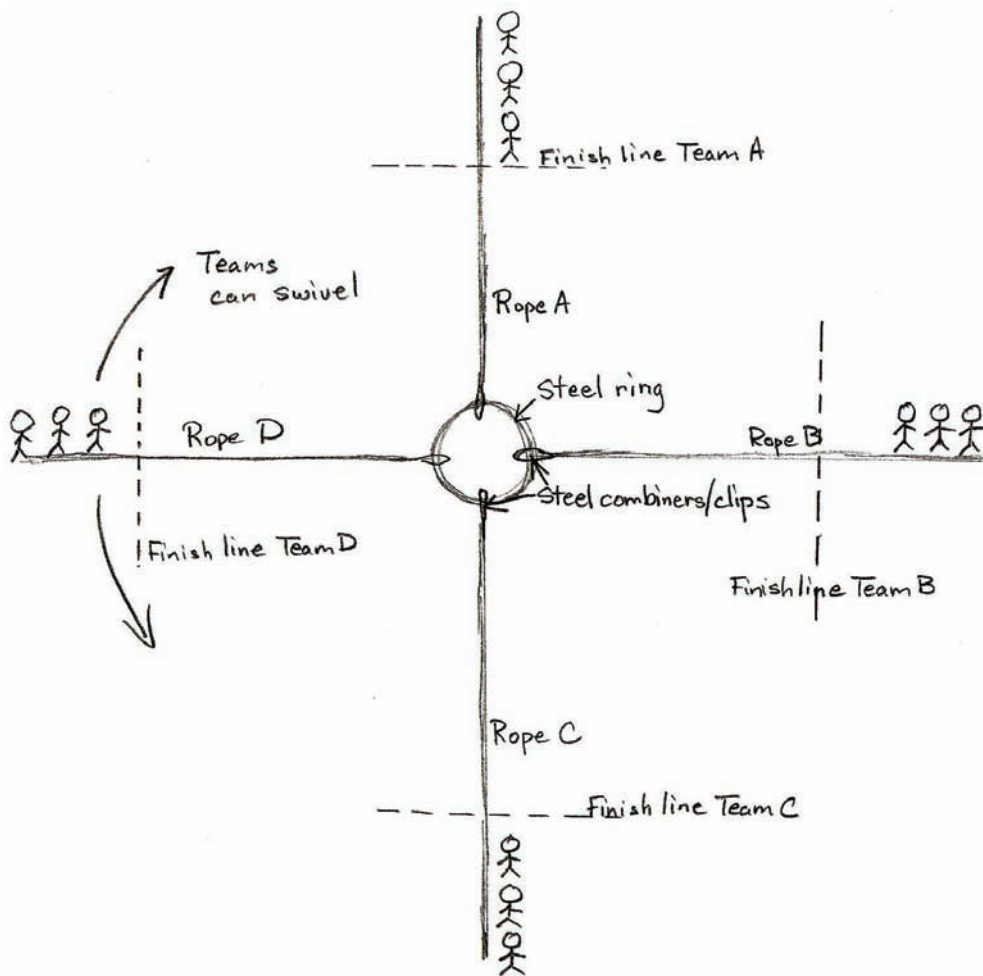




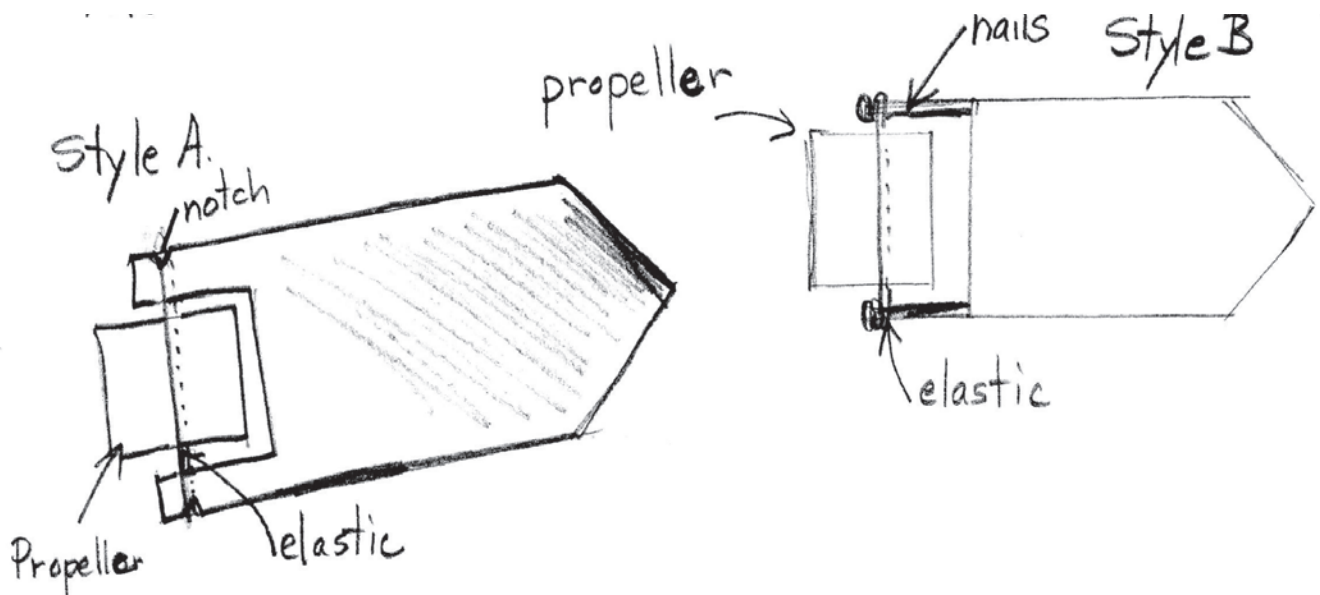
# 4. Lumber Jack Follies – The Amazing Balancing Nails Solution



### 5. Navy Days Haul In The Ship Multi-Way Tug Of War

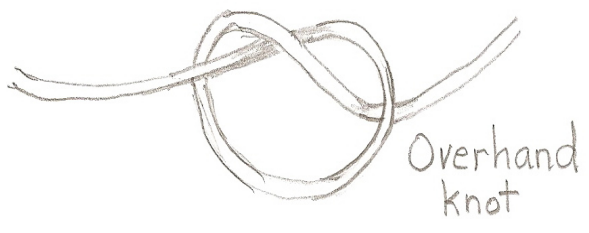


### 6. Navy Days - Boat Regatta- Propeller Boat Ideas



# 7. Navy Days - Sailors Knots

#1.



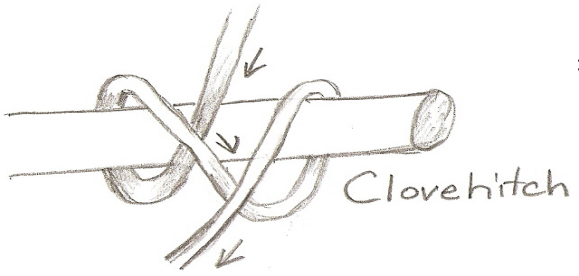
Overhand knot

#2.



Granny Knot

#3



Clove hitch

#4.



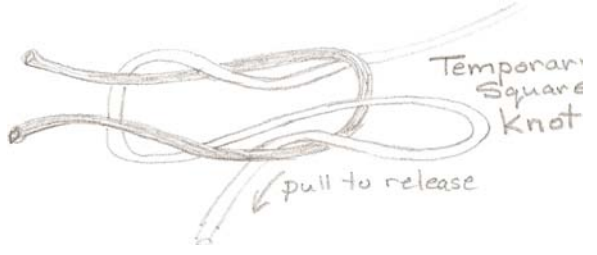
Half-hitch

#5.



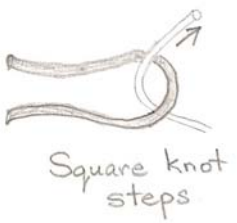
Double Half-hitch.

#6.

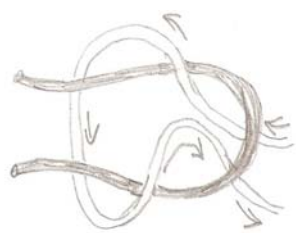
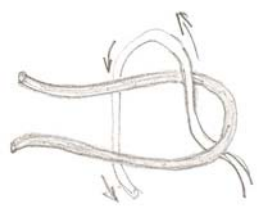


Temporary Square Knot

#7.

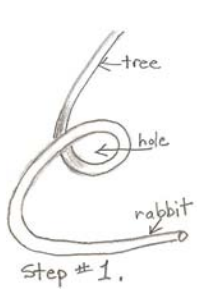


Square knot steps

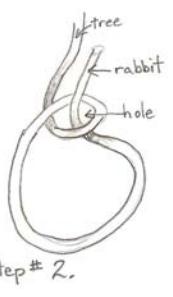


#8.

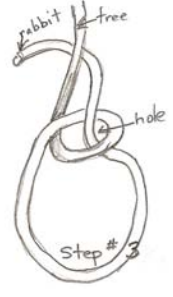
## Bowline knot



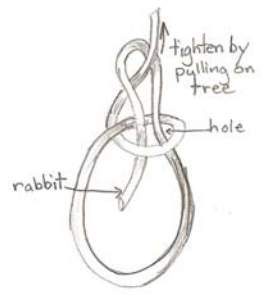
Step # 1.



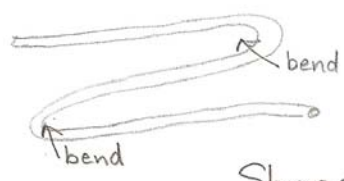
Step # 2.



Step # 3

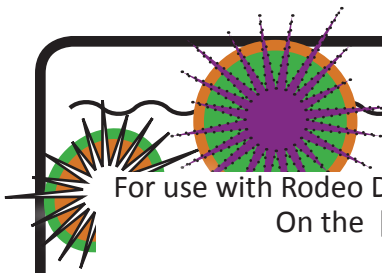


#9.



Sheepshank





For use with Rodeo Days Variation - Pin the Part  
On the [Horse or cow ]

## Horse Parts Cards

poll

forehead

nostril

muzzle

Throatlatch

neck

shoulder

hoof

crest

withers

back

loin

rump

croup

buttock

flank

stifle

gaskin

hock

fetlock

pastern

cannon

shoulder

barrel

heart girth

elbow

## Cow Parts Cards

|          |            |
|----------|------------|
| Head     | Underline  |
| Knee     | Heartgirth |
| Pins     | Ribs       |
| Dew Claw | Hooks      |
| Muzzle   | Tailhead   |
| Poll     | Flank      |
| Stifle   | Hock       |
| Pastern  | Leg        |
| Rump     | Milk walls |

  
Tail

Udder

Mammary veins

Fore udder

Teats

Rear udder

Withers

Chine

Crest

Dewlap

Brisket

Jaw

Throat

Switch



Boot Camp- War Games Score Card Company \_\_\_\_\_ Sergeant \_\_\_\_\_

| Station # | Teams | ACTIVITY                         | Score Win-10<br>Tie -7<br>Participation-5 | Marching Style<br>-[10] points<br>demerit-1 |
|-----------|-------|----------------------------------|---|---|
| 1         |       |                                  |   |   |
| 2         |       |                                  |   |   |
| 3         |       |                                  |   |   |
| 4         |       |                                  |   |   |
| 5         |       |                                  |   |   |
| 6         |       |                                  |   |   |
| 7         |       |                                  |   |   |
| 8         |       |                                  |   |   |
|           |       | Total Score : Score + marching = |   |   |

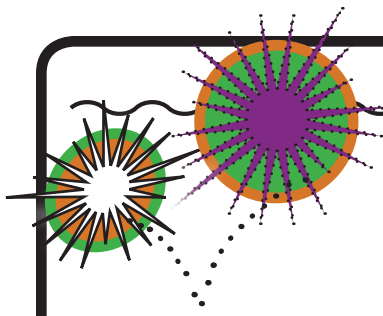
Boot Camp- War Games Score Card Company \_\_\_\_\_ Sergeant \_\_\_\_\_

| Station # | Teams | ACTIVITY                         | Score Win-10<br>Tie -7<br>Participation-5 | Marching Style<br>-[10] points<br>demerit-1 |
|-----------|-------|----------------------------------|---|---|
| 1         |       |                                  |   |   |
| 2         |       |                                  |   |   |
| 3         |       |                                  |   |   |
| 4         |       |                                  |   |   |
| 5         |       |                                  |   |   |
| 6         |       |                                  |   |   |
| 7         |       |                                  |   |   |
| 8         |       |                                  |   |   |
|           |       | Total Score : Score + marching = |   |   |

Boot Camp- War Games Score Card Company \_\_\_\_\_

Company \_\_\_\_\_ Sergeant \_\_\_\_\_

| Station # | Teams | ACTIVITY                         | Score Win-10<br>Tie -7<br>Participation-5 | Marching Style<br>-[10] points<br>demerit-1 |
|-----------|-------|----------------------------------|---|---|
| 1         |       |                                  |   |   |
| 2         |       |                                  |   |   |
| 3         |       |                                  |   |   |
| 4         |       |                                  |   |   |
| 5         |       |                                  |   |   |
| 6         |       |                                  |   |   |
| 7         |       |                                  |   |   |
| 8         |       |                                  |   |   |
|           |       | Total Score : Score + marching = |   |   |



## Man Overboard Commands

1. **Attention** –everyone snaps to attention and salutes saying “Yes Sir”
2. **Port**- run to left side
3. **Starboard** – everyone runs to the right side
4. **Bow**- everyone runs to front line/wall
5. **Stern**- everyone runs to the back/rear line
6. **Swab the deck** – everyone gets down and scrubs the floor
7. **Bomber**- players lay flat with face to the floor and cover their heads to avoid the bomber”
8. **Man Overboard** – everyone lies face up and motionless
9. **Up Periscope**- everyone lies face up with one leg up in the air

## Year Two: – Play Things Themes

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| Theme 2 – Let’s Have A Ball! .....         | pages 5-10  |
| Theme 3 – Bubbles, Bubbles, Bubbles! ..... | pages 11-13 |
| Theme 4 – Paper Pandemonium! .....         | pages 14-17 |
| Theme 5 – Straws & Sticks and Stuff! ..... | pages 18-21 |
| Theme 6 – String Me Along! .....           | pages 22-26 |
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| Resources and Illustrations.....           | pages 31-34 |





## Theme 1: More Than Air- Balloons

Balloons in one form or another have amused us for centuries. Let's learn about the history of these playthings and then enjoy the delights. You will need lots of balloons for these activities. If there are latex allergies among the members consider alternate types of balloons or choose another theme.

### Roll Call (this ties in to the balloon salute activity below)

1. Name someone who has been a role model for you.
2. Give a personal quality that you would like to have that you don't have now.

### Leader's Background / Lesson content:

In mediaeval times, especially in the European regions, jesters and troubadours were said to sometimes inflate the entrails of recently butchered animals and "entertain" with them. The bladders, intestines, and sometimes the stomach, were strong enough that, despite their thinness, they could be manipulated into amusing shapes.

Long before there was something so stretchy as rubber, balloons were made of other materials. In the pre-rubber era, balloons came from animal bladders. A pig's bladder was inflated by Galileo in an experiment to measure the weight of air. Inflated animal bladders were used in play by Indian and Eskimo children. Most of the bladders were from sea animals.

Today, the balloon capital of the nation is Ohio, and the balloon capital of Ohio is the city of Ashland. Of six major manufacturers, four are located in Ohio, and of those four, two are located in Ashland. For more information about balloons go to - <http://inventors.about.com/>

### Warm- up activity- Balloon Salute ( thanks to Manitoba 4-H Quality Equation Document)

Give everyone a balloon and a marker. Start by having everyone blow up their balloon and tie it in a knot. Have everyone think of someone that they have respect for, or someone who they really look up to. This can be someone who has affected their life in a positive way. Once they have thought of that person or persons, they can write that person's name or initials on their balloon with a marker. If they wish to add symbols or pictures to represent that person's contribution to their life they may. Hand out a popping weapon and instruct them to be careful not to poke themselves OR someone else OR the balloon.

Have participants line up. Tell them that you are aiming for a strong salute with each balloon being fired one right after another. You will give the signal to FIRE to the first person in line and then the balloons should be popped one at a time down the line.

Make a formal announcement that the 21 Balloon Salute will be held in honor of our role models and those that we hold in the deepest respect. Order FIRE to begin the salute!

*Requirements: Balloons - one per participant (have a few extras just in case) markers that can be used on the balloons without popping them, popping weapon (straight pin, thumb tack, screw) - one per participant.*

**Activities:****1. Burst the Balloon**

This classic game involves everyone. Give a similar sized balloon to every participant and have them blow it up as large as possible [decide how big, but the larger it is, the easier it is to burst]. Then they must race to a chair or space some distance away and sit on the balloon to burst it. The first to accomplish the task wins.

*Variation:* Do this as a relay and the team who has all the balloons burst first wins. Or supply a bicycle pump for each team and the balloon must be blown up by pumping it up then sitting on it.

*Requirements: balloons for every participant*

**2. Water Balloon Toss**

Fill balloons about  $\frac{1}{2}$  full of tap water and tie them. Divide the group into teams of two players and have the two players form lines opposite each other approximately 1 metre apart. Team member A will toss the balloon to partner B. If the toss and catch is successful then players must take one step backwards and toss the balloon back to partner A. The distance keeps increasing with each successful catch & toss until only one team is left.

*Requirements: balloons for half the participants, water*

**3. Balloon Relay**

In this relay the team must pass a balloon as quickly as possible to the next team member and the last person must burst the balloon to win. The teams may be spread out about one to two meters from each other and must toss the balloon down the line to the last member who must sit on the balloon to burst it.

*Variations:* try passing the balloon without hands just by holding it under the chin or between the knees and passing the balloon or hopping with the balloon between the knees.

*Requirements: balloons for every participant*

**4. Balloon Volleyball**

Using a balloon try playing standard volleyball. If nets are not available, improvise with a string tied between chairs or trees etc. Teams must serve the balloon then try to get it over the net with no more than 3 volleys. Opposing team must return the balloon with no more than 3 volleys.

*Requirements: a few balloons blown up and tied, volleyball net / string*

**5. Balloon Tag – (thanks to Manitoba 4-H Quality Equation Document)**

Have each participant consider his or her greatest challenges. After some reflection, give each person a balloon and a marker. Have them blow up the balloon then write or draw a symbol of their challenge(s) on the balloon. Some examples of challenges may be: being shy, public speaking, being on time, doing math, etc.

Distribute a length of string to each participant and have him or her tie the string onto the balloon.

Get everyone standing in a large open area. Carefully (without popping the balloon) have each participant tie the string to his or her ankle. Explain that as a group you are going to symbolically “pop the individual challenges”. Upon a signal, participants should start stomping each other’s balloons. Offer a precautionary safety warning about stomping balloons not feet!

*Variation:* Just play tag by bursting the person’s balloon [that is considered a tag] until the last balloon is burst. The person with the last balloon is the winner.

*Requirements: one balloon per participant, lengths of string [about 1.25 meters], scissors, markers*

**6. Pinball Balloon Soccer** -[adapted from DeKoven, Bernie , Junkyard Sports , Human Kinetics Windsor, 2005, humank@hkusa.com]

If you can kick or swing your hands, you can play Pinball Soccer. There’s no running! This game is

great for large or small groups!

Create a human pinball machine with players acting as “shooters,” “kickers,” “bumpers,” and “flippers.” The goal of the shooter is to get the highest cumulative score. The rest of the players become the pinball machine. Arrange chairs in groups of 3-4 in circles so that a kicker faces each direction in the pinball machine. Far enough away to be safe arrange the “flippers” with brooms, fly swatters or rolled up newspapers, arrange bumpers along the sidelines of the pinball machine who can use only their hands or heads to bump the balloon back into play. Assign **Kickers** a score factor of “10”, the **Flippers** are a score of “20” and the **Bumpers** are a score factor of “5”.

All the players [Kickers, Flippers and Bumpers] are part of the “pin” (those round things that light up, kick the ball, and score) and they keep the score. Each time they kick, flip or bump the balloon, they announce the cumulative score. Change the score factor to suit your group [ 10 points, or 100 points, and so on). **The Shooter** throws the balloon into the pinball machine and the machine tries to keep the balloon in motion and inside the machine. No player inside the pin can move beyond their position. The object of the game is for the shooter to get the balloon in the machine and accumulate the greatest score. This is a cooperative and fun activity. When the balloon goes out of the machine then a new shooter is selected and the shooter takes that player’s position.

*Requirements: several balloons, brooms/fly swatters or rolled up newspapers*

## 7. Balloon Sculptures

Try some balloon sculpturing using long thin balloons [available at some Dollar stores] to create interesting animals, hats and sculptures. This is a fabulous resource for free instructions and ideas – [www.balloondesigns.net/freesite.html](http://www.balloondesigns.net/freesite.html). See Resources for basic sculpting techniques.

*Requirements: several packages of thin sculpting balloons and perhaps a balloon pump or two*

## 8. Balloon Characters [cooperative]

Divide the group into teams of 4-8 players and give them packages of balloons, tape, scissors, magazines, scrap paper, yarn etc. Announce a theme such as: The Fair, The Calf Club, Achievement Day, Down on the Farm, the Chicken House. Then give the teams about 30 minutes to blow up the balloons, decorate them and create the scene for the others to view.

*Requirements: lots of balloons of various sizes etc. scissors and crafting supplies*





## Theme 2: Let's Have A Ball!

Most people are aware of the ways we can use a baseball, football, soccer ball, golf, ping pong, tennis, basket or beach ball. Balls are one of the oldest playthings known to mankind. This theme allows the members to play those traditional

games or try some new games and activities. These activities explore how we can use balls in a variety of fun ways.

### Roll Call:

1. Name a game that uses a ball.
2. What is your favourite ball game?

### Leader's Background:

"Throughout history, humans have enjoyed kicking a ball or something like a ball. South American Indians were known to use a light elasticized ball. However; rubber was not to be practically manufactured until a few thousand years later.

According to historical references and legend, early balls ranged from human heads, stitched up cloth, animal and human skulls to pig or cow bladders. According to a pre-medieval legend, an entire village would kick a skull along a path to a nearby village square. Then the opposing village would in turn attempt to kick the skull back to the first village's square.

A Medieval custom was to take pig bladders used from livestock killed in preparation for winter sustenance and inflate them. They would play a game using their feet and hands to keep the "ball" in the air. The animal bladder balls were eventually covered with leather for better shape retention.

In 1836 Charles Goodyear patented vulcanized rubber. Prior to this, balls were dependant on the size and shape of the pig's bladder. The more irregular the bladder, the more unpredictable the behavior of the ball was when kicked. However; it would not be until the twentieth century until most balls were made with rubber bladders.

In 1862, H.J. Lindon developed one of the first inflatable rubber bladders for balls. Tragically his wife previously died from lung disease, reportedly from blowing up many hundreds of pig's bladders. Lindon was probably inspired to develop the inflatable rubber bladder because of the ill effects of blowing up pig's bladders. The balls with the rubber bladders ensured that the ball remained hard and oval. Lindon also claimed to have invented the rugby ball but did not patent the idea. In those days, the round ball was preferred because it was easier to kick and the oval ball was easier to handle."

*Cited from <http://www.soccerballworld.com/History.htm>*





## Warm-Up Activity:

### Ball Scatter Categories

As members arrive assign them a small group and a paper and pencil or marker. Have the group brainstorm all the games they can think of that require a ball to play. Have the teams share their list. If another team has mentioned that same game then they must cross it off their list. Teams score only the ball games that they alone have written down on their list. Duplicate games don't score. Variation: Transfer the lists to a master list and add only new games as the teams share their lists.

### Activities:

#### 1. Ball toss.

This is a simple challenge that reflects the most common use of a ball. Give each player a softball and have them throw it as far as possible. The farthest throw wins. Variations: try different types of balls [ping pong, football, foam, beach ball, golf ball etc], or give each member of a relay team a different type of ball and the longest cumulative throw wins.

*Requirements: softballs, a variety of balls*

#### 2. Soccer Baseball

In this game the rules of baseball are used, but the ball is changed to a soccer ball. The pitcher rolls the soccer ball at the batter who gets 3 attempts to kick the ball. When kicked the batter must run around the bases which are cones or similar. The fielders must throw or kick the soccer ball to knock over the cones before the runner gets home. If the ball is caught the batter is out, but the runner cannot be tagged out. The only way to get a runner out is to have the ball caught or to get all three bases knocked over and the home cone knocked over with the ball before the runner gets home. The field players can only knock over a base cone when in possession of the ball. Three out and the field players get up to bat. All rules of baseball apply to innings and scores.

*Requirements: 4 cones for the bases, one soccer ball*

#### 3. Beach ball Baseball

This game is identical to baseball except players use a beach ball and must hit the ball with their hand. Try different sized baseball fields to get the most action.

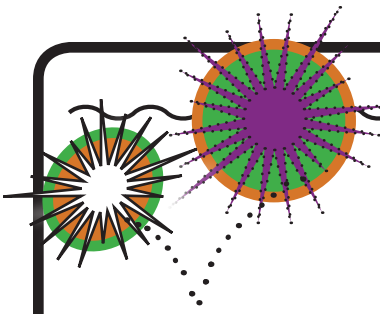
*Requirements: one beach ball, base markers*

#### 4. 4-H Game

4-H is a simple, fast-paced action game that contains running, dodging, and throwing. There are many variations for this game — be creative!

To begin the 4-H Game, have each player count off and remember their number [an optional variation is to have more than one person per number.] After everyone is assigned a number, have all players group together in a bunch. One person starts with the ball in the centre of the bunch.

At the beginning of each round, the person with the ball (who is in the centre of the bunch) throws the ball upwards to the sky while yelling a number. Everyone disperses and runs in all different directions away from the bunch except for the person(s) whose number was called. The person whose number was called catches the ball and then yells "4-H!" When he or she yells this, everyone must freeze. The person with the ball then is allowed to take three giant steps toward any player. He or she throws the ball and tries to hit someone. To dodge, players are allowed to move all parts of their body except they may not move their feet at all. If a player is hit the first time, he or she earns the word "Head", eventually getting the 4-"H's" Head, Heart, Health and Hands. The person who was hit becomes the new thrower; otherwise, the thrower who missed earns a letter. The next round begins and play continues. Whoever earns the 4-H's is out of the game; alternatively, if you do not wish to eliminate players, you can set a time limit and whoever has the least amount of pledge words when time expires is the winner.



*Requirements: soft large ball such as utility ball, beach ball, or a smaller soft ball such as a nerf or soft rubber ball.*

### **5. Blind Ball Retrieval [cooperative, competitive and awareness activity]**

Separate members into teams of 4-8 players. Each team will have one container of balls and one blindfold. Each container will need the same number of balls (about 3-5 depending on the size of the teams.) The container of balls will be placed about six feet in front of the teams. The first player will put on the blindfold and then the balls will be dumped out. Each player will try to retrieve 3 balls and place them back into their own container by following instructions given by the rest of the team. Once they have done this they can remove their blindfold and return to the next person in line. That person will put on the blindfold and the balls will be dumped. They must then retrieve 3 balls for their container. The balls can be any balls that they find but they have to go into their own container. If they put a ball into the wrong container it will count for the other team. Caution the players not to run because they can bump into the other players that are blindfolded. It's best if only one person from the team tells the blindfolded player where to go. It will take teamwork trying to keep quiet so that the player can listen for direction. The first team to collect 3 balls for each member wins.

*Required: Container per team, 5 small balls [ping pong or golf,] per container and blindfolds*

### **6. Blanket Ball**

This is a version of volleyball that takes team work and cooperation. Divide the group into two teams and give the teams a large sheet or blanket each. The object of the game is to volley the ball back to the other team continuously. Set up a net or barrier between the teams and throw a large beach ball or volleyball into the air. The team that

catches the ball begins the volley and each team is going to attempt to manipulate the blanket to return the ball to the other side. Each successful return over the net or barrier counts as 1 point. Play ends when the ball hits the ground. The serving team scores 2 if the ball can't be returned by the other team. A game is won by the first team to reach 10 points.

*Requirements: 2 large blankets or sheets, volleyball or beach ball*

### **7. Murder ball**

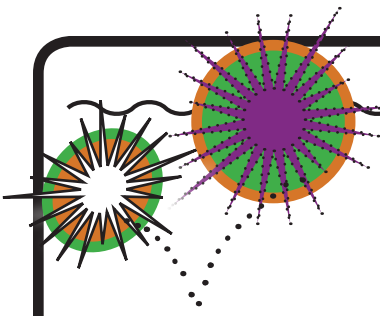
This game can be vicious but if properly controlled, is usually lots of fun! One team member is chosen to be it. The "It" or thrower must try to tag the other players by throwing the ball and hitting the other players. For safety use a soft utility ball and aim for legs only - or allow only underhand throws. Restrict the playing area so that players leaving the playing area to avoid being hit are automatically out of play. The last player standing is the thrower for the next round or the winner. Variation: Give a time limit to each game [3 minutes - 5 minutes] and keep track of the number of hits by each thrower to determine the best thrower.

*Requirements: one utility or soft soccer ball*

### **8. Marbles Soccer**

This is a combination of marbles and soccer in which players move a larger target ball toward the goal by kicking smaller balls into it so they hit the larger ball and move it. Starting at opposite ends of the field, players race to kick any ball into the large ball, trying to get the large ball to cross the opposing side's goal line. A team scores 1 point when the bigger ball crosses the opposing team's goal line. The team with the most goals at the end of 20 minutes wins. It is illegal to kick the large ball. Any ball that crosses a boundary line is out of play.

Divide the group into two teams. This game can be played in any open space: a soccer field, playground, gym, open field, hallway, or protected alley. You'll need boundary lines on all sides of a rectangular field, with a goal area on each end. Goals are set in the middle of either end of the



field and are usually around 8 metres/yards wide.

The game requires at least one larger ball and a lot of smaller balls (at least

one per player). The smaller balls need to be large enough to kick. The larger ball needs to be light enough so that it will move some distance when hit by a smaller ball. The balls can be made out of rolled up socks or try tennis balls. The larger ball can be a playground ball, a beach ball, or even a balloon.

Give each team an equal number of smaller balls. Place the larger ball in the middle of the field. Both teams line up at opposite goal lines and start kicking and running at the same time.

One or more players on each team can be designated as goalies. For SAFETY, please encourage players to kick the small balls so that they roll on the ground. There should be no physical contact between players. Players who have mobility issues can be stationed near the periphery of the field where they can help redirect balls back into play.

If it's too difficult to score a goal in the allotted time, consider adding more target balls.

See illustration for game layout In Resources.  
[DeKoven, Bernie, *Junkyard Sports*, Human Kinetics Windsor, 2005  
humank@hkusa.com]

*Requirements: one beach ball or utility ball, at least one small ball [rolled up sock, tennis ball, rubber ball] for each participant*

### 9. Slip-and-Crawl Soccer

Imagine players on their hands and knees, scooting backward with socks as knee pads! Teams score by getting the ball to cross the line marking the opponent's end of the court. The winning team scores more goals in the allotted time (20 minutes). The ball can only be kicked or butted. No physical contact between players.

Depending on the size of the space, there should be no more players per team than can stand shoulder to shoulder along the goal line. This can be played in any room with a slippery floor such as a gym or hallway. With enough socks, you can make balls and elbow pads and kneepads. You can also make balls and padding out of socks, pantyhose, and towels. The ball can be a soccer ball, basketball, playground ball, beach ball, or even a balloon (the larger and lighter the ball, the gentler the play.)

Players must remove their shoes then wrap their elbows, feet, and knees; get on their hands and knees; and crawl and slide backward across the gym floor, staying on their hands and at least one knee while using the other leg to kick the ball. You can use shoes to mark the boundary. Goalies kneel within the free-throw zone and can only use the hands or the head to deflect the ball. For SAFETY, encourage sliding backward on all fours only. Discourage anything similar to moving headfirst or getting up and getting a running start. High kicks are always dangerous. Remind the players to keep their heads down.

Have players experiment with sliding or pushing themselves along with their hands while keeping their knees still. For more involvement, add more balls.

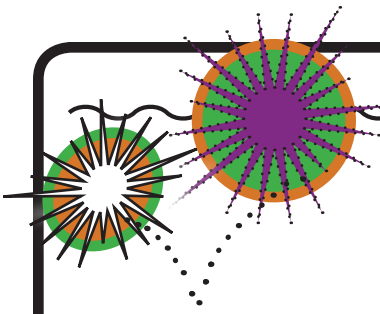
[DeKoven, Bernie, *Junkyard Sports*, Human Kinetics Windsor, 2005  
humank@hkusa.com]

*Requirements: lots of socks and a soccer ball or beach ball.*

### 10. Broomie Ball

Players with limited mobility can be broomies in this game. This is a soccer version of basketball with a very light ball. All you need is a beach ball and four brooms. Instead of a beach ball, you can try something lighter like a balloon or heavier like a playground ball, dodgeball, or kickball. Instead of





brooms, you can use mops, yardsticks, or just broom handles.

You can use any open space with boxes or trash-cans on either end functioning as goals. You'll need to mark out a centre line and boundaries around the perimeter and goal zone (basket).

Two players are named broomies, and each is positioned at either end of the court. Each has two brooms. The brooms will be used to get the ball to stay in the basket. (These players act as goalies, but instead of trying to keep the ball out of the goal, they are actually trying to keep it in the goal.) Players begin the game in centre court, with the teams facing each other. The ball is tossed in between them, and the first team to kick or butt the ball gains possession. For SAFETY, players may not touch each other and must practice maintaining adequate distance from the broomie. Getting hit by a broom is a foul and that means a new broomie is introduced. If it's taking too long to score, try playing with more beach balls, baskets, and brooms. Earn 2 points by getting the beach ball to land in the opposing team's basket. The team with more points by the end of the timed round (20 minutes) wins. Broomies (who act as goalies, but with brooms) must use both brooms and are on the same team as the shooters and must try to get the ball into the basket or can. The broomies are stationed at the opponent's goal. Players may not cross the free-throw line. The beach ball must stay in the hoop, untouched, for at least 5 seconds for the goal to count. See illustration for Broomie ball layout in Resources.

[DeKoven, Bernie, *Junkyard Sports*, Human Kinetics Windsor, 2005, [humank@hkusa.com](mailto:humank@hkusa.com)]

**Requirements: a beach ball, at least 4 brooms**

### 11. Blind Robot Soccer

This is a soccer game in which players can't move

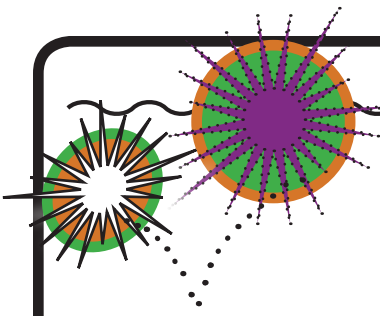
themselves. Each team has one or more "movers." Movers move simultaneously. A moved player can take no more than one step. One or more soccer balls are in play. There are no goalies. Score by kicking the ball over the opponent's goal. The team scoring more goals in the 20-minute time period wins.

This can be played on a soccer field or any open space, indoors or out. Goal zones and boundaries need to be marked. You should use one or more soft soccer balls (partially deflated, or foam) or sock balls or beach balls. Use blindfolds (paper bags placed over the head work well) for each player. The players assume positions on the soccer field; they may not move unless moved by a mover, though they can kick at any time. Teams appoint one mover for every three players. The mover directs the players by holding the player at the waist and gently turning and moving them into position. There's no running, so this greatly minimizes safety concerns for those with mobility or sight impairments. Reduce the number of movers if too much movement becomes a concern. Use a soft ball to reduce the shock if it hits a sight-impaired player. Variations: Increase the number of movers to increase engagement. Ideally, there are enough movers to keep all the remaining players in motion, and there are enough players to kick the ball. If things get slow, consider using a mix of balls of different sizes. [DeKoven, Bernie, *Junkyard Sports*, Human Kinetics Windsor, 2005, [humank@hkusa.com](mailto:humank@hkusa.com)]

**Requirements: one or more soft soccer balls, beach balls or foam balls**

### 10. Pinball Soccer (similar to Pinball Balloon Soccer found in theme no. 1)

Create a human pinball machine with players acting as "shooters," "kick-ers," "bumpers," and "flippers." The goal of the shooter is to get the highest cumulative score. The rest of the players become the pinball machine. Arrange chairs in groups of 3-4 in circles so that a kicker faces each



direction in the pinball machine. Far enough away for safety, arrange the “flippers” with brooms,

fly swatters or rolled up newspapers; arrange bumpers along the sidelines of the pinball machine who can use only their hands or heads to bump the balloon back into play. Assign **Kickers** a score factor of “10”, the **Flippers** are a score of “20” and the **Bumpers** are a score factor of “5”. All the players [Kickers, Flippers and Bumpers] are part of the “pin” (those round things that light up, kick the ball, and score) and they keep the score. Each time they kick, flip or bump the balloon, they announce the cumulative score. Change the score factor to suit your group [10 points, or 100 points, and so on). **The Shooter** throws the balloon into the pinball machine and the machine tries to keep the balloon in motion and inside the machine. No player inside the pin can move beyond their position. The object of the game is for the shooter to get the balloon in the machine and accumulate the greatest score. This is a cooperative and fun activity. When the balloon goes out of the machine then a new shooter is selected and the shooter takes that player’s position. [DeKoven, Bernie, *Junkyard Sports*, Human Kinetics Windsor, 2005  
humank@hkusa.com]

*Requirements: several balloons, brooms/fly swatters or rolled up newspapers*

### 11. Spoon Football

Have the members play foot ball but tackle someone by knocking an object out of his/her spoon. Each player has a soup spoon and a sock ball, golf ball or similar. Players can move only if the sock ball is in their spoon. It is illegal to touch the sock ball with anything other than the spoon. If a player drops the object, he/she must stop and retrieve it before continuing. Players may pick up their spoons. Players may knock the sock ball off of the opposing players’ spoons. The goal is to carry the football into the opponent’s end zone. Players

score 6 points for a touchdown. The team with the higher score at the end of 20 minutes wins. If there’s no score, the team closer to the opponent’s end zone wins. There is no tackling.

Put 5-10 players on each team. A soup spoon and sock ball is given to each player. There is one football required and boundary markers if players are not on a football or soccer field. Variations: substitute soda straws for spoons; substitute small sponge balls for socks; substitute plastic glasses and water for spoons and socks; substitute a six-sock sock ball or a soccer ball for a football. Players start at opposite ends of the field. The team in possession of the ball kicks off. Emphasize that the spoons are to be used only for picking up and carrying the sock ball. Have the players practice running with spoons before starting the game. Try playing in slow motion first; this will help players get a feel for the added challenge.

*DeKoven, Bernie Junkyard Sports, Human Kinetics Windsor, 2005  
humank@hkusa.com*

*Requirements: football, soup spoons and socks or small balls for each player*

### 12. Ball Games Charades:

As a quiet game or cool down activity try Ball Games Charades. Divide the group into two teams. Each team chooses a member who will pick a slip of paper with a ball game on it. They are given one minute to act out the game to their team members. If their team gets it within the time limit then they score a point. If they don’t, the opposing team gets one chance to score the point. Then the other team takes their turn.

*Requirements: slips of paper with the names of many and varied ball games.*



## Theme 3: Bubbles, Bubbles, Bubbles!

Blowing bubbles is a delight for all. These activities go beyond the world of store bought bottled bubbles and take bubbles to an art form. There is some preparation required before these activities work well. Choose an outdoor space or an indoor space with a floor that's easy to clean with water.

### Leader's preparation:

At least 2-3 days [aged solution is the strongest] ahead prepare the Super Bubble Solution – you will need lots if you are going to try to put a human in a bubble. [8 liters or so depending upon the pool size]

**Recipe #1:** Dish detergent [I find "Dawn" is the best], glycerin [available in Drug department or store], water

**Recipe #2:** 1 cup Ultra Ivory Blue -12 cups water -3/4 Tablespoons glycerin

**Recipe #:** 3 cups Joy [I like Dawn] dishwashing soap -1 gallon water -2 to 3 tablespoons of glycerin (available at the pharmacy)

Collect a variety of objects including kitchen string and yarns of various diameters, straws of different diameters, kitchen sieves, plastic containers of various sizes, small balls, cars etc., funnels, 2 litre pop bottles, plastic water bottles and scissors, various hoops that will fit into your containers.

Collect any traditional bubble blowing devices [dollar stores are a great source]

*\*if possible- a child's pool and a hula hoop that will fit inside it*

*This works well outside on a calm day- but if doing this inside- make sure that you have mops and cleaning supplies for the floor will be slippery! Extra towels are an asset.*

### Room Set- up

Various stations are suggested for practicing bubble blowing techniques. Tables are best but the floor works well if there is a plastic cloth covering it.

Station A: traditional bubble toys

Station B: string and yarn and hands

Station C: straws and toys / balls

Station D: hoops and funnels and sieves

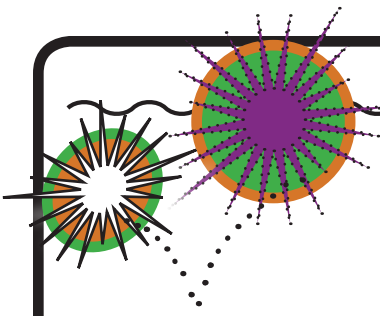
Station E: person in a bubble /wading pool & hoop

### Roll Call

1. Roll Call – Something I know about "bubbles"....
2. What I brought to make bubbles!

### Leader's Information: [10 minutes]

Bubbles are interesting! A bubble, like a balloon, is a very thin skin surrounding a volume of air. The rubber skin of the balloon is elastic and stretches when inflated. If you let the mouthpiece of the balloon



go free, the rubber skin squeezes the air out of the balloon and it deflates as it flies around the room. The same thing happens if you start blowing a bubble and then stop. The liquid skin of the bubble is stretchy, somewhat like a piece of thin rubber, and like a balloon it pushes the air out of the bubble, leaving a flat circle of soap in the bubble wand. Unlike a sheet of rubber that when not stretched loses all tension, a bubble always has its “stretch” no matter how small the surface becomes. If you blow a bubble and close the opening by flipping the wand over, the tension in the bubble skin tries to shrink the bubble into a shape with the smallest possible surface area for the volume of air it contains. That shape happens to be a sphere.

When one bubble meets with another, the resulting union is always one of total sharing and compromise (Human beings could learn a lot from bubbles.) Since bubbles always try to minimize surface area two bubbles will merge to share a common wall. If the bubbles are the same size as the bubbles to the left, this wall will be flat. If the bubbles are different sized, the smaller bubble, which always has a higher internal pressure, will bulge into the larger bubble.

Bubbles burst because they dry out! The surface tension holding the particles together dries out. Keep everything wet and the bubbles will stay together. Each centre has a different set of bubble making tools.

### **Demonstrations: [15 minutes]**

Senior members can demonstrate the technique at each centre as they are explained:

**Station A: Traditional bubble toys-** show pipes and hoops found in store bought bottles or bubble sets.

**Station B: Hands & Strings** -Dip hand/s in bubble solution & with forefinger and thumb make a circle and gently blow a bubble. Experiment with different finger configurations.

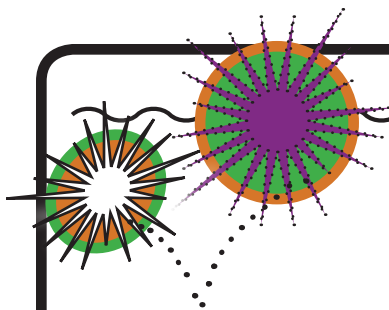
Tie a length of string together and dip it into solution, with wet fingers spread it out and pull out of solution. Gently blow through the extended string to create bubbles. Experiment with different sizes and shapes of string.

**Station C: Straws and Toys** –Wet the table surface and place a straw into the solution. Touch the wet surface with the straw and gently blow a bubble on the table surface. Dip the straw into solution again and then place the straw into the first bubble and blow bubble inside a bubble. How many bubbles inside bubbles can you get? Once you have a bubble on the table try driving a toy or rolling a ball inside the bubble. Be sure to wet the toy/ball in the solution or water!

**Station D: Hoops and Funnels** – Dip the funnel into the solution and blow gently through the small end. See the interesting bubbles created. Try making funnels from 2 litre bottle and plastic water bottles, clip the ends of your homemade funnels [ petal –like] to get different effects. With the hoops try dipping and moving them through the air to get long bubble tunnels!

**Station E: Human in A Bubble** – A person must remove their shoes and stand in the middle of the hoop and solution [plastic bags on feet keep the solution cleaner and feet drier/ less mess] With hands at side, another person with wet hands will try to lift the hoop up over the head of the subject. Hint: move moderately fast and evenly.

### **Activity Time: [50 minutes]**



Divide the members into 4-5 groups and have them rotate through the 4-5 centres every 10 minutes practicing to find their best or favourite technique.

**Sharing Time: [ 15 minutes]**

Have each member demonstrate their favourite or best trick/technique.

**Clean-up Time : [15 minutes]**

Have each group return to the last centre and return all solution to the large containers. Rinse out all the toys and utensils and dry with towels. Carefully save solution for further bubble adventures. Store utensils and mop up floors and tables. [Note; if the wading pool solution is cloudy or dirty, it can be strained through a sieve]

**Closing time: [5 minutes]**

Reminder of next meeting's requirements, time, etc.

4-H Motto

**More about Bubbles-** Helpful websites:

[www.exploratorium.edu/ronh/bubbles/internet\\_resources.html](http://www.exploratorium.edu/ronh/bubbles/internet_resources.html)//[www.exploratorium.edu/ronh/Bubble](http://www.exploratorium.edu/ronh/Bubble)  
Research: <http://www.exploratorium.edu/ronh/bub>

Each water molecule electrically attracts its neighbors. Each has two hydrogen atoms and one oxygen atom, H<sup>2</sup>O. The extraordinary stickiness of water is due to the two hydrogen atoms, which are arranged on one side of the molecule and are attracted to the oxygen atoms of other nearby water molecules in a state known as "hydrogen bonding." (If the molecules of a liquid did not attract one another, then the constant thermal agitation of the molecules would cause the liquid to instantly boil or evaporate.)



## Theme 4: Paper Pandemonium!

Paper is such a common item in North America that we waste it and use more than we need. These activities allow us to see paper in a different way and use recycled paper for some interesting challenges and games.

### Roll Call:

1. How do you use paper?
2. Name one thing made of paper that might be in your house, barn, school etc?

### Warm-Up Activity

Before the meeting cut up several magazine pictures or put several small puzzles into zip bags. [This activity is fun but can also help determine groups for an activity] Distribute puzzle pieces from a set amount of puzzles (e.g. to end up with four teams, use four different puzzles) Have the members find the rest of the individuals that together will complete the puzzle to form the team.

If you are using pictures from magazines then have the team members glue the puzzle onto a piece of paper and this could represent their team name [e.g. cows, horses, combines, tractors].



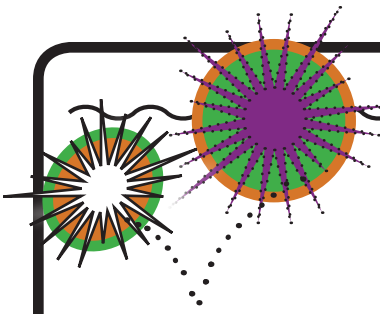
**Leader's Background: How Much Paper Can You Get From One Tree?** [Useful information to introduce paper themed activities]

How much paper can you get from one tree? Pulpwood (for paper and packaging) and saw logs (for lumber and wood products) are measured in "cords" and "board feet" respectfully. A pulpwood cord is a stack of logs four feet tall, four feet deep and eight feet long (4 x 4 x 8). All measurements of how much wood fiber is used to produce paper products are in cords or tons. Depending on the type of tree, bark can account for 10 to 20 percent of a tree's volume. Different paper grades — tissue, computer, magazine, book — require different volumes or densities of pulp. There are different weights of paper which require more or less volume of pulp (and wood fiber).

Because of these variables, it isn't possible to determine how many books are made from a single tree. However, it is possible to estimate — in general numbers — how many different products may be produced from a cord of wood. On average the following list illustrates the yields from a "generic" cord of wood:

- 12 dining room table sets (seating eight),
- 30 rocking chairs
- 250 copies of the Sunday New York Times [ about the same size as Sunday Toronto Star]
- 942 one-pound books

Cited from -<http://www.wipapercouncil.org/fun3.htm>



## Activities:

### 1. Office Relay [cooperative, competitive]

The boss has just had the carpet in the office hallway cleaned professionally and has cancelled coffee breaks today because your shoes will mark and coffee spills will stain the carpet. Someone has come up with a brilliant idea that if you walk on paper you won't leave any marks on the carpet. Divide the group into teams of 4 or more. They will have 2 fewer pieces of paper than the number of teammates. The object of this game is to get all team members across the office to the coffee, pick up a cup of coffee and return to the office by stepping on the papers only. The number of people on the team will determine length of space.

Since they are using regular letter paper, a bit of leniency should be practiced as far as stepping only on the paper [perhaps at least half of the player's foot must be on the paper]. Each team must come up with a strategy for passing the papers back and forth in order to get all teammates across the space. The first team to get all members with the coffee cups full, across the hall, wins. Variations: No shouting out instructions; in fact, NO words at all. They can use stomps, grunts, snaps or whatever else they can come up with, but no talking. Try this as well, every 30-45 seconds, one paper taken away. Whoever is on that paper must go back to the beginning, and the team has to come up with a strategy to get that person back with the team.

*Requirements: pieces of recycled paper, cups of water*

### 2. Newspaper Scavenger Hunt [cooperative]

There's a famous expression that a picture is worth a thousand words. This activity has members gather some pictures that represent concepts. Using newspapers or old magazines, have the members cut out words, phrases or pictures that represent the theme selected [some suggestions-

great people using their **Heads**, great people using their **Hearts**, Great People using their **Hands**, great people dealing with **Health**, the food chain, animal care etc.] Then bring the pictures back and make a collage. If they work in teams the resulting collages can be put together to create a whole or be used in displays.

*Requirements: Newspapers, magazines, scissors, glue, poster paper.*

### 3. Build A Paper House [cooperative]

This activity helps build teamwork with fun filled action. Divide the group into teams of 3-4. Give each team a similar sized newspaper, some masking tape and perhaps scissors. Instruct the teams that they have 30 minutes to build a shelter for their team members using the paper they have been given. All members must be able to get inside the structure. Evaluate the structures as to completeness, coverage, and stability. Enjoy the fun!

*Requirements: newspapers for each group, rolls of masking tape, scissors*

### 4. Tallest Tower

This challenge can be done individually or in pairs. Give each participant a single piece of note paper [letter size]. Challenge the members to create the tallest possible tower out of this single sheet of paper that will hold a chocolate bar on the top without buckling or falling over. Give a time limit of 20 minutes then test each structure using the chocolate bar. Measure each tower that will hold the bar. The tallest gets the chocolate bar. Only tape or glue can be used in the structure.

*Requirements: recycled paper, tape, glue/sticks, scissors*





### 5. Strongest Chair

This challenge can be done individually or in pairs. Show the group a doll or stuffed toy that is similar in size to Barbie. Distribute a single piece of letter sized paper to each participant and instruct them to design a paper chair that will hold the doll off the floor and in a stable position. They can use crayons, markers etc, to decorate the chair. Give the groups about 30 minutes then test the chairs by placing the doll on the chair and evaluate by having the group vote on the people's choice chairs.

*Requirements: paper, glue, scissors, tape, crayons, markers etc.*

### 6. Longest Paper Chain [cooperative]

Divide the group into teams of 4-6 players. Give the group some newspapers, scissors and tape or glue/sticks. Give the teams 15 minutes to create the longest paper chain. After 15 minutes measure the chain lengths to determine a winning team.

*Requirements: newspaper, tape, scissors, glue/sticks*

### 7. Paper Chain Tag

Once the teams have created their paper chains, challenge the group to play paper chain tag. In this version of tag, all members of the team must hold onto the paper chain as they run to tag other members. One team will be it and must tag as many of the other members as they can before their chain breaks. Members who are tagged must "freeze" when tagged. Count the team's score by counting the number that team tagged before the chain broke. Have each team try the tag game. The team that was able to protect their chain while tagging the greatest number is declared the winner. Be sure to create boundaries and any member that goes out of bounds is considered

a tag. Variation: Have a free for all tag with all teams playing at the same time. The object would be to break off the opponents chains. Give a 10 minute time limit then have the teams return and see which team has the longest chain, either their own original or one they broke off and took from another team.

*Requirements: long paper chains*

### 8. Paper Puzzle Picture

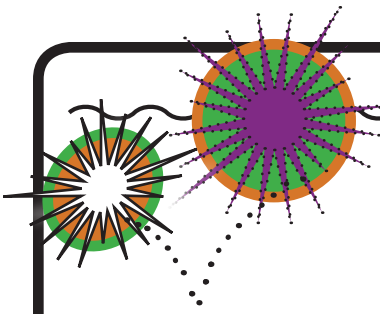
Have each team select a picture from a magazine or photocopies, then glue it to a piece of card stock, bristol board or cardboard. Cut it into puzzle piece shapes. The leader can do this ahead of time to speed up the process or purchased preschool puzzles can be used. Have the group work on the puzzle without talking. How do they cooperate so that they build the puzzle? Divide into teams. Make a number of puzzles, dismantle them, mix them up put them into zip bags. Then, distribute them amongst teams. Without talking, how do you communicate with another team to get one of your puzzle pieces to build your puzzle? The challenge is to get all the pieces you need for your puzzle without talking. The first team to get their puzzle together is declared the winner. Variations: a) allow speaking but only one member of the team may leave the group at any time to search and trade with the other teams; b) teams may trade only a set number of pieces at a time [1,2, 3 etc]; c) each team member must take a turn in silent trading

*Requirements: several precut pictures made into puzzles and mixed up, placed into zipbags ,or use simple purchased puzzles placed into zip bags[ need one puzzle per team]*

### 9. Paper Airplane Challenge:

Divide the group into small teams or work individually. Give the players sheets of paper and allow ten minutes for them to create a paper airplane. Then stage some contests to test the designs: a) longest flight b) highest flight c) most acrobatic flight d) worst flight disaster etc.





See Resources for Paper Airplane ideas.

For more ideas visit:-

<http://www.paperairplanes.co.uk/napkin.php> and there are many more sites for

Paper Airplane Patterns

*Requirements: a supply of paper for folding*

### **10. Paper - On Paper Scavenger Hunt**

Divide the group into teams of two and provide pencil and paper. Give the members 5 minutes to brainstorm and write down all the paper products and things made of paper they can list. At the end of the time have each team share the list and see which team has the longest list! Variation: Select one team to read out their list. As they read it out the other teams must cross off any item that is the same as the first team's list. If any other team has it then team one can't count it either. Continue eliminating and see what unique items are left on each team's list. The team with the longest list of unique items wins! To add some action, have the teams run their finished list to a finish line.

*Requirements: paper, pencils*

## Theme 5: Straws & Sticks and Stuff!

What can you do with sticks and straws? So many things! These activities and challenges use simple sticks and straws to create lots of fun and team building activities.

### Roll Call

1. If a **Jenga**® game is available when your name is called, come up and “pull” a block.
2. Spill some Pick Up Sticks on a table. Assign an activity or task to a colour of Pick Up Stick Examples might be if you pick up a red stick, you have to make a “chicken imitation” motion or do a public speaking activity such as introduce another member to the group. A blue stick might require the member to hop on one leg for 10 seconds or say the 4-H Pledge.
3. As your name is called, you come up and get a turn at the Pick Up Sticks. When you switch turns, say one nice thing about the person whose turn is next.

### Leader’s background: History

The ancient Sumerians used to drink beer through straws to avoid the solid by-products of fermentation. In 1888, January 3, Marvin Stone took the patent of the spiral winding process to make the first drinking straw with paper. Since then, the 3<sup>rd</sup> of January is celebrated as “World Drinking Straw Day”. Earlier Stone produced paper cigarette holders. But after this invention, by 1890, the production of paper straws exceeded the production of the cigarette holders. Before his invention the beverage drinker used the natural rye grass straw.

Stone made his prototype straw by winding strips of paper around a pencil and gluing it together. He then experimented with paraffin-coated manila paper, so the straws would not become soggy while someone was drinking. Marvin Stone decided the ideal straw was 8 1/2-inches long with a diameter just wide enough to prevent things like lemon seeds from being lodged in the tube.

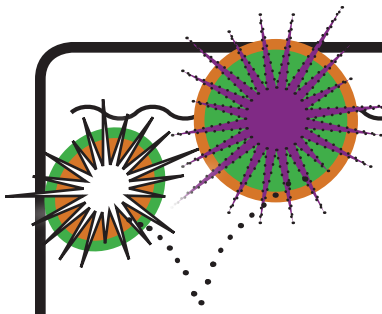
In 1906, the first machine was invented by the Stone’s “Stone Straw Corporation” to machine-wind straws, ending the hand-winding process. Later other kinds of spiral-wound paper and non-paper products were made.

Cited from <http://inventors.about.com/library/inventors/blstraws.htm>

### Warm Up Activity:

Give the members drinking straws [3-4], some paper clips, some paper and scissors as well as markers or crayons. To make the basic unit of the mobile, slip a paper clip on the middle of a straw. Slip a paper clip on the straw near each end. Make 2 or 3 more and put them together using paper clip chains. To make the mobile balance, you can slide the paper clips over. Cut out some colorful shapes from construction paper and place the names of your favourite people, 4-H projects or be creative. Clip the paper shapes to your mobile. Then hang the entire mobile from the ceiling or wherever you want your paper structure. This activity can be done as members arrive.

Adapted from <http://www.enchantedlearning.com/crafts/mobiles/straws/>



*Requirements: paper clip, paper, scissors, straws*

### Activities:

#### 1. Robotic Arm Challenge

Divide the teams into groups of two. Each pair will receive 20 large drinking straws, and 20 straight pins. They may have no more than 1 metre of masking tape and may use scissors in the construction. The challenge is to build a robotic arm that can be operated by one hand that will extend the farthest holding a marble. Give the teams about 30 minutes to solve the problem then test the models with a metre stick and a marble. See Resources for one solution to the robotic arm challenge.

*Requirements: box of straws [flexible may be used], straight dressmaking pins, masking tape, a few marbles and a metre stick, [needle nose pliers] scissors*

#### 2. Great Egg Drop Challenge [team building activity]

Assemble groups of 4 or 5 and give each group various materials for building (e.g. 5-20 straws, a roll of masking tape, one fresh egg, newspaper, etc.). Instruct the participants to give themselves a name and name their invention. Give them a set amount of time (e.g. 30 minutes) to complete building a structure, with the egg inside that will protect it when dropped from a great height. When time expires [about 30 minutes], collect all structures and then, one by one, the structures are dropped from at least 10 feet in elevation and then inspected to see if the eggs survived. The elevation could be from the top of ladder, a building or wall. The winners are the groups that were successful in protecting the egg. Many variations are possible — additional constraints, for example. This activity is useful to illustrate the importance of teamwork.

*Requirements: a fresh egg for each team, a variety of straws, paper or foam cups, newspaper, tape, string etc.*

#### 3. Popsicle Stick Structures [cooperative]

Assemble members into small groups, then give each group a large pile of popsicle sticks [stir sticks or toothpicks] and some tacky glue. A base of cardboard helps the success rate. Give them a set amount of time (e.g. 30 minutes) to complete building a structure/s that reflects the topic suggested by the leader (e.g. farm scene, zoo scene, in the woods or skyscrapers). When time expires [about 30 minutes], observe all structures and evaluate the merits of each. Many variations are possible — additional constraints, for example — limit size, number of sticks etc.

*Requirements: large box/es of popsicle sticks, stir sticks or toothpicks, tacky glue, cardboard bases [pizza boxes work well], perhaps some construction paper*

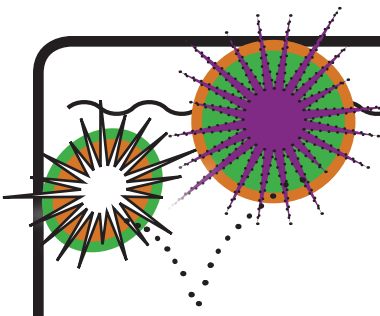
#### 4. Jenga®/ Stacking Wood

This can be played with a **Jenga®** game, or with some dowels or sticks etc.

Play as teams. Every second or third person is on your team and you DON'T want them to be the ones to knock the tower over. Stack the wood or build the sticks as high as possible. Remove one block at a time from the tower, and stack it on top. The last player to stack a block without making the tower fall wins the game. One player builds the tower on a flat, sturdy surface.

If using **Jenga®** place three blocks in each layer, at right angles to the previous layer. When you finish you'll have a solid, 18-story tower that can more than double in height during play! On your turn, carefully remove a block from anywhere BELOW the highest completed story, then stack it on top of the tower, at right angles to the blocks just below it. Remove and stack one block per turn.

To remove a block, use one hand at a time. You can switch hands whenever you wish. As play proceeds and the weight of the tower shifts, some blocks become looser than others and are easier to remove. You can touch other blocks to find a loose one - but if you move a block out of place, you must fix it (using one hand only) before touching another block. Keep removing and stacking blocks or sticks until the tower falls. Sometimes the tower



can get 36 stories high - or more! The last player/team to take a turn without making the tower fall wins the game. The player

responsible for making the tower fall gets to set up the tower for the next game!

*Requirements: Jenga® game or about 18 blocks of wood, long square dowels of similar sized wood pieces*

### 5. Pick Up Sticks

You can't have a sticks theme without this very old game! This can be played with several small groups of 4-5 if you have lots of pick up stick games or lots of long skewers. You need about 50 skewers per game. One member is asked to hold all the sticks (except for the Black Color Stick) upright on the table or floor. Open the hand quickly, so that the sticks scatter on the table. The Black color stick can be used as a tool in picking up the other sticks. The first player picks up sticks one at a time, until he causes any other stick to move besides the one he is attempting to pick up. 10 points per stick that doesn't move is how the game is scored. When any stick moves other than the one being removed the turn is over. The player with the highest score wins or the team with the highest cumulative score may win.

*Requirements: Round skewers, round toothpicks or purchased set of Pick Up Sticks.*

### 6. Balance the Stick Obstacle Course

The object of this game is for each team member to complete a course that includes various stick balancing activities. The team that completes the course in the quickest time is the winner. The following is a suggested course: 1. Balance beam. Run down a 2x4 without touching ground. Every foot touch adds an extra second [or -1] second. 2. Balance a tennis ball on a wide stick/canoe paddle while walking on a flat surface, a distance of 10 feet and back. If the ball rolls off, you must start over. 3. Balance a meter/yardstick on end in open palm for 5 seconds. 4. Walk with beans on a ruler. At the starting line, the runner places as many beans as possible on a 30 cm ruler. Award 5 points

for each bean that comes across the finish line.

Variations: Only one stick balancing challenge can be used instead of using all 4 or choose only 2 balancing challenges.

*Requirements: a 6-8 foot 2x4 perhaps raised off the ground with 2 bricks, yard stick/metre stick, 30 cm ruler with beans/peas or small seeds*

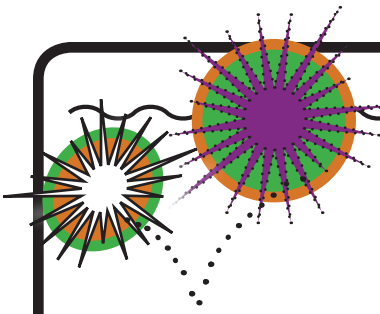
### 7. Thirsty Straws Game

Straws are excellent for quenching thirst with any beverage. In groups of four, choose the order in which each person will drink. Each team member is given a straw and a litre of drinking water for the team. Thirsty Straws is a relay race to see who finishes first. The object of the game is to be the first team to drink the entire liter of water – with the requirement that each member of the team can only drink once. The catch is that if each person does not drink his/her share, the last person is left to finish off whatever is left. This is usually an extremely difficult task and usually hilarious to watch. Note: This game may not be the most sanitary of games. As a cleaner alternative, consider a relay using small cups that the water can be poured into, but still use the straws. Or try multiple bottles of water, in which the next person can drink when the person finishes his or her one bottle.

*Requirements: a litre of water for each team of 4 or a bottle of water for each team member, drinking straws for everyone*

### 8. Straw Pass Relay

Divide the participants in to several teams of about six members. Give each participant a drinking straw. Some distance away place a bowl of mini marshmallows, Cheerios type cereal or beans for each team. On go, the first team player must run to the bowl and suck up a marshmallow/cheerio or bean on the straw with no hands and bring it back to an empty bowl. Each member will take a turn once they have been tagged and the player returns with a marshmallow, cheerio or bean. If one is dropped



the player must either pick it up or go back and get a new one. The first team to get a marshmallow, bean or cheerio for every player wins. Variation: Give a specific time limit and see which team has the fullest bowl of cereal/beans.

*Requirements: mini marshmallows, box of cheerio type cereal or beans, straws for every player*

### 9. Toothpick Relay

Divide the participants into several teams of about 6. Give each participant a toothpick to be placed in their mouth between the teeth. Give the first player in each team a lifesaver candy and place it on the toothpick. The object of the game is to pass the lifesaver down the team line without using hands, only the toothpick. The first team to get the lifesaver down the whole team line wins. If the lifesaver falls off, it may be picked up and placed on the toothpick of the team member before it fell off. Variation: Try a popsicle stick / stir stick and a donut. For more challenge try a toothpick and a marshmallow

*Requirements: toothpicks for all, a package of Lifesaver candy or something with a hole in the centre.*

### 10. Straw Blow Darts

In this competition each members is given a straw [large diameter straws work best] and a piece of recycled paper. The members must fashion small balls of paper to fit the end of their straw. These are to be blown with force out the end like a blow dart. Prepare a target such as a garbage pail or bowl some distance away. Experiment with the straws to find a reasonable distance. Then have each team surround their targets and at a signal they will try to fill their target with the "spitballs". When the ammunition is spent. Count the number of spitballs in each pail or bowl to determine the winning team!

*Requirements: large straws, piece of paper for each participant*





## Theme 6: String Me Along or Spin a Yarn!

Spin a yarn! String me along! String it out! What can you do with strings and yarn scraps...? More than you may have imagined!

### Roll Call:

1. What is one use for string or yarn?
2. What can string or yarn be made from?

### Leader's Background-History

**What are we talking about?** According to [wikipedia.org/wiki/Twine](http://wikipedia.org/wiki/Twine) , **String, twine, cord, yarn, thread...**

- **Twine** is a strong thread or string composed of two or more smaller strands or yarns twisted together. More generally, the term can be applied to any thin cord.
- Natural fibers used for making twine include cotton, sisal, jute, hemp, henequen, and coir. A variety of synthetic fibers may also be used.
- **Yarn** is a long continuous length of interlocked fibers, suitable for use in the clothing industry or home knitting. **Thread** is a type of **yarn** intended for sewing by hand or machine

### Warm-up Activities: The String Game

This activity needs a little bit of preparation work. Collects some scraps of various coloured yarn or string and cut them into various different lengths — as short as 30 cm, and as long as 1 meter or more. When you are finished cutting the string, bunch all the pieces up into one big clump of string.

To play, ask the first volunteer to choose any piece of string. Have the person pull on it and separate it from the other pieces of string. Ask them to introduce themselves and tell things about themselves as they slowly wind the piece of string around their index finger. Some of the strings are extremely long, so sometimes a person must keep talking for a very long time! This is a good way to get everyone to start talking. People might find out something interesting or new about each other!

Adapted from <http://www.alyson.org/string.htm>



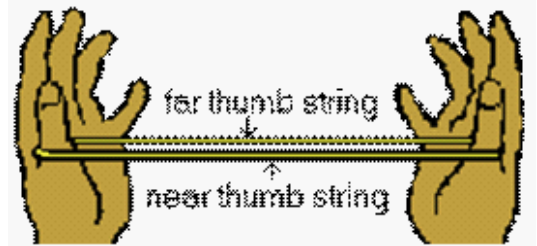
**Activities:**

**1. Hand String Games [cooperative]**

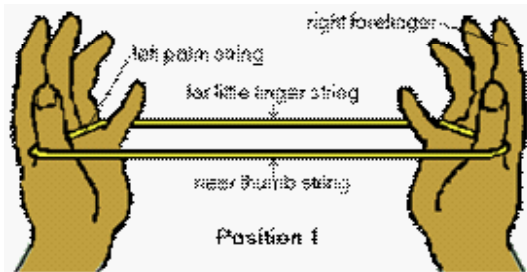
These games are very old and many people in developing countries play these games when they have no other toys. Sometimes they are played individually but usually they are played in pairs or small groups.

**Position 1**

Pick up one short section of the string loop on both thumbs without twisting it. Extend hands apart. The string now goes from one thumb to the next without any twists in it. The string closest to you is called the near thumb string, and the farthest one is called the far thumb string. Now, using your **little fingers**, pick up the far thumb string on the fingernail side of the little fingers. (If told to grab a string, you would curl your



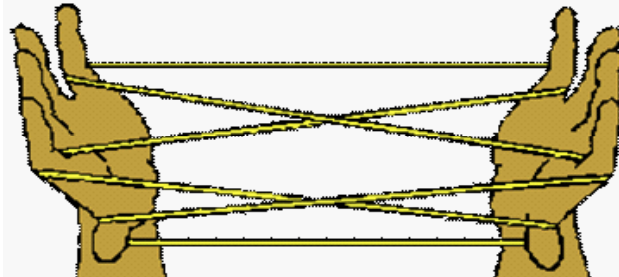
finger around it and either hold it with the fingerprint side or, if instructed to, twist it 180 degrees towards or away from you as directed to take the string up on the finger or thumb.) Now just **spread your hands and fingers apart** to tighten the string and you have Position 1.



Do Position 1. Use your **right forefinger** to move left and **pick up the left palm string** on the back of the forefinger.



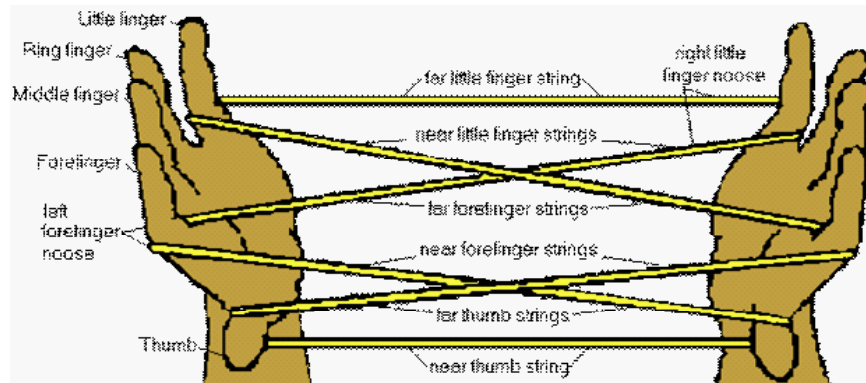
Tighten the strings. The **left forefinger** then moves right, **goes through the right forefinger noose**, and **picks up the right palm string**. Unless told otherwise, tighten



the strings after each step with palms facing each other, and fingers pointing up and spread apart. (Opening B is the same except you start with the left forefinger picking up the right palm string.)



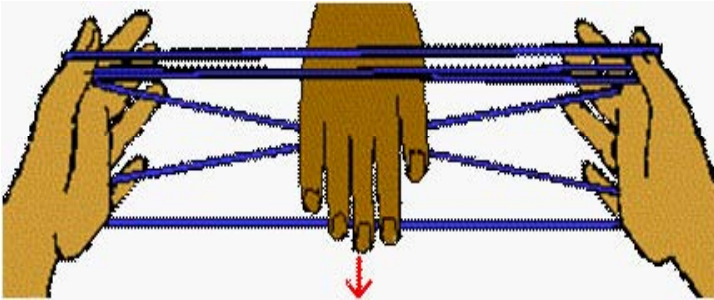
Here's what the strings in Opening A are called.



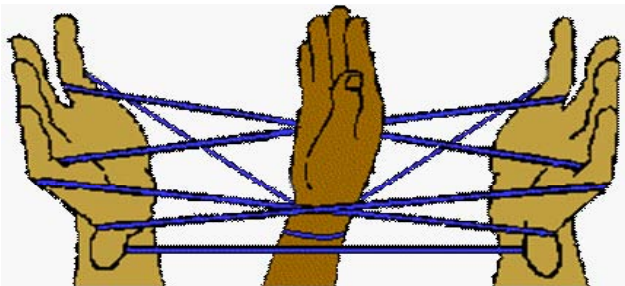
### A Hand Catch

**Do Opening A.** Hold your hands out towards someone. Have them

put one hand through the center of the figure. Now release the strings on both little fingers and forefingers, but keep the strings on the thumbs. You have now caught the other kid's hand.

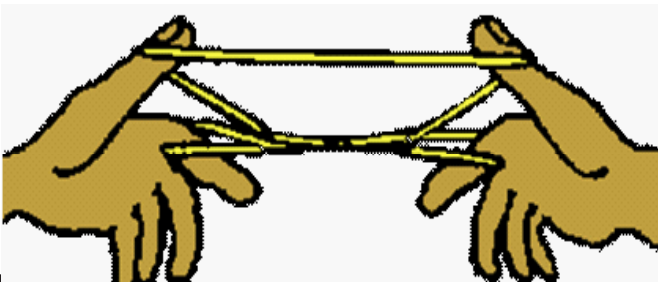
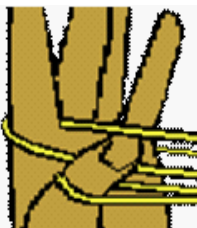


Do **Opening A** again with the far string still around the other kid's wrist. Tell them to put their hand back up, from below, into the center of the figure. Let go of the strings on your little fingers and forefingers again, and pull your thumbs apart. The string will go right through their arm!



### Cup & Saucer Europe

**Do Opening A.** Move both your thumbs over the near forefinger strings and pick up both far forefinger strings (pulling the hands apart to make the strings tight is something you should do after each step unless told not to).



Used with permission of <http://www.alyision.org/figures/introkids1.htm>

For more of these games visit: <http://www.alyision.org/figures/introkids1.htm>

*Requirements: several lengths of kitchen string or yarn*

### 2. String Relay – Spider Web

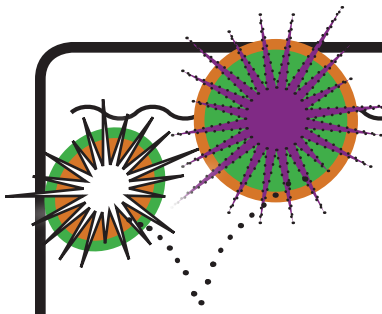
Divide the participants into two groups and form two large circles. Give one ball of string or yarn to each group. When the leader shouts "Toss it" the person holding the string must hold the end of the string and toss it to someone else in the circle. The catcher must then take the string, hang on to a piece and when "Toss it" is called again the ball is tossed to someone else in the circle. This continues until a very extensive spider web is formed within each circle with many tosses and catches. When the spider web has become intricate then each group will stretch and share the web design. At the command "Roll It" the string must be rolled up backwards to form the ball of yarn again. The first group to return the ball of string to the leader is declared the winner!

*Requirements: a ball of yarn or string for each group*

### 3. Button, Button

Place a large button on a long string, long enough to form a circle as large as the group that is seated (also in a circle). Tie the string in a circle. The Button should be able to easily slide along the string [except maybe at the knot]. With all participants in the circle, choose one person to be it. "It" stands in the centre with eyes covered. While "It" isn't watching the participants slide the button along the string from one person's hands to the next in any direction. When "It" shouts "Button, Button, Who's got the button?" all the participants must stop moving the button and pretend to hold it. "It" must try to guess who is holding the button. If they do then they change places.

*Requirements: long piece of string and a large*



*button [or two]*

#### 4. Guess the String Length Race:

Line the members along a starting line and hold up a ball of string. This can be played with any age and any mobility level. Hold up a ball of string or yarn and tell the participants to race to the invisible finish line. The invisible finish line is exactly the length of the ball of string away from the starting line. Have the participants run to the finish line [wherever they think it is] and stop. Roll out the ball of string and the runners closest to the finish line length are the winners. This can be played several times with different balls of string, spools of thread, balls of yarn etc.

*Requirements: several balls of string, yarn or thread*

#### 5. Spoon & Thread Relay

Divide the participants into teams of 6-8 players. Have the teams line up closely behind one another. Give the first player on each team a spoon tied to a spool of thread. On "Go" the first player must thread the spoon down through his/her clothes from top to bottom. The next player must thread the spoon up from the bottom to top. Continue alternating top to bottom, bottom to top until everyone on the team has the spoon threaded through his/her clothes. The players on the team must continue to carefully let thread out to keep it from breaking. If the thread is broken they must tie it together and continue. When all have the spoon threaded through their clothes, the team must wind it up and reverse the process while rolling up the thread. The first team to hand back the spoon and thread completely rolled back up is declared the winning team.

*Requirements: several spoons and spools of thread [one per team]*

#### 6. Knot Race

Set up two or more teams with a length of heavy twine or cord for each team. Tie as many knots as there are players in each team. On go, the first person in the team is to untie a knot, then hand

the twine to the next person and repeat. The first team to untie all their knots is the winner. Variations: Have the teams send the twine down the line with them tying the knots and then back up the line untying them. You could even have them use only one hand to untie the knots which means they would have to use their teeth. Please use a clean string!

*Required: long strings, twine or cord [1-2 metres in length]*

#### 7. Yarn/String Tag

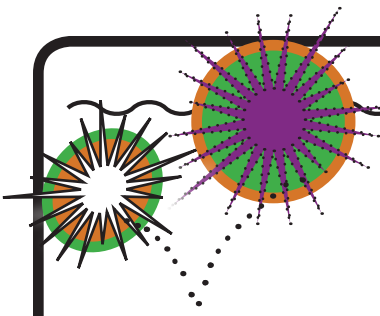
Each participant will tuck 5 lengths of various coloured string in their clothing such as a belt or pocket, but the length of string can only have about 1/3 of the length tucked in. It must stay in but be easy to pull out. DO NOT TIE IT AROUND A BUTTON OR FASTENING etc. The object of this game of tag is to have everyone be "IT". The object is for each player to collect as many strings as possible by grabbing them off the opponents. Give the players a set time, say 10 minutes and then call all players back to tally the scores. Players can keep playing even if they have lost their strings. The player with the most strings wins! Variation: Assign different scores for each coloured string e.g. Red-5, Blue-4 Green-3 Yellow -2 White -1 etc. The safest place to tuck the strings is into the back waistband or the back pocket. If there are no pockets have a few extra belts or lengths of cloth to act as belts. Members in wheel chairs may be wheeled around with a partner. In this case all participants may be teamed in pairs and must stay connected by hand holding.

*Requirements: 5 lengths of string/yarn for each participant*

#### String & Paper Tag

Give each participant a piece of paper [recycled/used/newspaper is great!] and a length of string or yarn about two metres long. Put a hole through the paper [about 8 ½ by 12 ] and attach the string





on one end. Tie the other end around the ankle. Scatter the participants around the playing area and give them lots of room. The object of this game is to be the last player with the paper still attached to the string. Tag another player by stepping on their paper. Players can use only their feet so defensive play might be to stop running since stepping on the paper might not tear it off but running might. Give a time limit to the game and see which players still have the paper! The last player to keep the paper attached is the winner! Be sure to set boundaries or some players will avoid losing the paper by going out of play area.

*Requirements: lengths of string for each participant and a piece of recycled paper for each player*



Image: pixelverve.com - <http://creativecommons.org/licenses/by-sa/2.0/>

## Theme 7 : Junkyard Wars

Using recycled materials we can save our

environment, create interesting things and have lots of fun! These activities could become an achievement program if desired. Select the activities depending upon time, playing area and resources! Avoid choosing materials with sharp edges.

### Roll Call:

1. Name one piece of junk that you recycle.
2. What things can be recycled in your neighbourhood?
3. Name something that can be made from recycled materials.

### Activities:

#### 1. Best Junkyard Sculpture / Invention

Divide the members into several teams of 2-4 participants. Supply a large pile of junk items such as aluminum cans, used craft supplies, yarn, paper, wood, plastic containers, grocery bags etc. Give them glue or glue guns, string, tape [duct / masking or both] and about 30 minutes to create the best sculpture or invention. If doing a sculpture, give a category such as an animal, piece of equipment, etc. If they are doing an invention, then the group must explain what this device is designed to do and demonstrate it. Variation: Ask them to invent something specific such as an amusement park ride, a vehicle, a bridge, a building, a flying machine [use a theme or your imagination].

*Requirements: a large supply of junk items such as aluminum cans, used craft supplies, yarn, paper, wood, plastic containers, grocery bags, etc. Give them glue or glue guns, string, tape [duct / masking or both]*

#### 2. Animal Sculpture

Using aluminum cans and scissors have teams of two create aluminum can sculptures of animals.

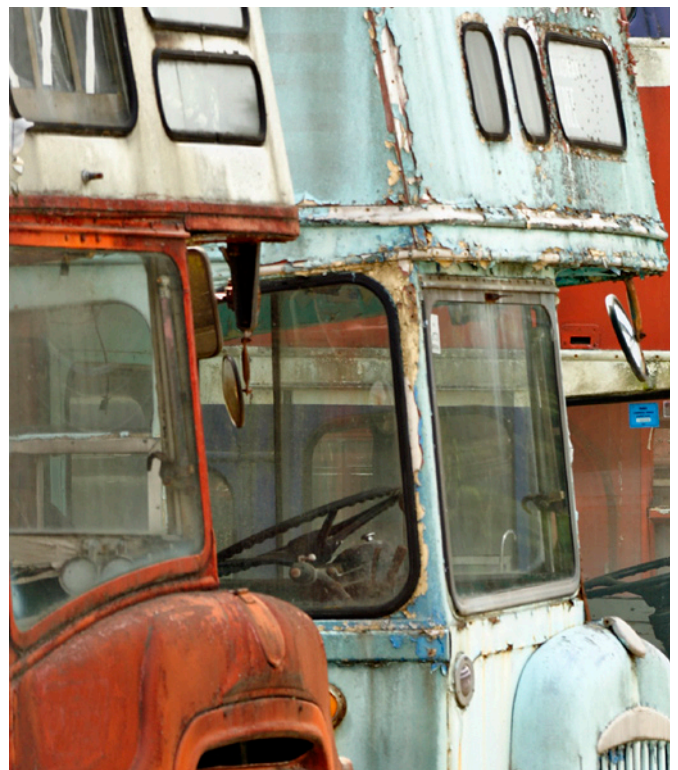
The cans can be bent together or hooked together. They can also be fastened with twist ties or small wires or pipe cleaners. Provide small hammers and nails to punch holes in the aluminum. A good idea is to provide a block of wood for punching the nail through the can. Variation: try making equipment, cars, tractors or whatever your imagination can create.

*Requirements: lots of used aluminum cans, scissors, small wires etc, hammers and nails*

#### 3. Wind Land Surfer

Used CD's can be used for wheels on this wind buggy. Have the participants create wind surfing buggies using junk. Supply cardboard bases [pizza boxes perhaps], used CD's with small corks that fit holes in CD, wooden skewers for axles, skewers for masts, and newspaper for sails. Have the members make a buggy or wagon base and attach wheels and a paper sail. Try the buggies on a fairly smooth surface. If you are inside, use a house fan as the wind source. See Resources for Wind Land Surfer Ideas.

*Requirements: Used CD's, cardboard, small corks [some wine corks work], long skewers, scissors glue, tape string.*





#### 4. Build a Paper Igloo [cooperative]

This activity helps build teamwork with fun

filled action. Divide the group into teams of 3-4. Give each team a similar sized newspaper, some masking tape and perhaps scissors. Instruct the teams that they have 30 minutes to build a shelter for their team members using the paper they have been given. All members must be able to get inside the structure. Evaluate the structures as to completeness, coverage, and stability. Enjoy the fun!

*Requirements: newspapers for each group, rolls of masking tape, scissors*

#### 5. The Schmerltz - Games:

A Schmerltz is a throwing toy made by placing a tennis ball inside a knee sock. To play with the Schmerltz, hold the sock end, spin and release, and it takes flight. A well-launched Schmerltz can travel 20 or 30 feet in the air, and while in flight the sock end flutters and flaunts its sockish loveliness for all to see. Longer-handled Schmerltz' can be made with pantyhose instead of socks. [Be careful playing around trees and telephone lines] Open-field Schmerltzing is always preferred.

You can also hit things with your Schmerltz. In fact, if you hold on to the sock end and whack the ball end into another ball, you have something quite satisfyingly club like. Some Schmerltz games to try-Try Schmerltz baseball using a beach ball as the ball and the Schmerltz as the bat. Try golf using the Schmerltz as the club and a small ball as the golf ball and a variety of cups and obstacles as the holes. Try Volleyball or other favourite games with the Schmerltz.

See Resources for How to Build a Schmerltz.

DeKoven, Bernie , **Junkyard Sports** , Human Kinetics Windsor, 2005 [humank@hkusa.com](mailto:humank@hkusa.com)

*Requirements: tennis balls and long socks*

#### 6. Boat Building

Here are two different boat building challenges that use found items.

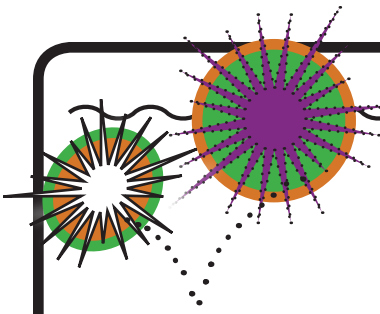
**Challenge A:** Build 3 different boats using a) 40 grams of modeling clay b) a 30 cm square of aluminum foil c) and a pop can . Create the best cargo boat design in each material. To test the designs load the boats with washers or nails or something easily accessible until they sink. A wash tub or basin will suffice as a testing site.

**Challenge B:** Create a simple steam-powered boat. Used with permission of this fabulous website <http://sci-toys.com/scitoys/scitoys/thermo/thermo.html#boat>

This toy is an example of the simplest steam engine and it can easily propel its little boat around a small pond or wading pool. A plastic bottle such as a water bottle, detergent bottle or as in the case of the picture a saline eye solution bottle can be used as the boat frame. A round tuna can also gives a very interesting movement in the water. Aluminum cans also work. These can be cut with scissors or sharp utility knives [younger members will need supervision]

Make sure the frame will float then add the boiler of copper tubing and the fuel source. The boiler engine is made from 1/8 inch copper tubing available from refrigeration and air conditioning suppliers and installers. See if you can get some discarded end as it is quite expensive [¼ inch copper tubing is available in most hardware store, but it is heavier and more difficult to work with. It requires a larger boat and larger heat source but can be used.] Cut the tubing with a tubing cutter [available at hardware stores] because the tubing will squash in at the ends. If using a hack saw to cut the tubing be sure to clean out the ends of the tube with fine sand paper and reshape them to round if necessary. Form the coil for the boiler by bending the tubing around a large pencil or wooden spoon handle. Poke two small holes through the back of the plastic boats and push the tubing through. If using an aluminum can, then put





the holes above the water line or build a frame above the can to hold the tubing and bend it down to touch

the water below the surface. The plastic will gently mold around the tubing with the heat and create a good water tight seal. The can, however will take on water and sink if the tubing is pushed out below the water line, because it is difficult to get a water tight seal. Gently bend the tubing so that the output holes are facing horizontally under water along the water line.

The heat source should be placed below the coil. A small tea candle in an aluminum cup [this holds the wax] works well. Gently bend the tubing so that the coil is above the flame where the heat is greatest. A small amount of tape can hold the cup in place. You may also use olive oil, or cooking oil in the little cup to create a flame a swell. It will go for hours with a good flame!

The boat is now ready to launch if it sits well in the water and floats!

Operating the Steam Engine Toy Boat is simple if you follow these guidelines. The boat will not start moving unless the copper tubing is filled with water before you start the flame. The easiest way to fill the tubing is with a small syringe or by using a straw under water to suck out the air. The syringe is easier! Just place a water filled syringe on one end of the tubing under water until water comes out the other side of the tube. [Be sure used syringes are cleaned thoroughly or use inexpensive new ones] Always make sure that both ends of the tubing are under water. Light the fuel source [candle or oil] and wait until the boiler heats up. It should start in little bursts and keep going. It will continue to take on water and move as the fuel burns away. If using an aluminum can you may even get motor boat sounds. The fuel can be replaced with a small lump of coal starter or Sterno type gel or camp fuel. It works well but use safety glasses if using either of these types. The gel burns clear and is difficult to see. It will also continue to burn if spilled on the

water's surface. It does however give superior performance.

If the boat isn't moving, check for burrs on the ends of the tubing, that the tubing is under water and facing backward, that the tubing was filled with water.

*Requirements: some recycled plastic bottles or aluminum cans, some 1/8 inch copper tubing, tube cutter, small tea candles in aluminum cups, candle lighter or matches, safety goggles, scissors, utility knives, wading pool or trough*

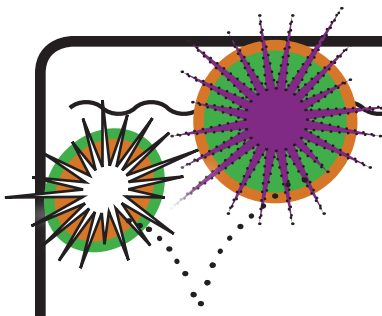
### **8. Junk Yard Chimes Band** – adapted from Manitoba 4-H Quality Equation Document

Harmony can refer to many things. This junkyard band can bring everyone together in one harmonious band! Before the first song is played make sure everyone knows how to hold the chime in one hand by the string and strike the chime with the bolt [gently at the bottom of the pipe]. Be sure to follow the leader's rhythm and directions in order to make lovely music.

Ask for volunteers to play the first song then show the music score on a piece of chart paper would be fine. Show them how the lines with 3 part harmony are played together Roll call the #'s of the pipes required for that song and have them call out their pipe's names. Then remind the individuals to remember the number of their pipe. The leader can then call out the pipe's names for a rehearsal. Sing the song, just in case they don't know the melody.

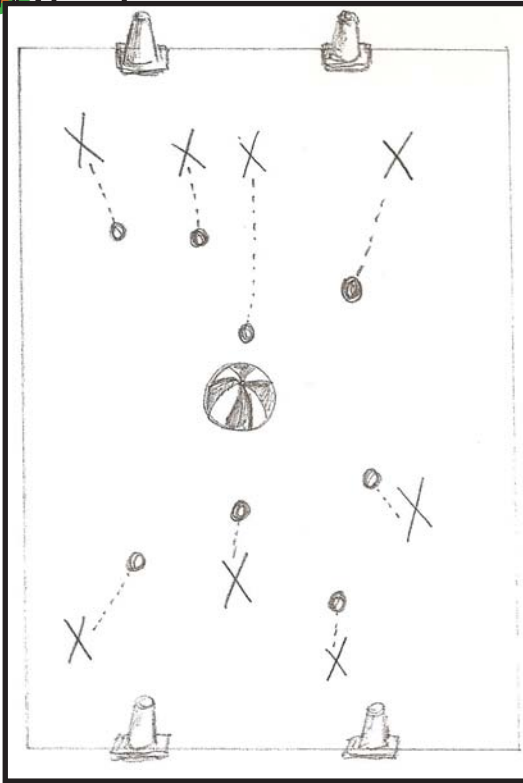
*Materials needed to make a set of Pipe Chimes: 2 each of 10 ft., 1/2 inches EMT (electrical conduit - must be metal, not plastic) measuring tape, thick string or leather strips to hang pipes, pipe cutter or hack saw, drill, 20 - 5" bolts*

Cut the conduit to the appropriate size. Drill a hole 1" from the top for stringing. Label each pipe with number and the note name.

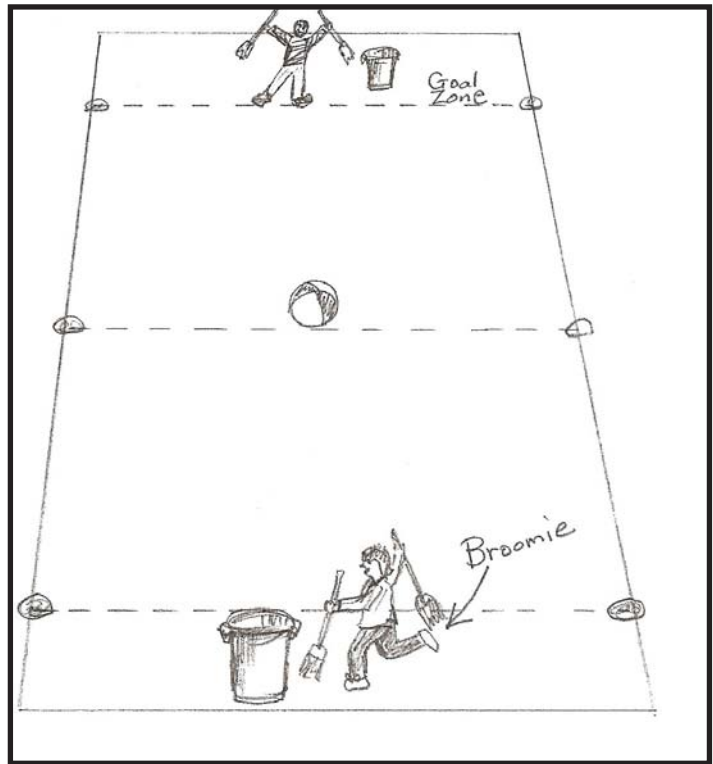


|    | Note Name  | Length of Pipe | Number | Note name | Length of Pipe |
|----|------------|----------------|--------|-----------|----------------|
| 1  | B flat     | 13 3/8 inches  | 11     | A flat    | 9 7/8"         |
| 2  | B          | 13             | 12     | A         | 9 5/8"         |
| 3  | C (middle) | 12 5/8"        | 13     | B flat    | 9 3/8"         |
| 4  | C sharp    | 12 1/4"        | 14     | B         | 9 1/8"         |
| 5  | D          | 11 7/8"        | 15     | C         | 8 7/8"         |
| 6  | E flat     | 11 1/2"        | 16     | C sharp   | 8 5/8"         |
| 7  | E          | 11 1/4"        | 17     | D         | 8 3/8"         |
| 8  | F          | 10 7/8"        | 18     | E flat    | 8 1/8"         |
| 9  | F sharp    | 10 5/8"        | 19     | E         | 7 7/8"         |
| 10 | G          | 10 1/4 "       | 20     | F         | 7 1/2"         |

## Resources for Year Two Theme – Play Things



1. Balls: Marble Soccer Game Layout



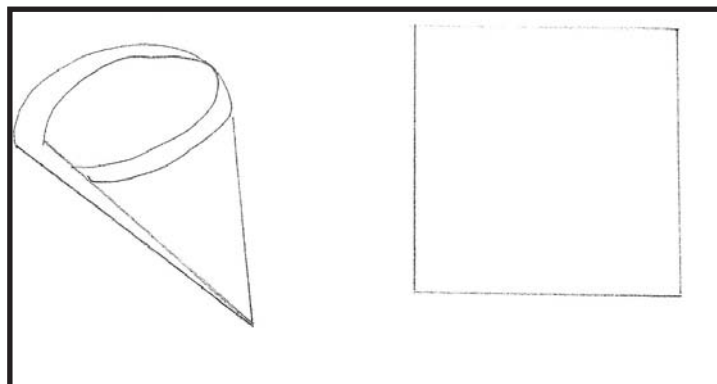
2. Balls - Broomie Ball Layout

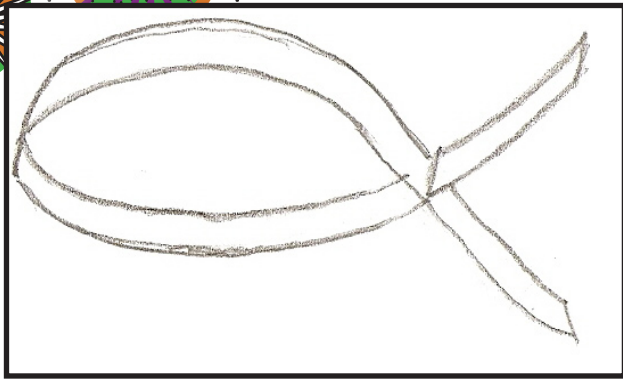
## 3. Paper Pandemonium:

Paper Airplane Ideas are adapted from the following website. Full instructions are available at this website <http://www.paperairplanes.co.uk/napkin.php>

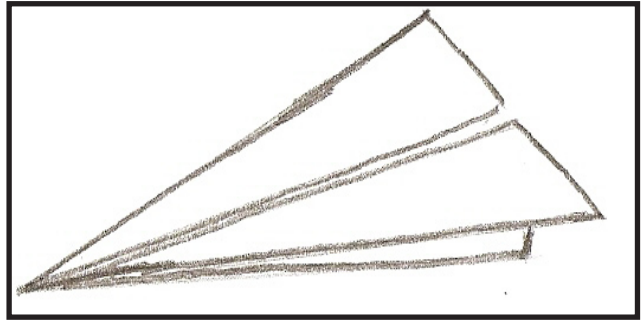
Pope's Hat - Flying Napkin Paper Airplane

"The Pope's hat uses paper cut into a square and you do the fold-overs only on one half. The flight path is unique- it drops almost vertically for 10' or so and then glides a long way. It is best thrown over arm with the heavy end first. It can be made to spin like a stunt plane. When the plane is cut in half you make one of the curled up sides more strongly bent than the other. This will give different drag and causes the plane to spin".

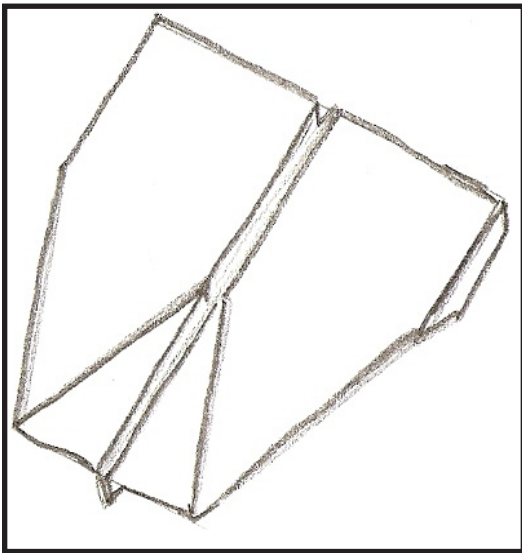




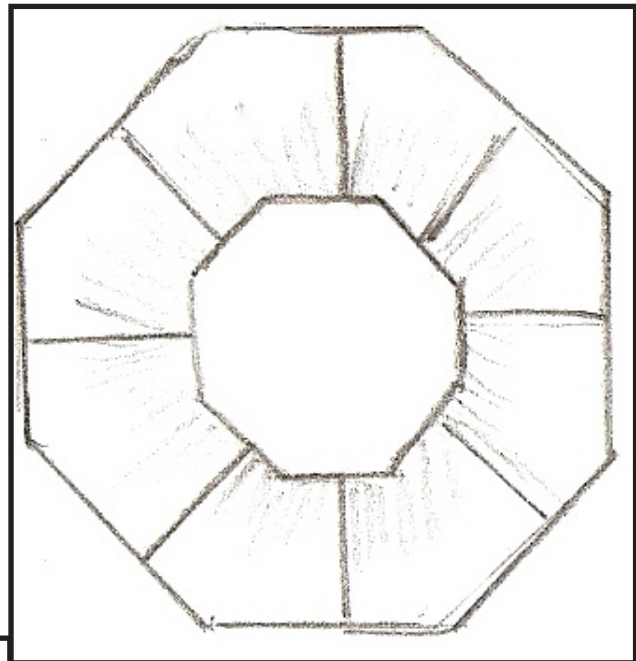
**The Blimp**



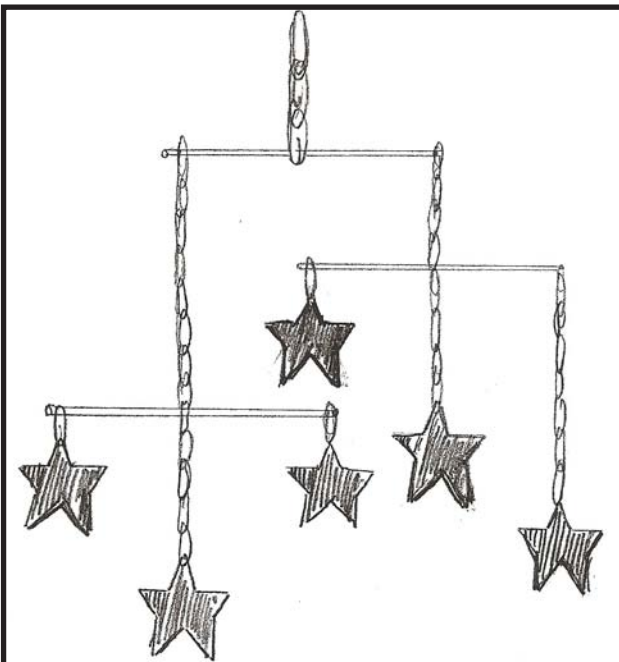
**Traditional**



**Floating airplane**

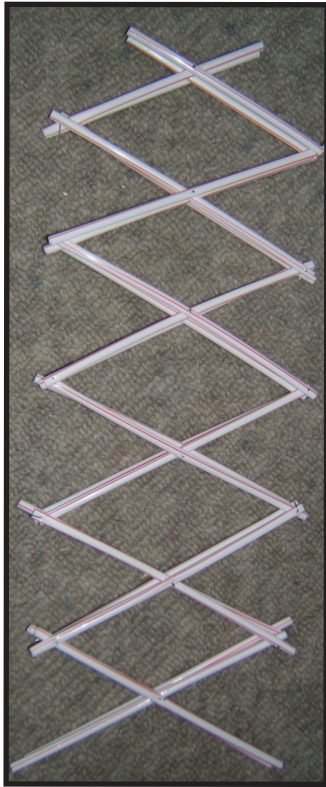


**Paper Frisbee**

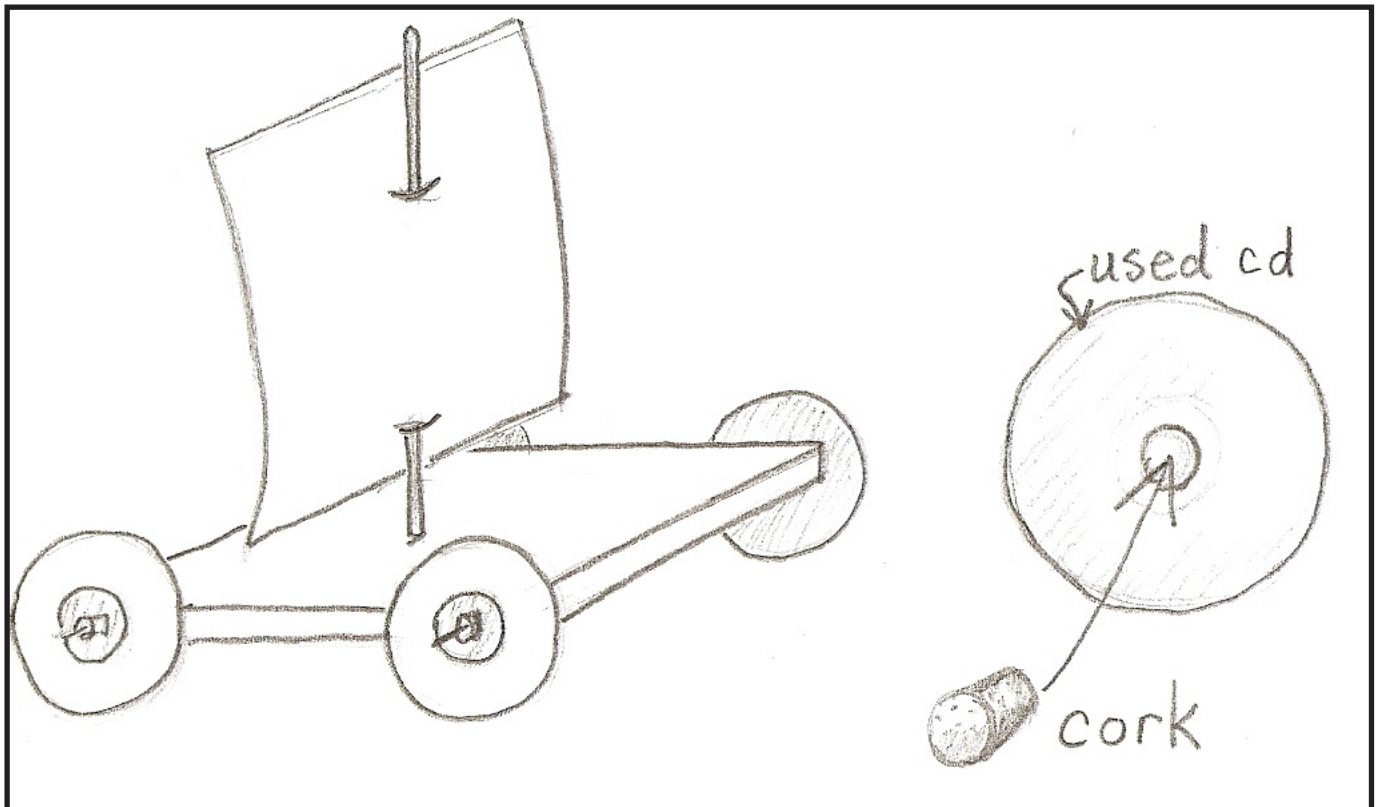


**4. Straws & Stuff- Drinking Straw Mobile**

5. Straws & Stuff Robotic Arm Challenge – Possible Solution

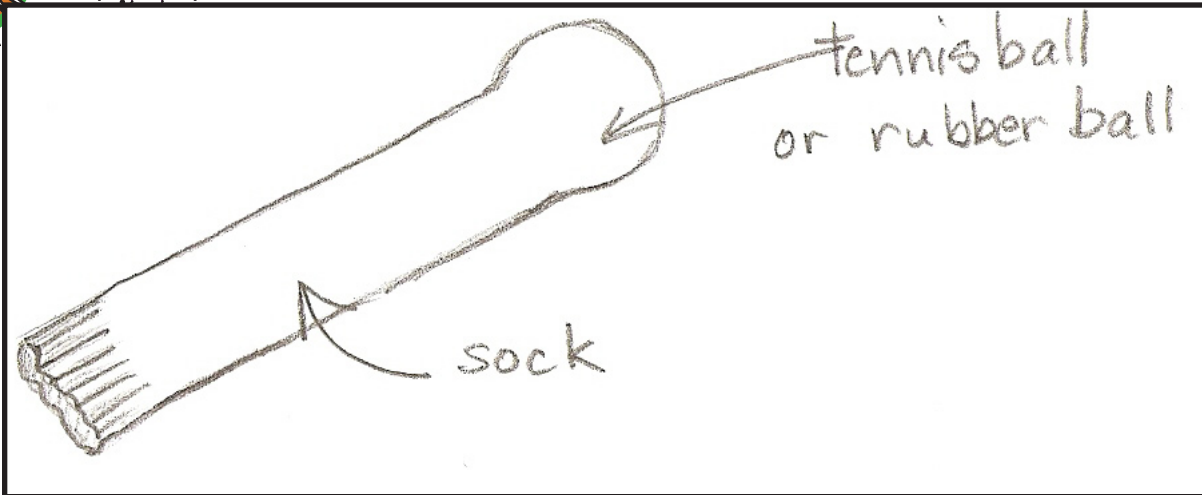


6. Junkyard Wars - Windsurfer Idea



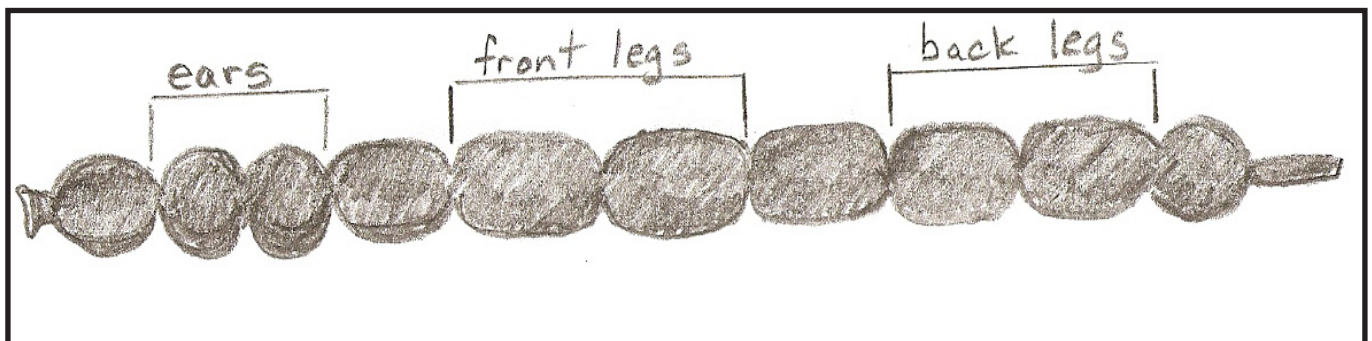
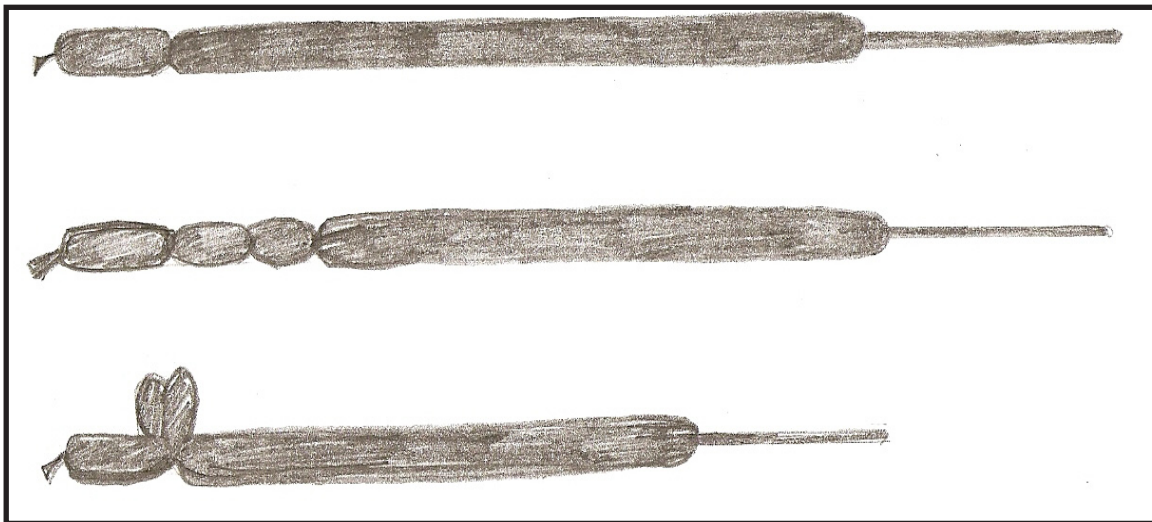


## 7. The Schmerltz

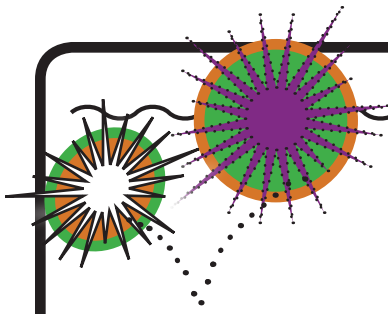


## 8. Balloons: Sculptures - Simple Dog Directions

This balloon is about 260 cm long. Leave lots of space at the end of the balloon that is not blown up. Twist the balloon carefully and then twist them together to form the legs, ears and nose to form a simple dog. A wonderful website with step by step directions is available [www.balloondesigns.net/freesite.html](http://www.balloondesigns.net/freesite.html). It has many step by step instructions and patterns.







## Year Three: – The Great Outdoors Themes

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## Theme 1- The Great Outdoors

This theme explores fun ways to experience the great outdoors. These activities require lots of outdoor space. Choose wisely if your space is limited.

### Roll Call:

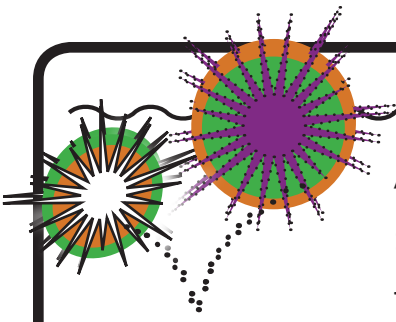
What is your favourite outdoor activity?

Name a game that is traditionally played outdoors.

### Warm-Up Activity:

**Outdoor Musical Chairs:** Get out your best outdoor music and play musical knees. Divide the participants into two teams with one team having one person less than the other. The smaller team will kneel on one knee in a circle facing out. All players must dance around the smaller team until the music stops then race for a knee. The person without a knee is eliminated. Eliminate one knee from the inner circle.[or 2 or 3 depending upon time, etc.] Continue until only one player has a knee to sit on. **Safety:** this can get pretty wild so a more sedate game can be played by laying out newspapers or large rhubarb leaves to stand on instead of knees.





## Activities:

### 1. Capture the Flag

This is an outdoor game of tag with lots of running

and chasing, and some strategy. This is the traditional version, although there are many variations of the game. Divide the players into two teams. Agree upon the legal boundaries of play, determine the location of two “jails” (one for each team) and set up a middle boundary between the two teams. At the beginning of each round, each team hides and defends their own “flag,” which is any object that is durable and safe to toss around and run with (e.g. a bright T-shirt or cone). The flag must not be obscured; it needs to be more than 50% visible. Optionally, you may have more than one flag if there are enough people. The object of the game is for one team to grab the flag of the other team and bring it over to their own side. When a member of the opposing team crosses over the middle boundary into the opposing team’s territory, the other team is allowed to tag the person and take them to a “jail” where they stay until they are released (tagged) by one of their own team members who has not yet been captured. Be sure there is plenty of space outdoors, as there will be lots of running involved. Also remember: Safety first. Clear the area of any dangerous obstacles or hazards.

*Requirement : one or two bright flags[shirts will do] on sticks, some plastic ribbon or tape for jails, boundary markers*

### 2. Back Seat Driver

Set up teams so that each team has a small bike [large tricycle or small bicycle] to ride, a blindfold and a course with 3 -5 cones ahead of them equally spaced. If you don’t have access to cones then make them out of milk jugs filled with sand or water. You can paint them differently for each team. The first player from each team will mount his bike and put on a blindfold, the next player of the team will be the back seat driver. The back seat driver will direct the driver down through the cones weaving in and out, and then back to the start line. The back seat driver will now become the driver and the next person will be the back

seat driver. The former driver will go to the back of the line until he becomes the last back seat driver. The first team to complete the rotation is the winner. This is a great team building game which is quite challenging.

*Required: Several big wheel, tricycle or bicycles, bicycle helmets, blindfolds, and orange construction cones*

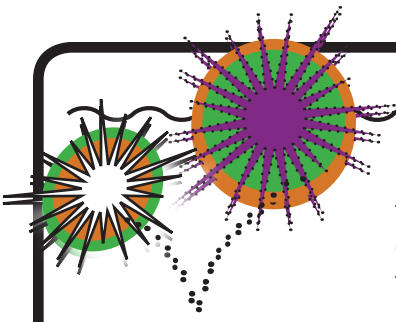
### 3. Lily Pad

Divide the group into teams of 4 or more. They will have 2 fewer plates than the number of teammates. The object of this game is to get all team members across a space (pond) by stepping on the plates (lily pads) only. The number of people on the team will determine length of space. Since they are using 9” plates, a bit of leniency should be practiced as far as stepping only on the plates. At least half of the players’ foot must be on the plate. Each team must come up with a strategy for passing the plates back and forth in order to get all teammates across the span. The first team to get all members across wins. After the teams try this, and think they have it figured out, have them try again. Variations: NO words at all. They can use stomps, grunts, snaps or whatever else they can come up with, but no talking. -Every 30-45 seconds, one plate is taken from the team. Whoever is on that plate must go back to the beginning, and the team has to come up with a strategy to get that person back with the team.

*Requirements: Paper plates*

### 4. Backwards Hide and Seek

One person hides, and everyone else searches for the hidden person. This game should be played in a large area. Allow the person a set amount of time (e.g. a few minutes) to hide, while everyone else closes their eyes or sits in a neutral spot away from the playing area. When time is up, everyone splits up and tries to find the hidden person. When someone finds the hidden person, he or she quietly hides alongside the hidden person. Over time, several people will be hidden together in as small a space as they can create. The last person to find the hidden party loses that round. That



person becomes the next to hide. Alternatively, you can reward the first person to find the hidden person by allowing that person

to hide if he or she wants to. **Variations:** play it in pairs. This adds a little more teamwork to the game.

### 5. Alphabet Scavenger Hunt

Divide the group in teams of 1, 2 or 3 players. Give them a shopping bag or a piece of paper and a pencil. Allow the teams 25 minutes or less to find objects in the great outdoors that begin with each letter of the alphabet. At the end of the time period, each team will reveal their finds for each letter. The team with the most letters filled by either objects or on paper wins.

*Requirements: recycled grocery bags or pencils and paper*

### 6. Pool Noodle Relay

Arrange the participants in teams of 4-6 players for this relay. Set up a marker/cone some distance away. Give the first player in each team a pool noodle or broom stick. The players must ride the noodle to the marker and back to pickup player two then they both ride the noodle to the marker and back to pick up the next person in the team until all are riding the noodle to the marker and back home. The first team to have everyone back to the starting line and sitting on the noodle on the ground wins.

*Requirements: a pool noodle or broomstick for each team*

### 7. Water Volleyball

Fill several balloons with water and keep extra for this game. Set up a volleyball, badminton net or twine between two trees or ladders. Set up teams of 6-9 players and rotate the extra players onto the playing area as the game proceeds. Play volleyball. Serve the balloon by gently tossing it up. Your team can catch and throw it 3 times before it has to go over the net. The opposing team must try to get it back over the net with only three catches and throws as well. If unsuccessful

the serving team scores a point and continues to serve. Change servers with each exchange. The game can continue until there are no more water balloons or until time allowed is over.

*Requirements: 6-8 water filled balloons, net or twine to make net, [to reinforce the balloon try putting one inside the other]*

### 8. Splashket Ball

Fill several balloons with water for this game. Set up two garbage pails on either end of the playing area. Divide into two teams and play Basketball with a water balloon. Instead of dribbling, the players must pass the balloon [no travelling] from player to player or run with the balloon. The team who has possession of the balloon when it breaks [or had last possession] loses possession and a new balloon is given to the other team. Of course, the other team will try to break it or take it away before a "Splashket" is scored by throwing the balloon into the opposing garbage can. Each goal scores 2 points. Game is over when the balloons are all broken or when leaders decide time is up. Scores are tabulated at that time.

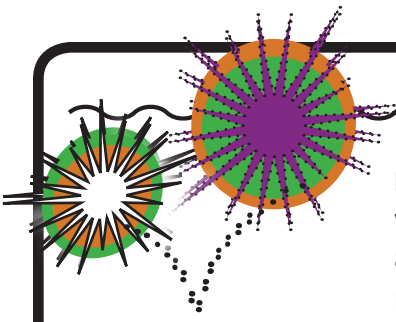
*Requirements: 2 garbage cans, several water balloons [5-8]*

### 9. Hilarious! Mark-'em-&-Biff-'em .

The participants are divided into 4 groups: **Markers, Biffers, Medics and Runners.**

**Markers** are each given a different coloured marker and sent out to hide. Once they find a hiding place they must stay there. Establish boundaries and off-limits areas. Participants with mobility issues could easily be markers in this game.

**Runners** will run around in search of the markers. Once discovered, the marker marks the runner with the felt-tipped pen [this can be a piece of paper, but it's really more fun if the marker marks on the runner's arm or hand]. The runner needs to be sneaky so no one else will know where that marker is hidden.



**Biffers** hold a sock filled with flour. Turn them loose about a minute after the runners take off. If they find a runner, they hit

them with the sock. They cannot move if they have been hit with the flour filled sock until a Medic heals them. The runner yells, "Medic!" and must stand still until the medic arrives.

**Medics** are issued a roll of masking tape. They go to the runner who has been biffed and put an X of tape across the flour. The runners can't move until the medics are finished. The first runner back with all the marks is the winner. Switch places after the first runner wins.

*Requirements: assorted coloured felt-tip markers (the kind that wash off), several rolls of masking tape, and several old socks filled with a handful of flour with a knot tied at the open end.*



## Theme 2 - Environmentally Friendly Fun

There is nothing better than an outdoor playing space with access to a variety of terrain. These activities are designed for wide open spaces. Each activity requires little equipment and minimal preparation. Remember to leave a small environmental footprint and clean up the area after the activities are completed.

### Roll Call:

1. Name one concern you have about the environment.
2. What is one thing you do to protect the environment [minimize your environmental footprint]?

### Leader's Background:

**Ecological footprint (EF)** according to Wikipedia the footprint measures human demand on nature. It compares human consumption of natural resources with planet Earth's ecological capacity to regenerate them. It is an estimate of the amount of biologically productive land and sea area needed to regenerate (if possible) the resources a human population consumes and to absorb and render harmless the corresponding waste, given prevailing technology and current understanding. The EF can estimate how many planet Earths it would take to support humanity if everybody lived a given lifestyle.

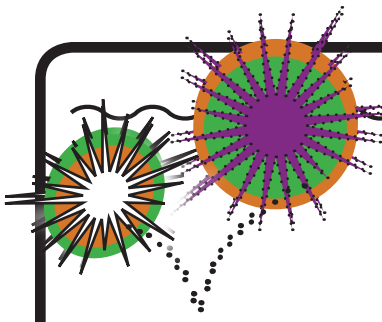
The global average footprint is about **21 global hectares** (or nearly 50 acres) per capita. At this rate humans are outstripping the earth's ability to regenerate in a sustainable way. A sustainable footprint is about **15 gha** (37 acres) for every person. This means that on average we have surpassed sustainable ecological limits by about **6 gha** per person. How does your footprint compare to the global average and sustainable rate?

More information can be found at <http://www.ecologicalfootprint.org>

Calculate your footprint at <http://www.ecologicalfootprint.org>







## Activities:

### 1. Predator –Prey

In nature the fittest animals survive, while the weak do not. This is something like a classic game of tag but have the participants decide which animal they are in the Ontario forest. Each will be either a predatory animal or prey, [select new animals each game if desired]. Each participant will label themselves with a sticky note or washable marker. The leader will assign the predator or prey labels to the participants to ensure enough of both. As the game is played, select 2 -3 predators; they must tag the other players. If they catch someone who is not part of their food source then they are released. If the predator would eat that animal then the animal must freeze and be brought back to the predators den [a location chosen before the game begins]. Give a time limit for the game [5 minutes]. The predator who gets the most food survives [wins]! Suggested animals- **Prey**-rabbits, mouse, deer, fish, ground hog, snail, crayfish, insect **Predators**: wolf, owl, fox, raccoon, eagle.

*Requirements: sticky notes or washable markers for labeling the participants.*

### 2. Food Chain Game:

This is a form of tag which demonstrates the interactions of living things and their dependence upon one another in the food chain. Humans and omnivores [ creatures that eat plants and animals] have the greatest advantage because of their adaptability and ability to consume a variety of food sources. Herbivores must rely on hiding and flight since their food resources are abundant. Scavengers rely on large numbers for survival.

Assign - only 1 Human – may catch red, green, blue or yellow

2-3 Omnivore-blue -catches red or green

3-4 Carnivore card –red -catches only green or yellow

5-6 Herbivore –green – survive only by flight or hiding

5-6 Scavenger –yellow –survives by finding

garbage.

Strips of cloth tucked in player's waist bands denote the food chain level

There is a 10 minute game time limit. Then have all players return for survival status. In order to survive a team member must have caught or found food and kept his colour strip.

The Human must have found at least 2 of red, green, blue or yellow strips.

The Omnivore must have the blue strip and have found at least 1 red or green strip.

The Carnivore must have the red strip and have found at least 1 green or yellow strip.

The Herbivore must have kept the green strip.

The Scavenger must have gathered some garbage either in a grocery bag or in their hands [to be put into a recycling or waste receptacle] and have kept the yellow strip.

At the end of the first 10 minutes any survivors can be declared winners and the one with the most food [appropriate coloured strips ] will be given the human role for round two.

*Requirements: cloth strips in these colours: red, blue, green, yellow*

### 3. Fan the Fish

The paper fish are having trouble getting up the river because the water level is so low. Help them out without touching them and destroying their scale covering! Determine the finish line and the starting line. Cut out a paper fish for every player and then give a piece of recycled paper to every player. Have the players fold this into a fan shape. Place the paper fish on the ground in front of each player. The object of this race is to fan the fish over the finish line first using the paper fan. See resources for Paper Fish cutout.

*Requirements: paper fish cutout, piece of recycled paper such as typing paper*



#### 4. Nature Necklaces

This is a cooperative or individual challenge.

Challenge the participants to create the best necklace from natural elements they find in their playing area. Give the players about 30 minutes. Evaluate based on the number of materials used and creativity.

*Requirements: scissors and string may be supplied if desired.*

#### 5. Endangered Species

This is an outdoor game of tag with lots of running and chasing, and some strategy. Divide the players into two teams. The one team, **the poachers**, is trying to steal a rare endangered species of bird from the jungle. The other team, **the environmentalists** are trying to save the rare bird [substitute another animal or species if desired]. Agree upon the legal boundaries of play, then determine the location of two "jails" (one for each team) and set up a middle boundary between the two teams. At the beginning of each round, the poachers hide and defend their stolen "bird," which is any object that is durable and safe to toss around and run with (e.g. a stuffed toy bird). The "bird" must not be obscured; it needs to be more than 50% visible.

The environmentalists hide the "cage" which must be 50% visible as well. The object of the game is for the poachers to grab the cage and bring it over to their own side to put the bird in for transport out of the country. The environmentalists must capture the bird and get it back to the cage in their side. When a member of the opposing team crosses over the middle boundary into the opposing team's territory, the other team is allowed to tag the person and take them to a "jail" where they stay until they are released (tagged) by one of their own team members who has not yet been captured. Be sure there is plenty of space outdoors, as there will be lots of running involved.

The game is won when either the poachers or the environmentalists get the bird into the cage and get it to the volunteer at the finish point first. Before playing have everyone clear the area of any dangerous obstacles or hazards.

*Requirements: a bright coloured stuffed bird [or other animal], a box or cage, some plastic ribbon/ tape to denote jail area*

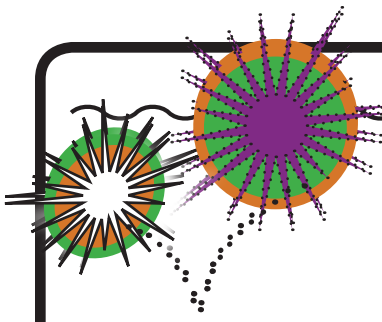
#### 6. The Hazardous Waste Game

Divide the members into teams of four players. The members are hazardous waste removal experts who are training to remove large containers filled with hazardous waste such as paints to a safe recycling location. Place a container filled with water but no lid [such as a paint can, ice cream container or large pail] some distance from each team. Give each team a blanket or towel and instruct each team to try to move the hazardous material from the present location to a larger receptacle such as a garbage pail without spilling it or touching it with their hands. You may wish to give each team a stick [such as a meter stick or hockey stick] to assist in the removal of the hazardous product. The winning team will be the first to finish the task without spilling the hazardous waste.

*Requirements: containers such as small pails filled with water, a large container such as a garbage pail, large towels or blankets, meter sticks or hockey sticks.*

#### 7. Reduce, Reuse, Recycle

It is important for everyone to know where the recycle sites are for various materials. In this game the recycle sites are hard to find but the enthusiastic recyclers are out searching. There are people who oppose the search and try to stop their quest. Fortunately the medics are there to help! *Adapted from-Whiteside, Kay & Heulton, Sarah, **Your Turn To Lead**, TAB Books, McGraw-Hill, Inc. Blue*



Divide the participants into 4 groups: **Recycle Sites, Recyclers, Medics and Opponents**

**Recycle Sites** are each given a different colored marker and sent out to hide. Once they find a hiding place they must stay there. Establish boundaries and off-limits areas. Participants with mobility issues could easily be Recycle sites in this game.

**Recyclers are the Runners** who run around in search of all the **Recycle Sites** in the area. Once discovered, the Recycle site marks the runner with the colour of their felt-tipped pen. This indicates the runner has found that recycle site. [this can be a piece of paper, but it's really more fun if the marker marks on the runner's arm or hand.] The runner needs to be sneaky so no one else will know where that Recycle Site is hidden.

**Opponents** hold a sock filled with flour. Turn them loose about a minute after the Recyclers/ runners take off. If they find a runner, they hit them with the sock. They cannot move if they have been hit with the flour filled sock until a Medic heals them. The runner yells, "Medic!" and must stand still until the medic arrives.

**Medics** are issued a roll of masking tape. They go to the runner who has been biffed and put an X of tape across the flour. The runners can't move until the medics are finished.

The first Recycler to visit all the Recycle sites [has all of the coloured marks] is the winner. Switch places after the first Recycler wins.

*Requirements: assorted colored felt-tip markers (the kind that wash off), several rolls of masking tape, and several old socks filled with a handful of flour with a knot tied at the open end.*

## 8. Oil Spill –Save the Ducks

There has been a dreadful oil spill and the 4-H members have been called in to rescue the wild fowl which have been caught in the oily water. Their job is to row out to capture an oily bird and bring it back to wash it off and place it on safe dry land. The oily wild fowl are represented by some plastic or rubber ducks dipped in salad oil and swimming in bowls [or pools] at some distance from the starting point. The row boats are skateboards and the oars are plungers [or hands].

Divide the members into several teams. Each team is provided with a skateboard and plungers [or hands], a bowl of soapy water and a bowl of oily rubber ducks at some distance away. Each team should have a bowl of sudsy water at some point in the course to wash the ducks. At the start of the rescue, each team will row on the skateboard either sitting or lying on the board out to the ducks, choose one and return it to the sudsy water, wash it [by dunking it] then run it to the safe ground where the next team member is tagged to start the next rescue. The team that rescues all their ducks first is declared the winner!

*Requirements: some rubbers ducks [or similar small plastic animals], 2 bowls for each team large enough to hold the ducks [animals], some detergent, salad oil, skateboards, some towels for clean up*

### Theme 3- Olden Days Picnic

Take yourself back in time to the days of the Sunday School picnic or the summer family reunion. These are simple activities that require a few preparations and need outdoor space. Encourage everyone to dress the way people might have dressed for a Victorian picnic. Sunbonnets, straw hats, bare feet for boys, long dresses for girls.

#### Roll Call:

Name a game you have played at an outdoor picnic.

What is your favourite picnic game?

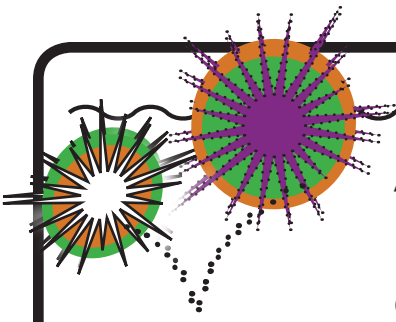
#### Warm-up activity:

##### Toss the Hat

Everyone is to remove their hat. Supply a few for those who don't have one. The group stands in a large circle around a basket [a bushel basket is great or some old fashioned looking basket] at about 2 metres distance the players take turns tossing their hats in the basket. If the hat goes in they are still in play. Have everyone retrieve their hats. This time all who are still in play must take a large step backward and try the toss. Successful players continue stepping backward and farther away until the last person can get the hat in the basket.

*Requirements: a large basket such as a bushel basket or laundry basket*





## Activities:

### 1. Sack Race

Collect feed sacks for this race enough for all participants. Divide the group into similar age categories or decide how best to challenge the group. The players must get into a sack and race to the finish line to determine the winner. Hopping and skipping works best. If the sacks are big try two people in one.

*Requirements: feed sacks for all participants*

### 2. Slow Bicycle Race

You will need enough bicycles for a few players to race at one time. The object of the slow bicycle race is to be the last across the finish line. Any one who puts a foot down must stop. Have a final heat with the slowest bicycle racers competing.

*Requirements: several bicycles and bicycle helmets*

### 3. Three legged Race

Have the group divide into pairs and supply some soft strips of cloth to each pair. Have them tie two legs together and practice a little. Then race with the legs tied together.

*Requirements: enough soft strips of cloth for half the participants [old ties and scarves work well]*

### 4. Egg on a Spoon

Supply a spoon and a fresh egg to each participant and have them race through a course with one hand behind their back, carrying the spoon and egg.

*Requirements: several large soup spoons and fresh eggs for the participants to carry on the spoons*

### 5. Ball Toss

Supply a softball to each player and have them toss the ball as far as they can. Divide boys and girls if desired. The farthest throw wins.

*Requirements: two or three soft balls or similar*

### 6. Backwards Race

Have all the participants line up facing backwards. They must run to the finish line by going backwards.

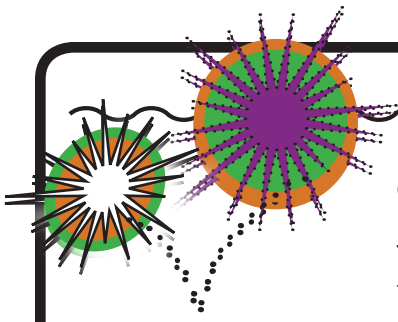
### 7. Spider Race

This race is run using pairs who form an eight legged spider by having one get down on all fours, facing east & west while the other crouches over the first facing north and south. This forms an eight legged "Spider". Have the participants race in this position.

### 8. Wheel Barrow Race

This race requires partners. One partner gets down on the ground to form the wheel barrow, the other takes both legs and drives the wheel barrow. The wheel barrow has to run with hands only while his or her legs are held by the partner. Try a straight race or around some obstacles.





### 9. Red Rover

Two teams line up face to face. Each team holds hands only. Each player can

call someone from the other team over to try to break through their line. "Red Rover, Red Rover Let \_\_\_\_\_ come over!" The person called over tries to select the weakest link to break through. If the person called over breaks through they go back to their own team. If they don't break through, they must join the calling [opposing] side. After a given time limit the largest team wins!

### 10. Couple Back to Back Race

Have the group pair up into similar sized partners. The partners stand back to back and link arms. One of the linked pairs faces the goal line the other is facing backwards. At a signal, the pair must race to the goal line then reverse to run back. The other partner is now going forward. The first pair to return back home is declared the winner

### 11. Kick the Shoe

Line up all the participants and have everyone remove one shoe and prepare to kick it the farthest. Watch out for flying shoes! Try kicking one at a time. To select the winner have everyone go and stand by their shoe when the kicking is over. The shoe that lands farthest from the starting line belongs to the winner.

### 12. Find the Shoe

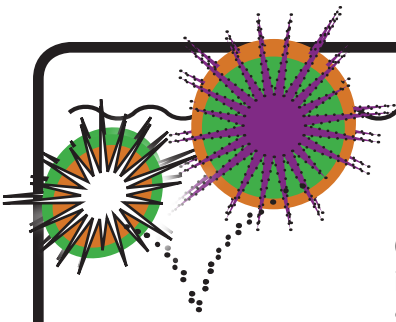
Have everyone remove their shoes and put them in a large mixed up pile. Have the players return to the starting line and pair them up randomly, trying to pair them with someone they don't know as well as the others. Decide which partner is "A" and which partner is "B". Line up team members B facing away from the pile of shoes and about 50 paces away. Partner "A" has to locate the partner's shoes in the huge pile. Then must race them back and put them on their partner. When the partner "B" has his shoes on and done up then "B" races to get partner A's shoes. When they are on and fastened up then both partners must race to

the finish line. The first pair [with both shoes on properly] that gets to the finish line, wins!

### 13. Fishing Hole

Have the members make their own fishing poles by supplying sticks and string. Have them tie small magnets [available at dollar stores] on the end of their strings. Prior to the picnic, prepare some paper fish with various scores on them. See Paper Fish patterns in Resources. Place various number values such as 5, 10, 15, 20 25. Attach some paper clips to the mouths of each fish, then place the fish on the ground or scattered in a wading pool. Allow the teams to relay up to the fish and catch one fish each. When the teams have caught one fish each, add the total scores for each team to determine the winning team.

*Requirements: sticks for the members, string, small magnets for each member [or each pole], paper clips [check to see that they can be picked up by magnet], paper fish [see resources for Fish Pattern]*



## Theme 4- Beach Party

Come on out for a day at the beach. There's sun, sand, surf and lots of fun for all in these games and activities. Wear your best beach wear and don't forget the sun hat.

Roll Call:

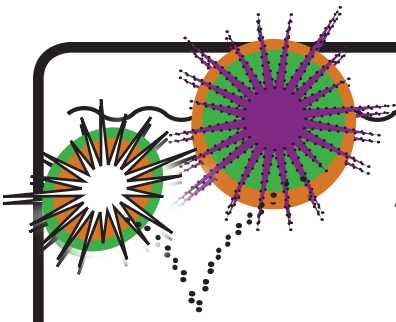
1. Where is your favourite beach?
2. What game do you associate with the beach?

**Warm Up Activity:**

### Living Panorama – Tableau

The group is asked to brainstorm everything they can think of that is associated with a day at the beach. Divide the group in half and have one member from each group become the painter. The others will form parts of a picture of a day at the beach. The painter will move the characters into position to create the scene then freeze them there for viewing. This frozen scene is called a tableau. Share the tableaux created with each other. Variation: create the scenes again but this time each part of the scene has to add a sound associated with what they are or are doing. For example: a tree – whooshing sound, wave – crashing, swimmer – calling “Help” etc.! Be creative!





## Activities:

### 1. The Wave on the Beach

The waves are pushing you into some dangerous territory. Can you avoid the danger? All players hold hands and form a large circle /wave. Put a safe, durable object in the middle of the circle such as an inflatable toy [whale, alligator shark etc.]. The object of the game is to try and have other people brush against the object with their body /touch the object, by pulling, pushing, etc, but the circular link cannot be broken. If a person touches the object in the centre, he or she is out of the game. The game is over when there is only one person left. If you do not wish to eliminate players then have those who touched the object leave the first wave, but start to form a second wave in another location. You get negative points in the second wave by touching the object in the centre. This means one wave is shrinking while the second one is growing. The end of the game is when there is only one person left in the one wave, and everyone else is moving around in the second wave.

*Requirements: an object for the centre [inflatable pool toy?]*

### 2. Beach Blanket Volleyball

This is a version of volleyball that takes team work and cooperation. Divide the group into two teams and give the teams a large sheet or blanket each. The object of the game is to volley the ball back to the other team continuously. Set up a net or barrier between the teams and throw a large beach ball or volleyball into the air. The team that catches the ball begins the volley and each team is going to attempt to manipulate the blanket to return the ball to the other side. Each successful return over the net or barrier counts as 1 point. Play ends when the ball hits the ground. The serving team scores 2 if the ball can't be returned by the other team. A game is won by the first team to reach 10 points. Variation: give teams several beach towels and have team members pair up on the towels to return the balls.

*Requirements: 2 large blankets or sheets, volleyball or beach ball, or several large beach towels per team*

### 3. Sand Castles

If there is a lot of sand available try giving each team an area to create a sculpture in wet sand based on a topic or theme picked by the leaders such as the farm, a day in the woods, achievement day, the barnyard etc. This could be a large sand box or use modeling clay as the sand.

*Requirements: sand or modeling clay, play sand etc, modeling tools such as sand pails, spoons, shovels etc.*

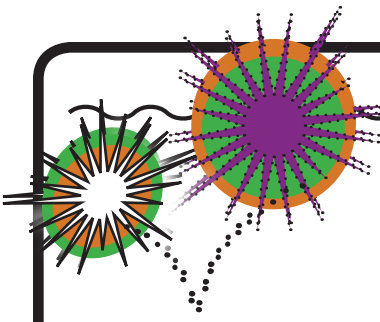
### 4. Water Sand Pail Relay

At the beach everyone likes to play in the sand, but we need water [sand] to do that! This relay gets the water where it's needed. Teams rush to fill the sand pail with either water or sand [your choice] if this activity is done indoors, try rice or something easy to cleanup. The group is divided into several relay teams and given a toy shovel and a bucket of water or sand. A toy sand pail is placed some distance from the team and the object of the race is to fill the sand pail to overflowing one shovel full at a time. The first team to overflow the pail is declared the winner.

*Requirements: several sand pails, toy shovels and containers of water or sand*

### 5. Seashell Search

It's so much fun to find shells at the beach, you just can't resist finding someone else to help you search! Use as many seashells [try shell pasta if desired] as possible and hide or scatter them throughout the playing area. The object of the game is to be the first team to find one seashell per team member. Divide the group into several teams. At the signal to start the first member in each team rushes out to locate and bring back one shell. When one is found they must run back to tag the next and so on until all the team members have found a shell. Variation: When member one comes back to the team with the first shell they pick up the second member and hold hands to



search for another shell. When these two find another shell they can go back and pick up number three to join the chain.

This continues until the whole team is on a chain to search for the last shell. The first team chain to return to the finish line wins.

*Requirements: lots of seashells or pasta shaped as shells*

### 6. Beach Blanket Party [cooperative]

The beach blanket is full of ants and the sand is hot! Everyone must cooperate to turn it over without touching the hot sand!

The beach blanket is a single piece of tarp or plastic cloth (such as a table cloth) that is different on the back than the front. For groups of 8-12 participants, the carpet should be approximately 4 feet by 5 feet.

The participants must work as a group to turn the beach blanket over without touching the ground surrounding the carpet. Divide the participants into smaller groups, and have each group stand on their beach blanket'. Challenge the group with this, "Your 4-H group is at the beach and the blanket is overrun with ants. You need to turn it over but the sand is too hot to stand on. You must turn the blanket over, without stepping onto the sand."

*Variations:* For larger groups, divide up the participants and use several "blankets" placed near each other. If you mention that the whole group is one team, they may decide to combine resources and transfer to another "blanket" while turning over the empty ones. Once the group has accomplished the task by combining resources, encourage them to repeat the activity, this time without sharing space or carpet with the other members of their smaller group. Or consider using a series of decreasing sizes of "beach blankets" to increase the difficulty level.

Another variation using a single "beach blanket" is to begin the activity with one person, and gradually add additional team members each time the carpet is flipped over.

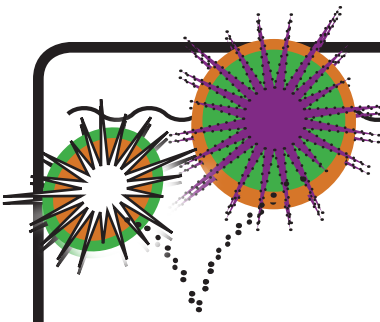
*Requirements; some large blankets, tarps or carpets*

### 7. Human Sculptures Game [cooperative or competitive]

Human Sculptures is a fun game when you don't have sand to sculpt. The leader should announce a category (e.g. famous movies or famous songs — the more specific the better). All players are then divided into smaller groups and one team leader is given a pen and paper. Each group brainstorms an idea that goes along with the topic and each team leader must write down the idea on a sheet of paper and turn it in to the leader, who checks that the idea is appropriate for use. Each group then creates a sculpture using their bodies. Every member of the group should comprise some part of the entire sculpture. After a predefined time limit (for example, five minutes), each team looks at each other's sculpture. Each team is allowed two guesses for what the other team has formed. Whatever group guesses the other group's sculpture the closest is the winner. Variation: Players would be asked to provide their own interpretation of topics such as : the beach bully, swimming with the sharks, surfing, sand castle building etc.

### 8. Crabwalk Soccer

The crabs on the beach enjoy a good game of soccer now and then! Imagine the players are the crabs and must crab walk the entire game. Teams get down on behinds and walk crablike facing up with their hands and feet as legs. Teams score by getting the ball to cross the line marking the opponent's end of the court. The winning team scores more goals in the allotted time (20 minutes). The ball can only be kicked or butted. There should be no physical contact between players. Depending on the size of the space, there should be no more players per team than can stand shoulder to shoulder along the goal line. The ball can be a soccer ball, basketball, playground



ball, beach ball, or even a balloon. (The larger and lighter the ball, the gentler the play.) Goalies must tend goal in crab fashion as

well. High kicks are always dangerous. Remind the players to keep their heads down.

*Requirements: a soccer ball or beach ball.*

### 9. Beach Ball Baseball

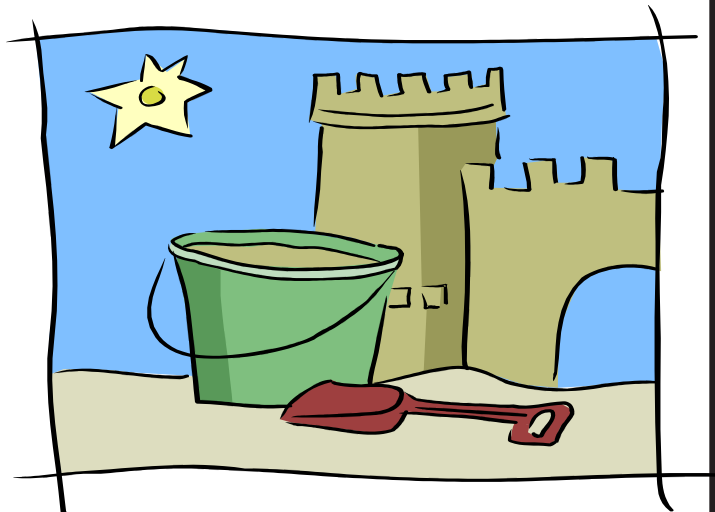
This game is identical to baseball except players use a beach ball and must hit the ball with their hand. Try different sized baseball fields to get the most action.

*Requirements: one beach ball, base markers*

### 10. Beach Blanket /Towel Party [Musical Blankets]

Get out your best beach party music and play musical beach blankets. Distribute towels/blankets for all but one player throughout the playing area and start the music. All players must dance around until the music stops then race for a towel [this game is safer on grass or carpet because the towels will slide on slippery floors.] The person without a towel wrapped around him/or her [or standing on a towel if you wish], is out. Eliminate one towel each round [or 2 or 3 depending upon time etc.] Continue until only one player has a towel to stand on. For members with mobility issues the wheel chairs can easily roll onto a towel. Variation: 2 people must share a blanket/towel so they must move around holding hands. Try groups of 3-4 for more fun.

*Requirements: towels for all participants, music source such as CD player with some Beach Boy music or your choice of Surfin' music.*





## Theme 5 - Autumn Adventures

These activities can be played year round but seem to work best with a beautiful autumn day in an outdoor setting. A bountiful harvest can be celebrated as the preparations for winter are going on all around.

### Roll Call:

1. Name an activity associated with autumn.
2. What is your favourite part of fall weather?

### Leader's Background

Have the members discuss all the activities that take place in autumn on the farm, in the country and in the forest. Discuss the adaptations for winter such as hibernation, migration, storing food etc.

### Warm-Up Activity: Migrating Butterfly Mobile

Give the members drinking straws [3-4], some string, a few paper clips, some paper and scissors as well as markers or crayons. To make the basic unit of the mobile, slip a string on the middle of a straw. Slip a string on the straw near each end. Make 2 or 3 more and put them together using paper clip chains. To make the mobile balance, you can slide the strings over. Cut out some colorful butterfly shapes and decorate them. Clip the paper shapes to your mobile using a paper clip at the end of the string. Then hang the entire mobile from the ceiling or wherever you want your paper structure. This activity can be done as members arrive.

*Requirements: drinking straws [3-4], some string, a few paper clips, some paper and scissors as well as markers or crayons.*



## Activities:

### 1. Pumpkin Toss

If there are lots of pumpkins left over after Hallowe'en then this is a great activity, but very messy. Be prepared with shovels and wheelbarrows. Smashed pumpkins make excellent compost. Divide the group into teams of 2-3 players. Provide a selection of 2x4 scraps, some hammers and nails. Give the teams about 30 minutes to create a catapult [seesaw structure that will launch the pumpkin the farthest] After the catapults are created have the great pumpkin toss. Variation: use potatoes, pine cones, tomatoes or wild apples for small scale fun, select a target if desired. Variation: toss the objects by hand for distance or at a target.

*Requirements: assorted pieces of 2x4 or other scrap wood, some nails and hammers, assorted discarded garden produce or pumpkins, clean-up materials*

### 2. Deer Hunt

This is a game of tag where the deer hides and the hunters search. The group is divided up by selecting one hunter and the rest become deer that must hide and or run away. Once the hunter finds or tags a deer, the deer joins the hunting party by joining hands. The hunting party gets bigger as the deer numbers decrease. The last deer to be found /tagged is the survivor. [The winner]. That deer can become the hunter for the next hunt.

### 3. Piling Peanuts

Squirrels and other small woodland creatures hoard their food every autumn by collecting it and hiding the nuts and seeds in storage. This activity lets every squirrel in the group try hoarding and storing nuts for winter. Give each participant a foil or paper plate and a pile of peanuts, seeds, beans or pine cones. At the command "Winter's Coming!" the players will put the plate on their head and without touching the plate will try to fill the plate with as many nuts, seeds etc as they can in the given time. At the end of the time period the leader will command "Winter's here!" and

everyone must stop loading the plate [if the plate falls off their head, they must begin piling peanuts again.] The players who still have plates on their heads can count their store. This activity takes practice to balance the plate. Variation: try this in teams with one balancing the plate and the other loading. Hint: Placing the plate on the head upside down helps balance but limits storage space.

*Requirements: A paper or foil pie plate for each player, peanuts [in the shell], seeds, pine cones or beans*

### 4. Pile of Leaves Pyramid –[cooperative or competitive]

Everyone likes to play in leaves but few like to rake them up. This activity is best played on soft ground. Try three people on hands and knees for the bottom layer, two lighter folks make the next level, one smaller person on top with arms raised. To make the game competitive: the first pile of leaves built, with top person having raised arms is declared the winner. Non –competitive variation: add more people to the ground level and continue adding to get as many leaves in the pile as possible.



### 5. A Pile Of Leaves, a Tree & A Garden Arbor

Divide the group into teams of six or another

even number [an even number is preferred but not essential]. Line up the teams single file. At the signal to go, the first person in line kneels down to form a pile of leaves. The second person jumps the pile of leaves, raises their arms up to form a tree. The third person jumps over the pile of leaves, runs around the tree, and bends over on all fours to make a garden arbor. The fourth person goes over the pile of leaves, around the tree, under the garden arbor, and forms a pile of leaves. The fifth person jumps over pile of leaves, around the tree, under the garden arbor, jumps the next pile of leaves, and makes a tree. The sixth [and perhaps last] person goes over the pile of leaves, around the tree, under the garden arbor, over the pile of leaves, around the tree, makes a garden arbor. This continues until all the players have crossed the finish line some distance away [at least 6 lengths of the original total line made by the players].

### 6. Squirrel In the Tree Tops

Pick two people. One is a squirrel being chased, and the other is a dog. Separate the rest of the group into groups of three. Each group has two people on the outside who are trees and one person in the middle who is a squirrel. The trees face each other and hold hands. The squirrels stand in the middle of the trees. When the trees have their hands down, the squirrel is protected and no other squirrel can run in that tree. When the tree's hands are up, the squirrel being chased can run into that tree and the squirrel in that tree runs out. The game starts with the dog chasing the squirrel. All the trees raise their arms. The squirrel runs around and goes into a tree. The squirrel that was in that tree runs out. If the dog catches the squirrel, they trade places and the chase reverses.

### 7. Butterfly Migration

The butterflies have landed in the garden and the snow is about to come in for the winter. Help them migrate south by shoing them carefully out of the garden. Determine the location of the finish line and the starting line. Cut out a paper butterfly

for every player [this could be an activity if they fold a paper in half and cut out their own half butterfly shape first. A butterfly pattern is included in resources]. Decorate as a migratory butterfly [i.e. Monarch, if desired] and then give a piece of recycled paper to every player [or they can use their mouths and blow.] Have the players fold this into a fan shape. Place the paper butterflies on the ground in front of each player. The object of this race is to fan the paper butterflies over the finish line first using the paper fan. Butterfly Cutouts can be found in resources

*Requirements: paper with butterfly cut out [pencils, or scissors and pattern], crayons or markers if desired, additional recycled paper*

### 8. Nature Jewellery

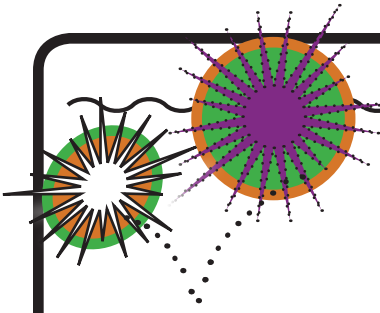
This is a cooperative or individual challenge. Challenge the participants to create the best necklace or bracelet from pine cones, nuts, milkweed pods, or any natural elements they find in their playing area. Give the players about 30 minutes. Evaluate based on the number of materials used and creativity.

*Requirements: long grass, reeds, grapevines, seed pods, flowers, supply scissors and string, if desired.*

### 9. Nature Sculptures

Challenge the participants to go out on a short hike and gather natural fibers and objects that can be used to create a sculpture. Things such as teasel and grapevines can be bunched and formed to create objects of art. Have the participants share their natural objects and try creating sculptures using these natural materials.

*Requirements: Provide string, small wire and glue if desired.*



### 11. Hibernating in the Leaves

Have the members rake up as many leaves in the playing area as possible. Rake the leaves into three large piles. Divide the players into two teams. Old clothes are necessary for this challenge. One team must turn away and hide their faces while the other team hides a player in one of the piles of leaves. The other team gets one guess to find the player. Continue this, alternating teams hiding a different player each time. The team with the most correct guesses wins! Variation: If leaves aren't available, try three large (clean) garbage cans overturned. A small player works well to be the player hibernating in the cave!

*Requirements: several leaf rakes and piles of leaves or 3 large garbage cans.*



## Theme 6-Awareness Activities:

What is it like to be challenged in some way? What challenges are there in simple everyday tasks that most take for granted as easy tasks? These activities give some idea of how those with physical challenges and mobility issues face these challenges daily. Prior to this meeting you may be able to borrow a wheelchair from a community centre and spend a day (or evening) having members take turns getting around town (with lots of supervision, of course – look at things like elevator access, counter height, etc – and discuss at this meeting. Try to emphasize the struggle of those with challenges to do simple tasks that are taken for granted. Discuss how our buildings and facilities could be more accessible to those with physical challenges. A tour of your town with the accessibility challenges in mind might be a good field trip to improve awareness.

### Roll Call:

1. What physical challenge would you most fear?
2. How is your school set up for physically challenged students?







## Activities:

### 1. Blind Find

Choose one person to be blindfolded and have them leave the room. Hide something such as an eraser or small toy so that everyone in the group knows where it is. Bring in the person, and ask them to look for the hidden eraser. Taking turns, the rest of the group will give one clue as to how the blind person might find the hidden object. The whole group must make sure the blind person is safe but may not take the person to the object. Clues must be given orally until the object is found, then change blind players. Discuss which clues helped the most and see if the group can reduce the number of clues required by the blind person by giving better clues and instructions.

*Requirements: a small object to hide, some blindfolds*

### 2. Deaf Awareness: Working silently

The rules are quite simple. Assign tasks to everyone. These tasks must be accomplished in absolute quiet—no talking, no clanking of dishes, no splashing of water—no exceptions. Make a list of tasks to be done such as pile up books, sweep floor, move chairs etc. Simple tasks that don't require a lot of explanation are best, although you might have to write a few notes. 10-20 minutes is about the limit for this activity.

When you finish, sit down as a group. Did you feel different while you did this? Were you really glad when it was over? This activity should have made you much more aware and used a different part of your brain.

Do another activity such as wrapping a gift in pairs or tying shoe laces, dressing a doll etc only use sign language [or try Braille...contact the Canadian National Institute for the Blind - [www.cnib.ca](http://www.cnib.ca) for Braille alphabet cards] Be sure to sit down and discuss the difference.

### 3. Blind Walk

Place cloth blindfolds on half the group. Dish-drying towels or old ties work well. Begin by pairing up the group. Blindfold one of the partners. The other partner becomes the companion. The companion's task is to take the blindfolded friend by the hand on a tour of the world. Without speaking, the companion must introduce the friend to the world around them. The companion can pick up objects and place them in the friend's hands. The companion can take the friend outside or introduce them to another companion's friend.

During this entire exercise, the companion is entirely responsible for their friend's safety and education. When the exercise is over, talk about how everyone felt. How did the friend feel when they were totally dependent on another person? How did the companion feel to be totally responsible for another person? Repeat this activity, connecting the partners by a short piece of string or cloth. Without this physical contact, the friends can be passed from companion to companion. When the exercise is over, talk about how this felt different from the first exercise. Talk about the importance of human contact.

### 4. Sign Language

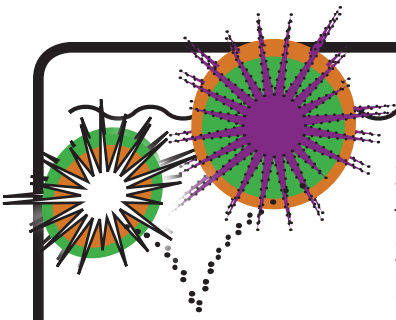
Repeat this activity after learning the hand alphabet. The friend and companion can communicate only by hand alphabet or by spelling messages on each other's arms [the Hand Alphabet can be found at the end of these activities].

### 5. Directed Blind Task

Example: Raking leaves:

The first activity is a directed blind task. For this, you will need blindfolds for everyone in the group, as well as a simple task [such as rearranging furniture, sweeping the floor, raking leaves]. The tasks should be ones that require walking around. Write down exactly what needs to be done. For example:

1. Leaf rakes are hanging on the wall in the garage.



2. Large trash bags are in the kitchen under the sink.
3. The trash cans are in the backyard along the fence.
4. After the lawn is raked,

all leaves must be bagged. The bags go in the trash cans.

Pick a director for each task. Pick a group of no more than three to do each task. All members of the group except the director are blindfolded. Use the blindfold to tie the director's hands behind their back.

The task is to be completed with the director giving instructions. As with other activities, the director is totally responsible for the safety of the group members. The group members are to be silent. Resist the temptation to go get the rakes and trash bags yourself. After a short time stop and choose new directors. Rearrange the groups.

### 6. Rock & Tree Maze

Blindfold half the group and line them up along one wall. Divide the remaining group into rocks and trees. The trees stand with arms outstretched and keep saying over and over, "tree." The rocks kneel down and repeat "rock." Spread the rocks and trees out across the room. The blindfolded group must find their way from their wall to the opposite wall avoiding the rocks and trees.

### 7. Hearing Impaired River Crossing Relay

Have the members imagine they are all deaf and attending a camp for the hearing impaired. The river has risen during your hike into the woods and is now separating you and all your camping supplies. Everyone must cross the river to retrieve their belongings. There are stones still visible above the water that you can probably step on but some will disappear below the rising water. Can you get all your team over the river on the stepping stones and back before the stones disappear? Divide the group into teams of 4 or more. The stones are represented by pieces of paper or small carpet sections. They will have 2 fewer stones than the number of teammates.

The object of this game is to get all team members across the river [decide the distance by placing small objects such as wrapped candies or backpacks etc on the opposite side of the room] to the supplies, pick them up and return to the safe camp side by stepping on the papers only. The number of people on the team will determine length of space. At least half of the player's foot must be on the paper. Each team must come up with a strategy for passing the papers back and forth in order to get all teammates across the space. The first team to get all members with the supplies back across the space wins. **No words at all. They can use hand signals or whatever else they can come up with, but no talking.** Try this as well, every 30-45 seconds, one paper taken away. Whoever is on that paper must go back to the beginning, and the team has to come up with a strategy to get that person back with the team.

*Requirements: pieces of recycled paper or small carpet scraps*

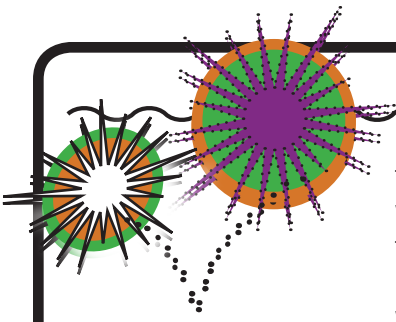
### 8. Hearing Impaired Paper Puzzle Picture

Have each team select a picture from a magazine or photocopies, then, glue it to a piece of card stock, bristol board or cardboard. Then cut into puzzle piece shapes. The leader can do this ahead of time to speed up the process or purchased preschool puzzles can be used. Have the group work on the puzzle without talking. How do they cooperate so that they build the puzzle? Challenges: Divide into teams. Make a number of puzzles, dismantle them and distribute them amongst teams. **Without talking**, how do you communicate with another team to get one of your puzzle pieces to build the puzzle?

*Requirements: small simple puzzles, or pictures glue and cardboard, scissors*

### 12. Blind Maze [awareness activity]

Play this game on a smooth area with definite boundaries, such as a basketball court. Choose two players. Blindfold one; the other becomes the director standing off to one side. The rest of the group scatters throughout the area holding their arms out. Some group members may want to form bridges by holding hands or stand shoulder-



to-shoulder and form walls. The director tries to guide the blindfolded partner through the maze without touching anyone or

stepping outside the boundaries.

*Requirements: blindfold*

### 13. Life As An Older Adult

As people age, the body may undergo physical changes that can make some tasks very difficult. Arthritis affects the mobility of knees and hands and arms. Glaucoma and cataracts affect the eyesight. These challenges make everyday tasks most challenging. These activities simulate some of the challenges that our older citizens face each day. To simulate changing eyesight, smear Vaseline or oil on the lens of inexpensive or old swim goggles or glasses. Wrap knees very tightly with bandages to simulate arthritic knees with limited mobility and wear gloves to simulate some loss of sensation in the fingers and hands. Have the participants try several everyday tasks such as selecting a certain cereal from several choices on a shelf, tying shoe laces, buttoning a shirt, and opening a jar and a pill box, sweeping the floor, picking up newspapers etc. Think of other every day tasks and perform them with the smeared glasses, bound knees and gloves. Discuss the difficulties and how we could improve the situation for those facing these challenges.

*Requirements: swim goggles or old glasses, gloves, knee bandages*

### 14. Hand Alphabet Gossip

Distribute the Hand Alphabet page to each member. Demonstrate each letter and have the group try them out. This is a variation of the old game gossip. Have the group stand in a line, with everyone facing forward. Whisper a simple message to the last one in line. Keep it short like "Let's eat" or "Snack time." The next person in line turns around to watch the spelling of the message, but everyone else remains facing forward. No talking, but the message can be repeated. The message is passed up the line. The last person in line spells out loud. Compare the messages.

## Theme 7- Winter Games

There are so many wonderful things to do in winter! Whether these activities are done in winter or on a bright summer day, if everyone uses their imagination, the games can be winter sports! So bundle up and get out in the cold or try them

in imaginative ways.

For this theme, make sure that members are appropriately dressed when doing outdoor activities. You may want to bring extra hats and gloves just in case.



Image: Alan Zomerfeld <http://creativecommons.org/licenses/by-sa/2.5/>

### Roll Call:

1. What is your favourite winter activity?
2. Name something you can do with snow.

### Warm-Up Activity:

Give everyone a piece of white paper as they arrive. Instruct them to make a snowflake by folding it and cutting into the folded sides. Remember that a snowflake should have 6 sides. Collect as many as they make for a game later on in the meeting or mount them on construction paper or blue/black bristol board.

*Requirements: white paper, scissors*





## Activities:

### 1. Toboggan Race

If it's winter, select a good hill and have everyone bring their favourite slider. Have the participants race in several heats with various sleds. Some examples might be a) one person GT Racer b) one person toboggan c) 2 person toboggan, c) 3 person etc d) tractor tire e) plastic sheet f) body surfing g) any other unusual sled [ box, etc.].

If it's summer, have the participants divide into teams and pull the others on the toboggans on the grass [wet the grass for less friction].

*Requirements: toboggans, helmets*

### 2. Ski Patrol

In winter, find as many cross country skis and/or snowshoes as possible and try a cross country relay race. [A local community centre or outdoor centre may have these available for a minimal rental fee]. Divide the group into as many teams as you have equipment and have one member of each team start with the skis/snowshoes and at the next location the next member must be tagged then put the equipment on and continue the race to the next team member. If you have lots of equipment this might not be necessary. In summer try it with snowshoes on the grass or on the sand at the beach.

*Requirements: snowshoes or cross country skis and boots*

### 3. People Igloo Building –[cooperative or competitive]

This is best played on soft ground or snow. Try three people on hands and knees for the bottom layer, two lighter folks make the next level, one smaller person on top with arms raised. The first people igloo built is declared the winner. Variation: add more people to the ground level and continue adding to get as many layers as possible. Try using the entire group.

### 4. Group Skiing – Group Board race

For this activity you will need at least 4 boards about 2x6 that are about 6 feet long. Get two pieces of twine or plastic rope about 6 feet long for each board and tie them in a circle. Place these around the boards near the front and back. These are the handles which will be held by the first and last person on the team to move the "Ski-Board" ahead. Of course the whole team will be standing on the two boards so a lot of strategy and teamwork is needed to move forward. If you have two sets of "Ski-Boards" you can try a race. If you have only one set then just try moving and take turns.

*Requirements: 4 boards about 2x6 that are about 6 feet long. Get two pieces of twine or plastic rope about 6 feet long for each board and tie them in a circle.*

### 5. Snow Sculpture

If it's winter and the snow is right, get outside and make snow sculptures on a topic of your choice. Try this in small groups.

If it's summer, try freezing blocks of ice in old milk cartons and give the teams small hammers and chisels, knives etc to create an ice sculpture. Or make some white modeling clay and create clay snow people!

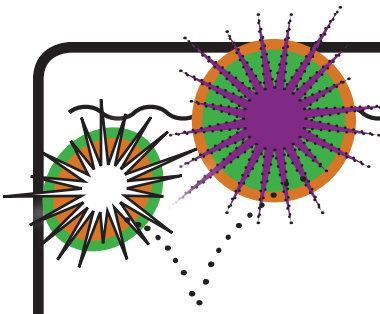
*Requirements: snow sculpting tools, shoes, spades, trowel or in summer blocks of ice hammers and chisels*

### 6. Fox & Goose

This is a delightful, old game that requires a field of untouched snow. Before the game someone or group must trample down the course which consists of a huge wagon wheel with many spokes radiating from a central large hub. To play the game someone is chosen as the "Fox". All the other players are the "Geese". The object is for the Fox to catch as many geese as possible to get them out.

The geese and fox can only run on the trampled course. The central hub is a safe zone for geese but only for one at a time. If one goose is chased





in by the fox then the goose in the hub must run out. The fox can tag a goose any where but inside

the central safe hub of the wheel. If a goose is tagged they must leave the circle. Be careful not to disturb the snow outline of the game so tagged geese should jump out or leave by an entrance or exit point. The game continues until there is only one goose left or you can time the game and have several foxes try to get the most geese in the same amount of time.

In summer, you can try chalking out the wagon wheel course or outline it with a lawn mower in longer grass. See the diagram "Fox & Goose" Course in the resources section for clarification.

*Requirements : a larger wagon wheel course trampled out in snow or cut out of long grass*

### 7. Snowman Building

If it's winter and the snow is right, try a snowman building competition. Provide lots of silly hats, scarves, carrots etc for decoration.

If it's summer, try building your snowmen out of ice cream and candy bits. Do this in groups of three, provide spoons and eat the results!

*Requirements: packing snow in winter with an assortment of coal, carrots and clothing for the snow people., In summer, bowls, ice cream scoops and decorations, spoons*

### 8. Snowball Fight

In winter, divide the group into two teams and give them ten minute to gather ammunition [ have them create a huge pile of snowballs]. Decide where each team will have their fort/ headquarters and when the signal is given to attack, start throwing until the snowballs are gone. If doing this with snow that packs well, wear face protection or scarves. Remind everyone to have no foreign material in the snowball ammunition and aim only for the waist down.

If safety is a concern or if the fight idea is too offensive for the group, then select targets that each team can try to hit as they use up their

ammunition.

In summer, get a pile of old newspapers and have the teams create ammunition by making paper snowballs.

*Requirements: packing snow or old newspapers*

### 9. Snow Angels

Find that perfect snow and have all the group members line up in a row. On the count of three have all the group flop down backwards and flap their wings to create a snow angel line in the snow. Try to have the angels just touch and try to get the longest continuous line of angels in the snow possible.

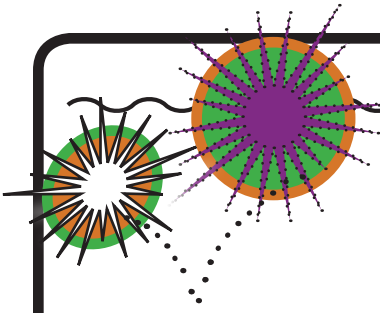
In summer, give the participants long pieces of white paper. Fold it like an accordion and have each team of two cut out paper doll angels that are connected at the hands or wings. Tape them all together to see which team can make the most continuous line up of paper snow angels in a given time. See Paper Angel pattern in resources.

### 10. A Snowball, A Snowman and Snow Angel Race

Divide the group into teams of six. Line the teams up. At the signal to go, the first person in line kneels down to form a snowball. The second person jumps the snowball and raises their arms up to form a snowman. The third person jumps over the snowball, runs around the snowman, and lies on the ground to make a snow angel. The fourth person goes over the snowball, around the snowman, over the snow angel, and forms a snowball. The fifth person jumps over snowball, around the snowman, over the snow angel, jumps the next snowball, and makes a snowman. The sixth [and perhaps last] person goes over the snowball, around the snowman, over the snow angel, over the snowball, around the snowman, makes a snow angel. This continues until all the players have crossed the finish line some distance away [about 6 lengths of the total line].

### 11. Let It Snow / Snow Blower game

Give each player a paper snow flake and at a signal they must throw it in the air. With hands



behind the back they must keep it in the air as long as possible by blowing on it. Variation: a) Have them try to blow the snow

across a finish line or into a basket; b) try using a broom and have them place the paper snowflake on the ground and sweep it across a finish line. See Snowflake Instructions in resources.

A Snowflake Craft activity for an indoor group activity is also available in resources.

*Requirements: paper for snow flakes and scissors, several brooms or snow shovels. For advanced snowflake activity, tape and staplers are required as well as paper*

## 12. Shovel the Driveway Race

Scatter all the paper snowflakes made during the warm-up activity throughout the playing area. Divide the group into several teams and provide each team with a snow shovel. The object of the race is to clear all the snowflakes off the playing area, one at a time and place them in a garbage pail. The players can pick up only one at a time and must not touch the snowflake with their hands.

*Requirements: many paper snowflakes, several snow shovels, 1 or 2 garbage pails*



Resources for Year Three "The Great Outdoors"

1. Environmentally Friendly Fun Predator –Prey Game Cards

**Prey**

Rabbit

Mouse

Snail

Deer

Fish

Ground hog

Crayfish

Insect

Caterpillar

**Predator**

Fox

Wolf

Owl

Raccoon

Eagle

2. Environmentally Friendly Fun Food Chain Game - Interaction cards

Human may catch Omnivore - Blue, carnivore – Red, Herbivore – Green, Scavenger- Yellow

Herbivore [Green] can survive only by hiding or flight

Omnivore [Blue] may catch Carnivore -Red or Herbivore – Green

Herbivore [Green] can survive only by hiding or flight

Omnivore [Blue] may catch Carnivore -Red or Herbivore – Green

Herbivore [Green] can survive only by hiding or flight

Omnivore [Blue] may catch Carnivore -Red or Herbivore – Green

Herbivore [Green] can survive only by hiding or flight

Omnivore [Blue] may catch Carnivore -Red or Herbivore – Green

Herbivore [Green] can survive only by hiding or flight

Carnivore [Red] may catch only herbivore [green] or Scavenger [Yellow]

Scavengers [Yellow] can survive by hiding, fleeing and finding garbage

Carnivore [Red] may catch only herbivore [green] or Scavenger [Yellow]

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Omnivore [Blue] may catch Carnivore -Red or Herbivore – Green

Herbivore [Green] can survive only by hiding or flight

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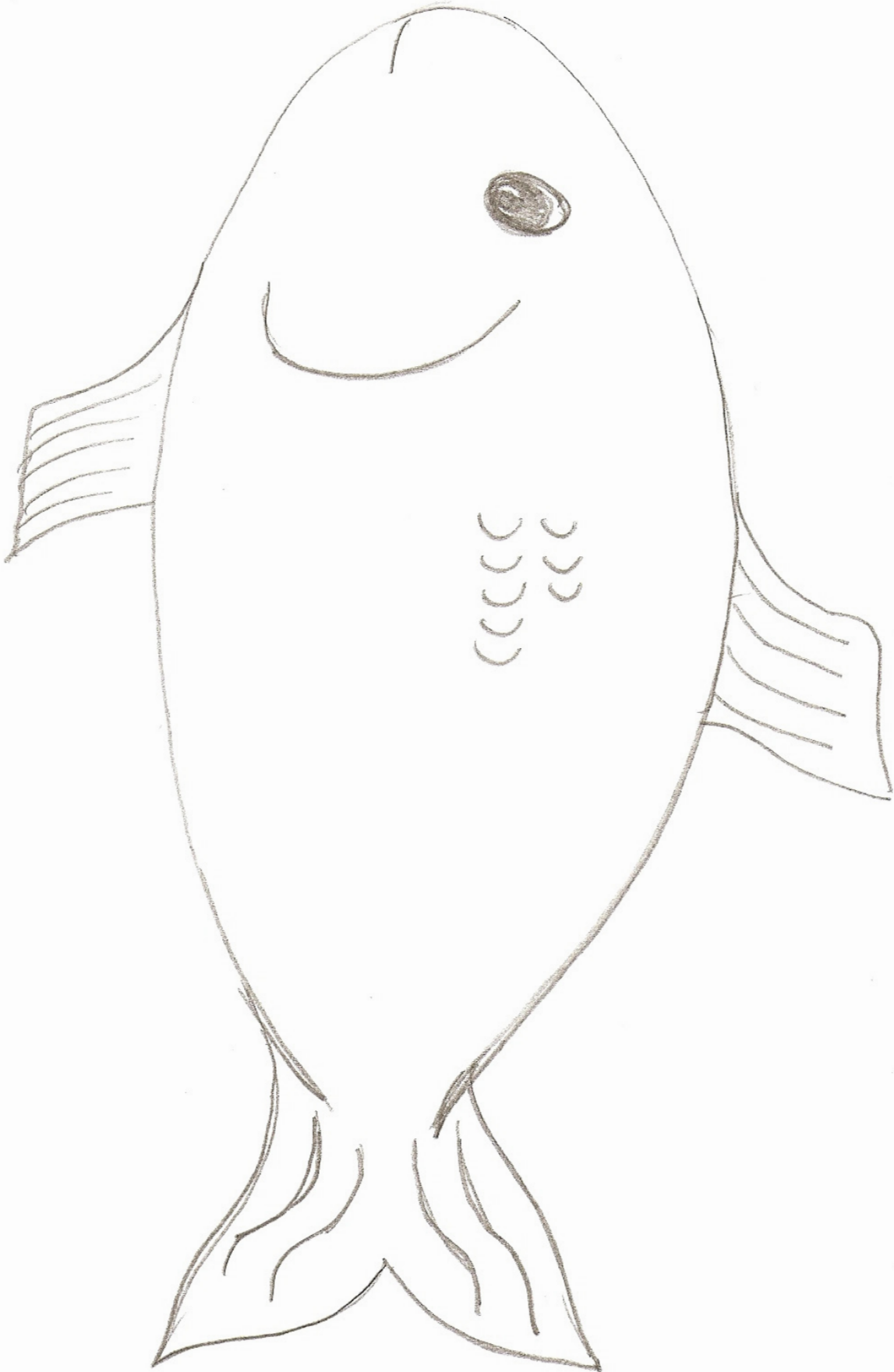
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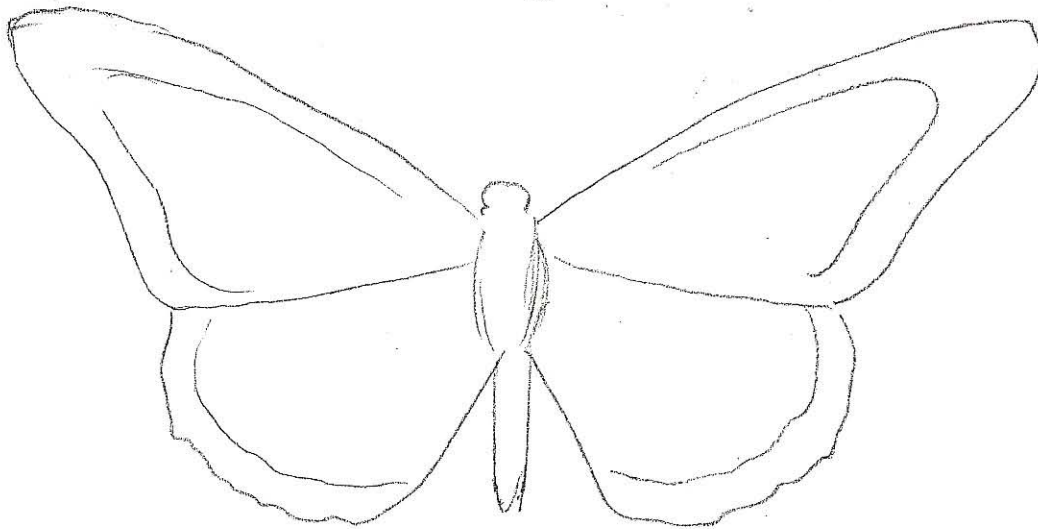
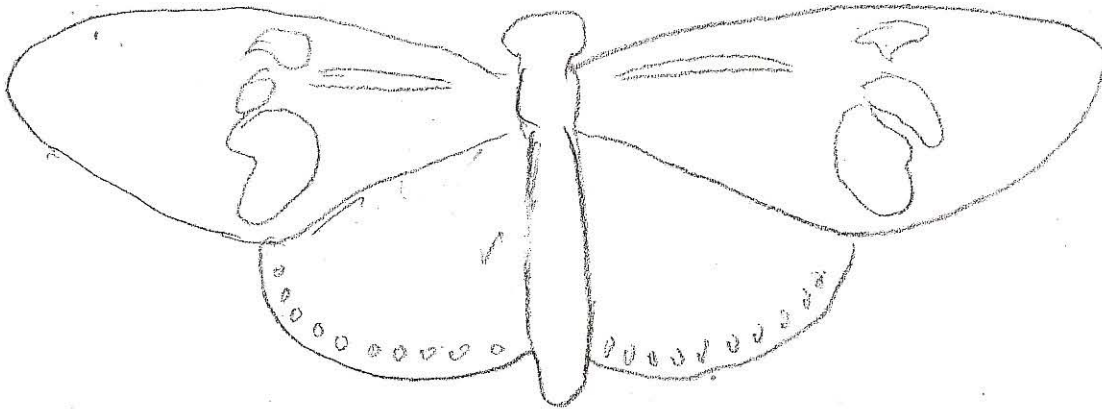
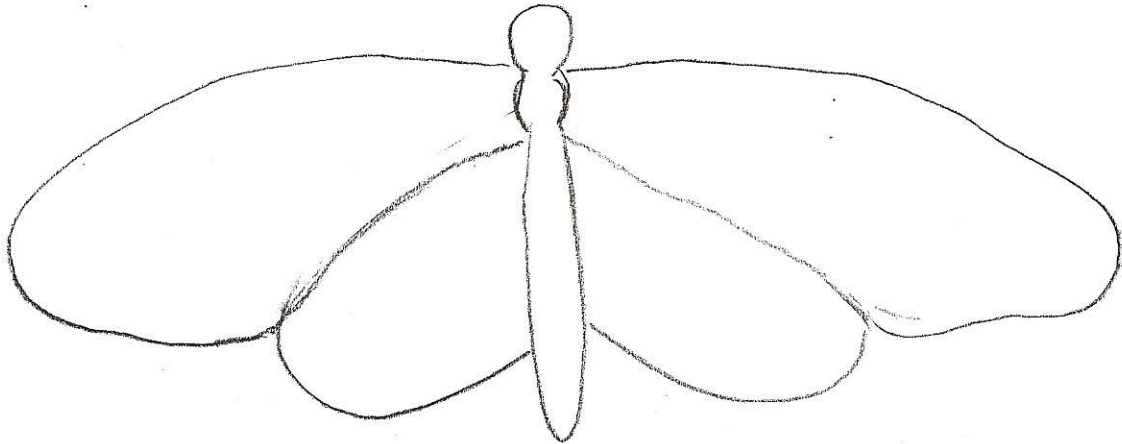


### 3. Fan the Fish Cutout



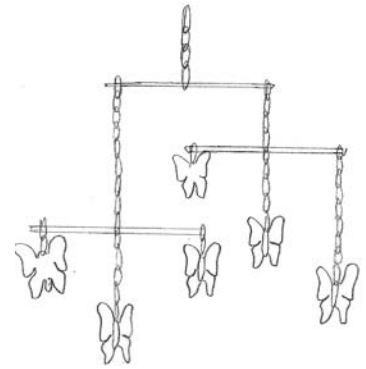
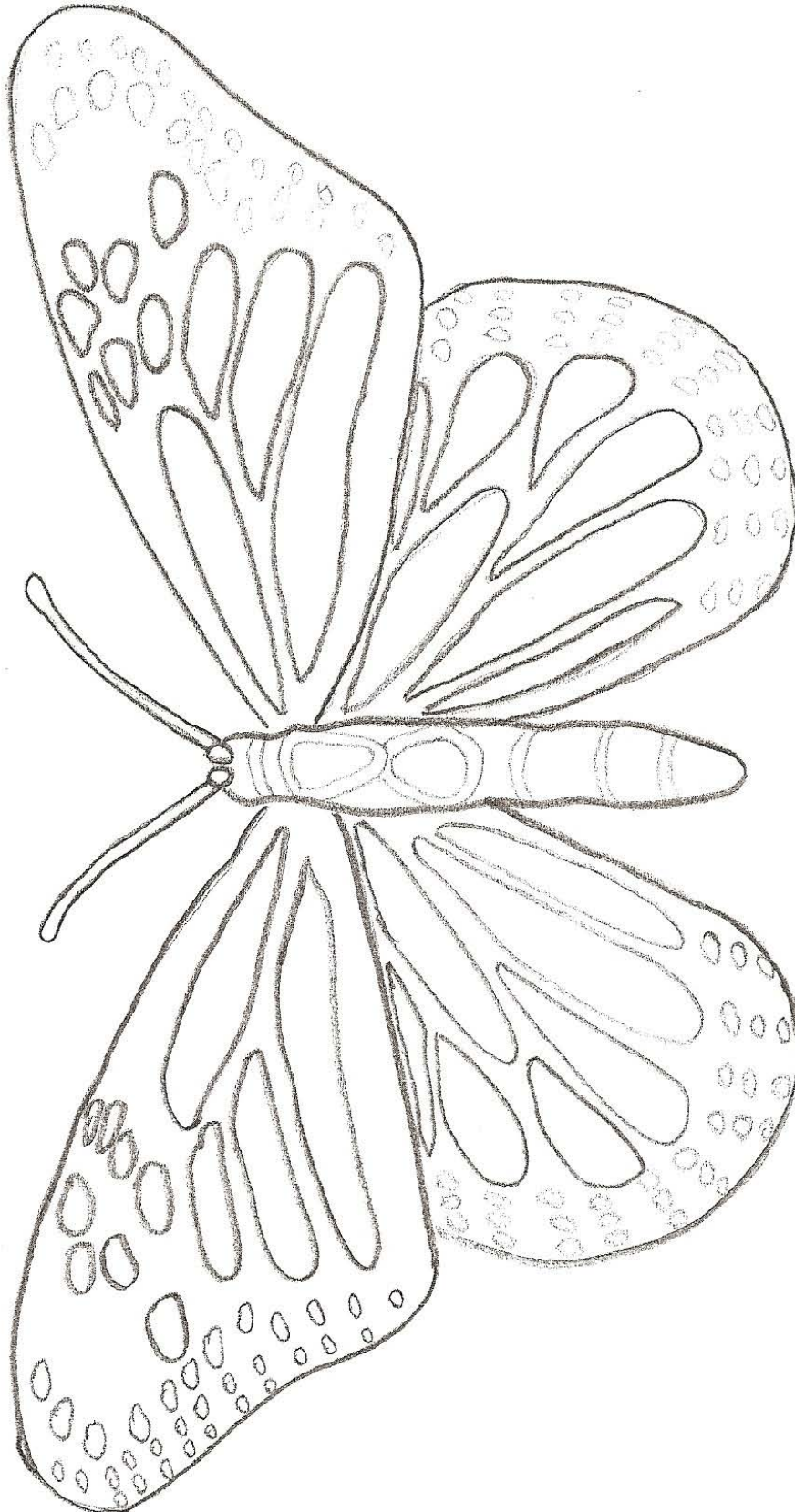
## 4. Autumn Adventures – Butterfly Mobile

Butterfly templates for use on the mobile

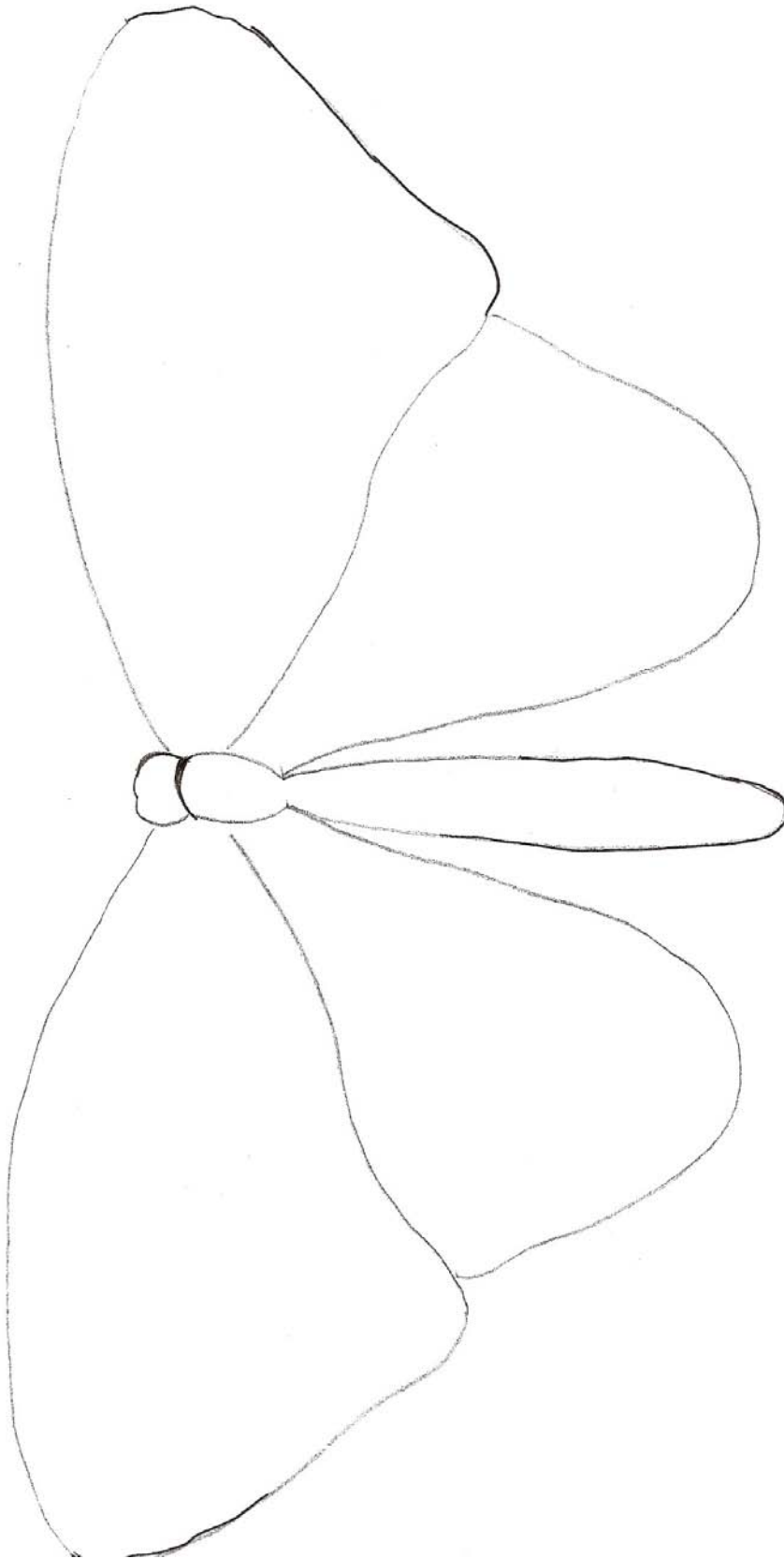
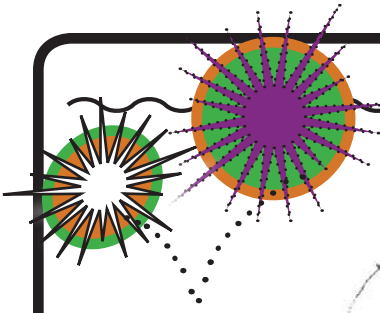


# 5. Autumn Adventures – Butterfly Migration

Monarch pattern



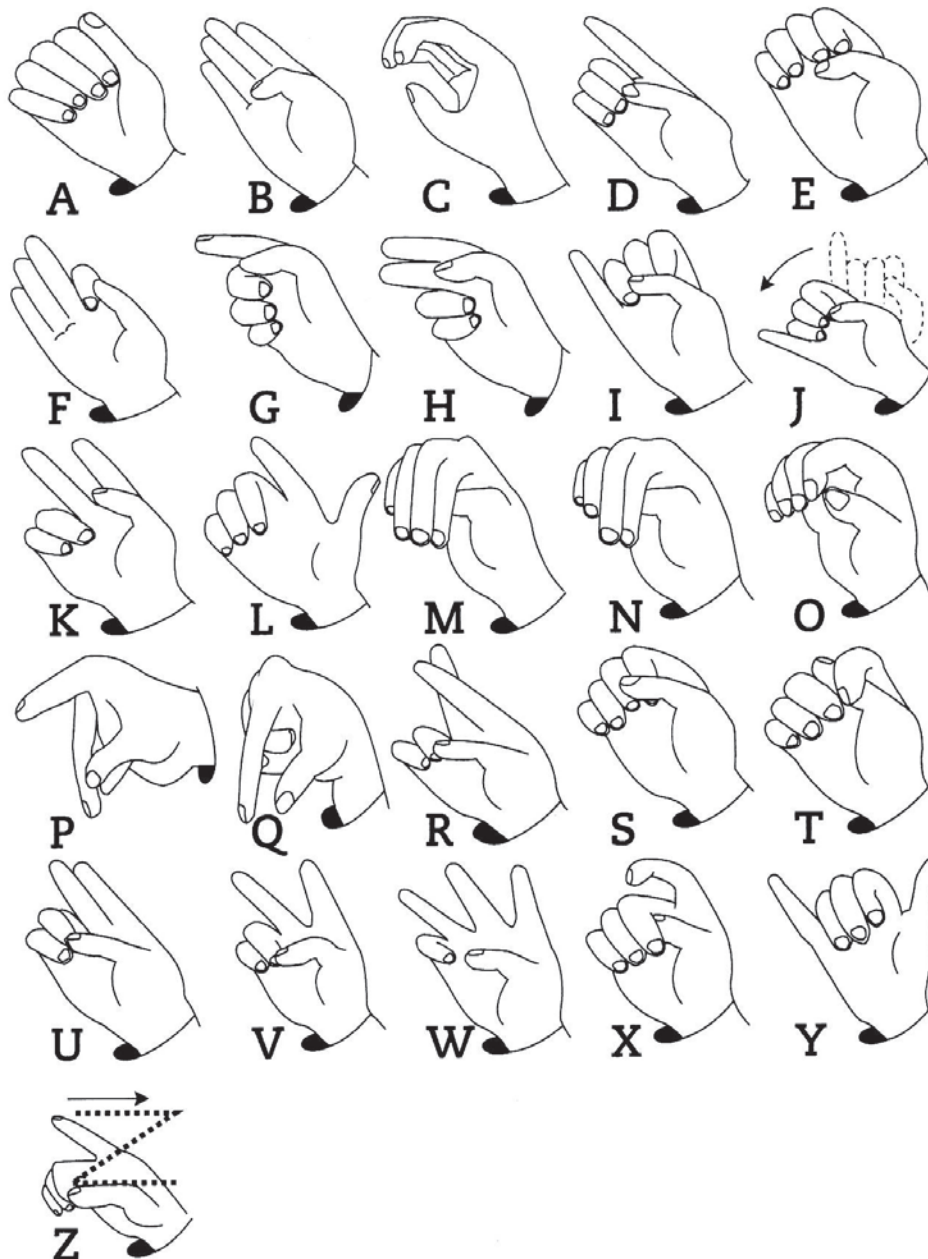
Butterfly Pattern



## 6. Awareness Activities

# Hand alphabet

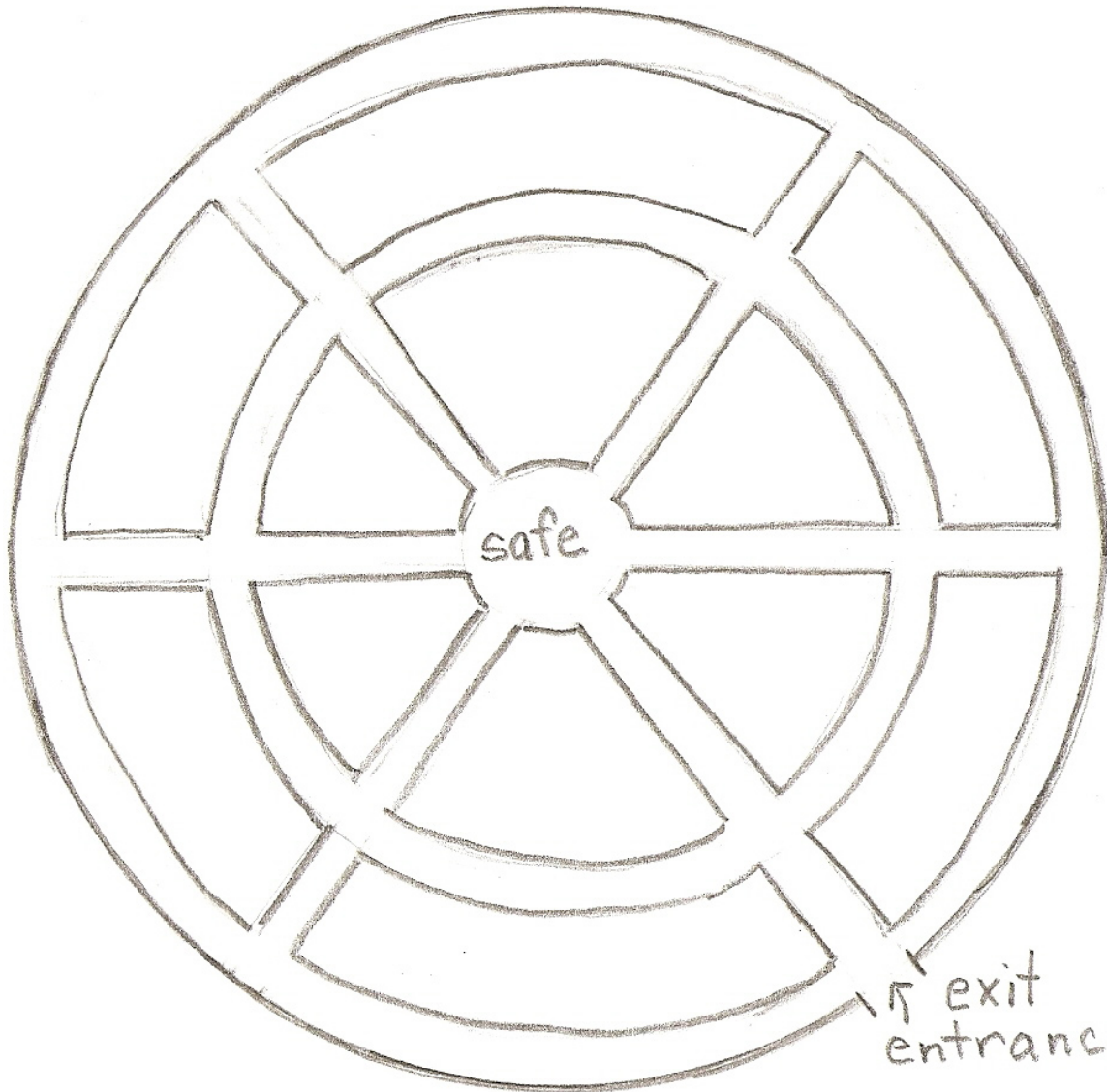
The hand alphabet is used to form the individual letters of any message in American Sign Language (ASL). This is one way deaf people use to communicate with each other. Demonstrate each letter and have the group try them out.



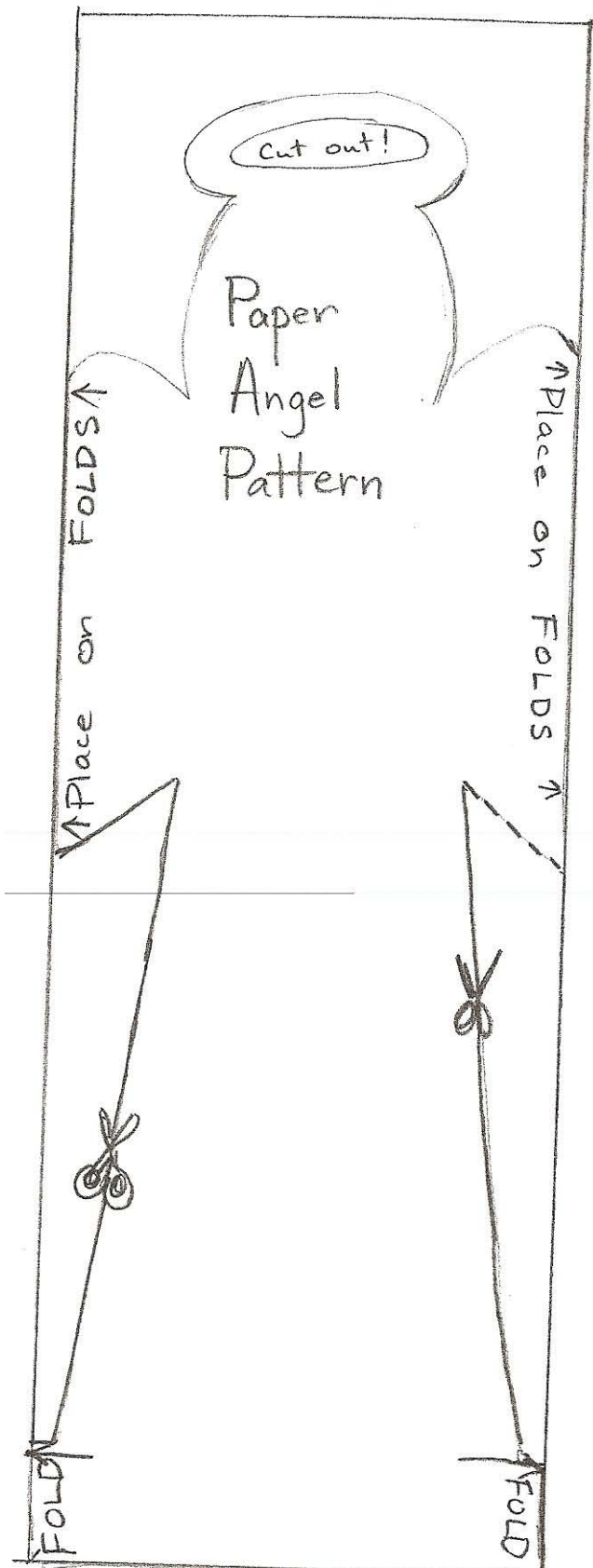
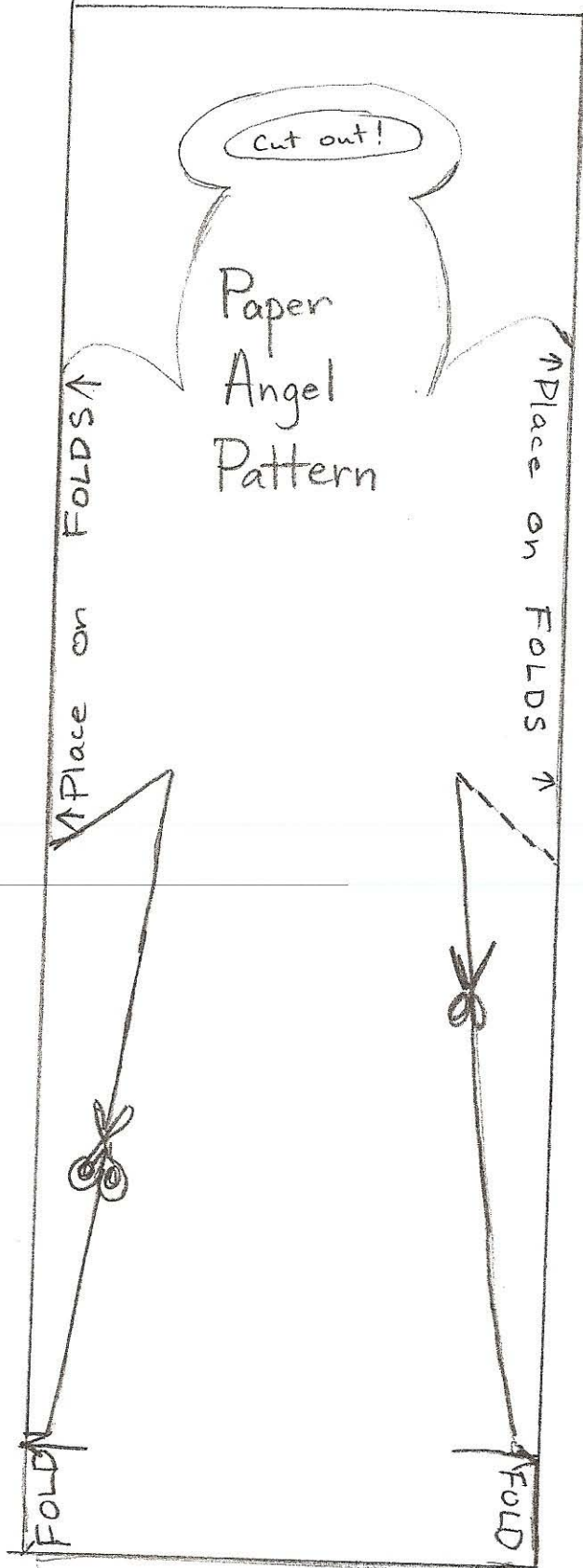


## 7. Winter Games - Fox and Goose Course

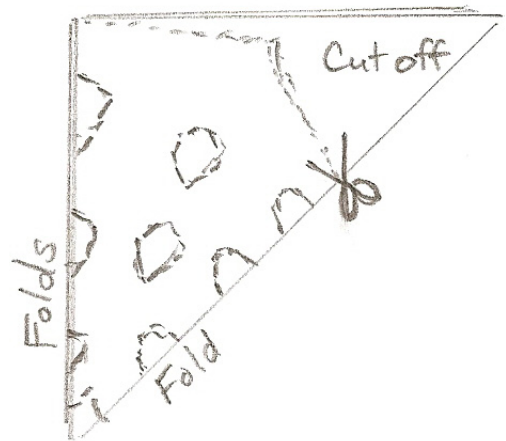
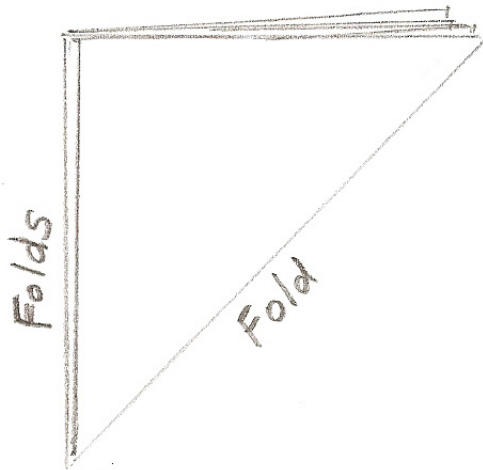
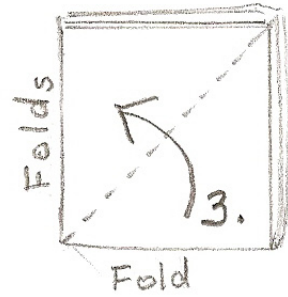
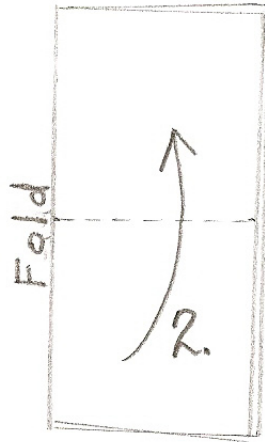
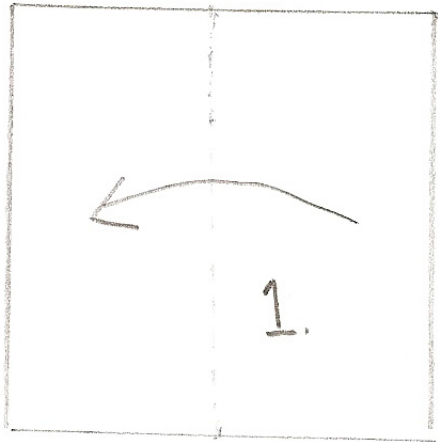
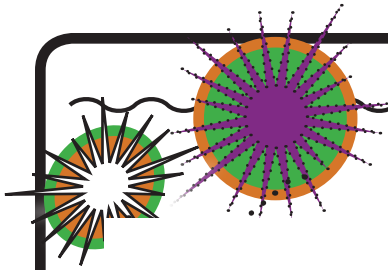
Tramp this pattern out in a large patch of new fallen snow or cut the pattern in long grass.



# 8. Winter Games – Paper Snow Angels Patterns

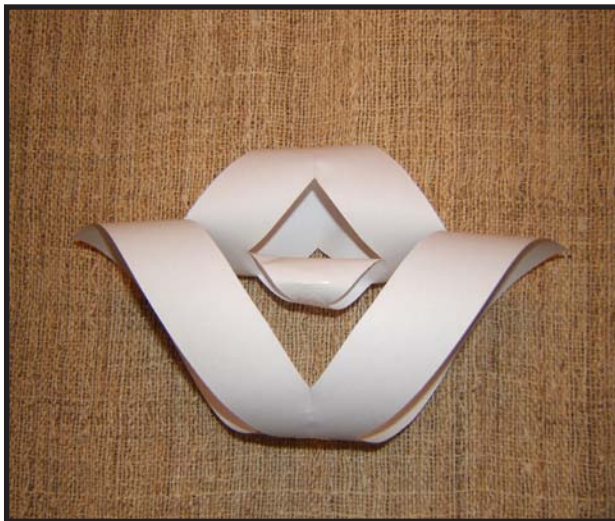
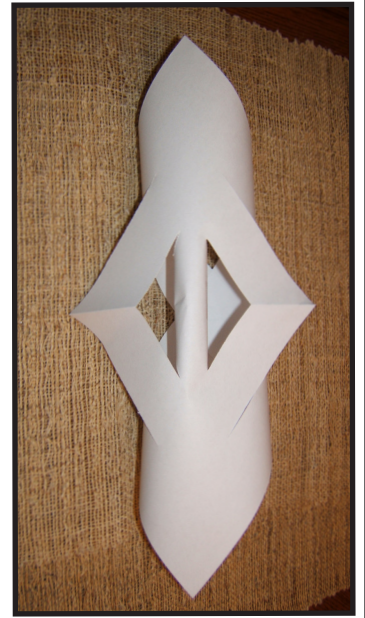
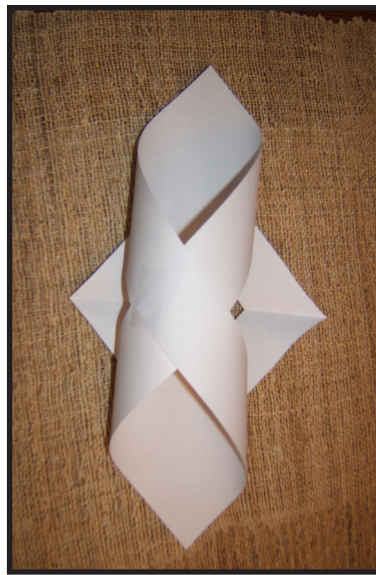
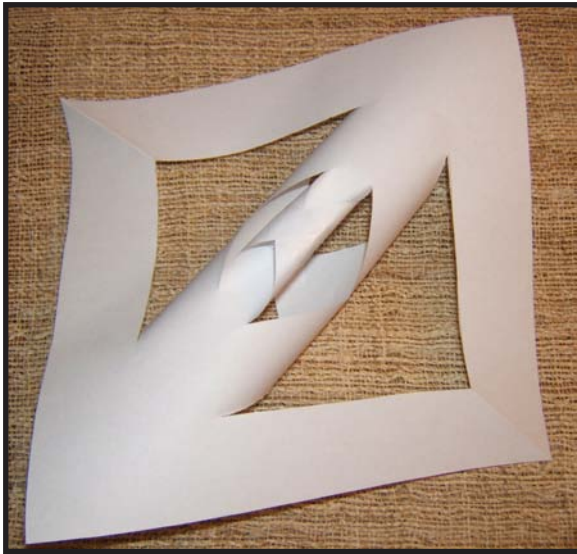
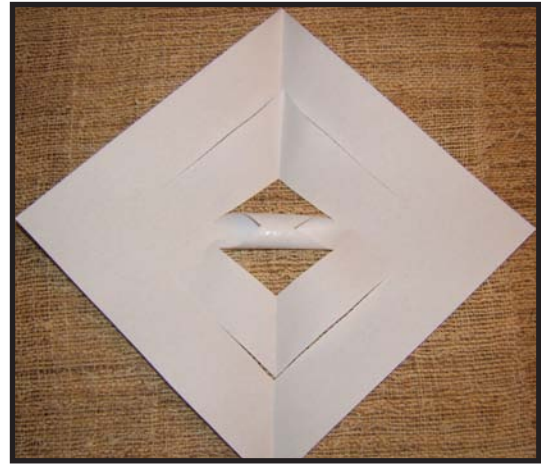
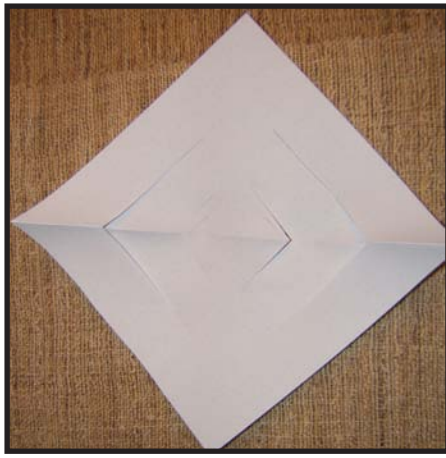


# 9. Snow Flake Patterns

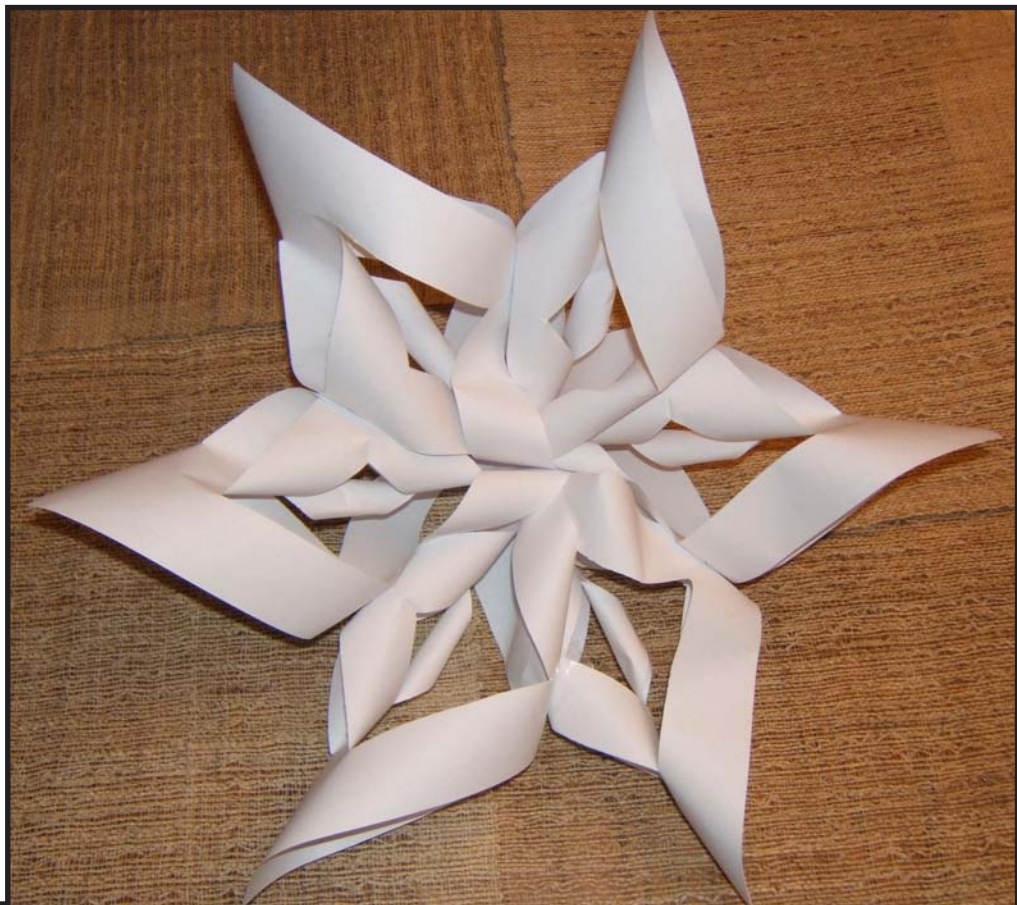
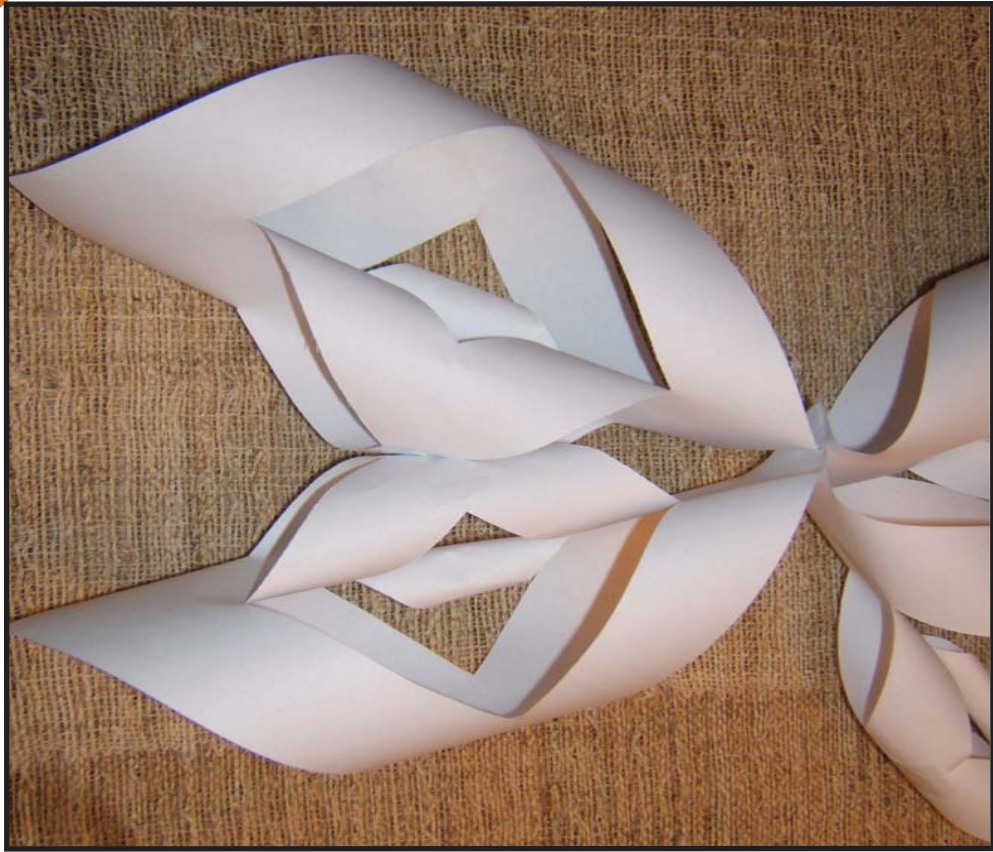
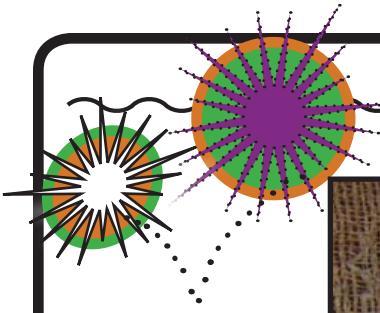




# 10: 3-Dimensional Snowflake Ideas











## Last Minute Alternate Activities

### Indoor Games with Minimal Equipment / Quiet Games

#### 1. Geiger Counter

Choose one person to hide their eyes or leave the room. Hide something such as an eraser so everyone else in the group knows where it is. Bring in the person, and ask them to look for the hidden eraser. No one may say a word or point. The entire group clicks if the person gets close to the hiding place. Faster, louder clicks mean they are closer. When the blind folded person finds the object, change persons.

*Adapted from: Whiteside, Kay & Heaton, Sarah  
Your Turn To Lead, TAB Books, McGraw-Hill, Inc.  
Blue Ridge Summit, PA. 1993*

#### 2. CSI

Divide the players into teams of two, one detective and one suspect. The detectives and the suspects stand face-to-face. The detectives study the suspects. On command "turn," everyone turns around and stands back-to-back. The suspects change one thing about them, like taking their glasses off and putting them in a pocket, or moving a bracelet from one arm to the other. On command "turn back," everyone turns around and faces each other again. The detectives look carefully at the suspects and guess what changed.

#### 3. Spoons

You will need a number of spoons (plastic or metal) one less than the number of players, and decks of cards. Everyone sits at a table or in a circle on the floor. The spoons are arranged in the centre of the table. The dealer shuffles the decks of cards together and deals four cards to each player. Extra cards are placed on the dealer's right with top card face up. Cards are passed from right to left. The dealer begins by discarding a card to the player on his left. A player receives cards

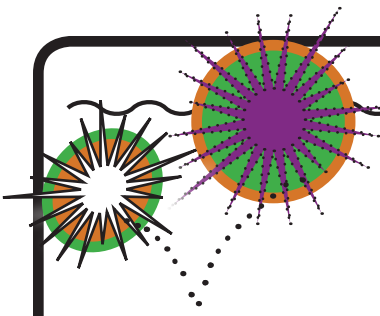
from the player on his right and discards to the player on his left. Every player keeps any cards he wants and discards any he doesn't, but each player can keep only four cards in his hand at any one time. The object of the game is to collect four like cards in your hand—for example, four kings, four queens, or four sevens. When you have four of a kind, you reach out and take a spoon. If you see anyone else pick up a spoon, you take a spoon also, whether you have four of a kind or not. Cards continue to be passed until all the spoons are gone and one player is left without a spoon. A typical round is played like this: The spoons are arranged in the centre of the group. The dealer passes out four cards to every player. The dealer glances at the top card. If it matches one of the cards in his hand he can keep the card and pass on another or pass on the same card. The player to his left glances at the card, makes a quick decision, and passes a card to the left.

The spoon can be grabbed with a great deal of noise or very discreetly into a sleeve. Play can proceed for several minutes before someone notices a spoon is missing, or it can degrade into a free-for-all. The player left without a spoon gets a "G." The next time they miss a spoon they get an "H," until they spell out GHOST. Ghosts can continue to play, but anyone who speaks to them also becomes a ghost. Play continues until everyone is a ghost. The player on the left of the dealer becomes the dealer for the next round.

*Requirements: several spoons [preferably plastic], decks of cards*

#### 4. Party Game

This game is an excellent one to play at a first meeting because it is a fun way to learn each others' names. Everyone is seated in a circle. The first person says, "I went to a party and I didn't meet anyone. My name is Bethany [or whatever their name is]." The second person says, "I went to a party and I met Bethany. My name is Amy (or whatever)." The third person says, "I went to a party and I met Bethany and Amy. My name is Kay."



The play continues around the circle, with each person adding their own name until someone cannot remember the sequence of

names. Look at each person in the circle as you say their name so you can learn to connect their name with their face.

### 5. Seven Up

Everyone is seated at a table. The group leader picks seven people to stand up in front of the room. The leader says, "Heads down, thumbs up." Everyone still seated puts their heads down and raises a thumb. People at the front of the room tiptoe around the room and touch a raised thumb. Anyone with their head down who feels a touch lowers their thumb. Each person remembers the person whose thumb they touched and returns to the front of the room. It's best to dim the lights during this process. When all seven have returned to the front of the room, the lights come on. The leader says, "Heads up, seven up." The seven people who got their thumbs touched stand up. They try to guess the person who touched their thumb. If they are successful they change places and become one of the Seven-Up.

### 6. Simon Says:

One person is Simon. The rest of the group follows his instructions. The rules are simple; you may do any command that is immediately preceded by the words "Simon says." If you do any other command not preceded by "Simon says" you are out of the game.

### 7. Tick-tack-toe

Supplies Needed: Nine cards marked with an X on one side and O on the other side, some questions devised before hand. This game is played similar to the TV version of Hollywood Squares or, old fashioned Tick-tack-toe. Place nine chairs in a square. Have nine people sit in the chairs, giving each one of them a card, one side marked with O and one side marked with an X. Select two additional people as contestants A & B to compete against each other. Assign O to one person, X to the other. After determining who will go first, one contestant (A) chooses a person in one of the

squares. Master of Ceremonies asks a question of the person in the selected square. The person can either:

- A. Give the correct answer
- B. Bluff with a made-up answer if he doesn't know the correct one.

Contestant A has to either agree or disagree with response. If the correct response is given, contestant A gets the square. The person in that square holds up an X or O. If he / she misses, contestant B gets the square. The only exception to this is - if there are already two marks in a row a contestant can not win by default. The other person has to get the answer correct to have a winning row. The object is to get three marks in a row just like tick-tack-toe.

*Requirements: 9 cards with X on one side and O on the other. See the end of this section for master to copy.*

### 8. Follow the Cow from Gate to Plate

*Adapted from Manitoba 4-H Quality Equation Document*

Follow beef cattle from the gate all the way to the plate. Have the members cut out the pictures then put the cutouts in order by pasting on to a blank sheet of paper. See Resources for the Gate To Plate cutouts.

The correct order is: (steps are not all used every time) 1. Beef Animal 2. Farm Yard 3. Transportation 4. Auction Market 5. Feed Lot 6. Slaughter / Packing Plant 7. Butcher 8. Cooking – Food Preparation 9. Home or Restaurant

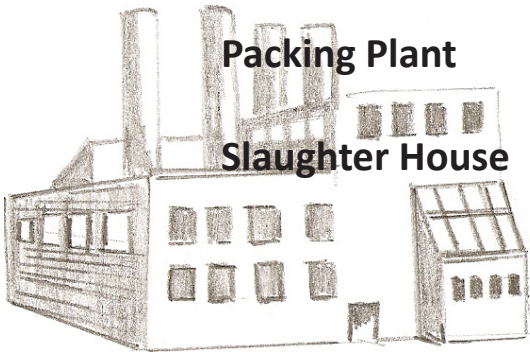
*Supplies Needed: Cutouts of pictures, scissors, glue, sticky tack or tape, blank sheet of paper.*



Farm Yard

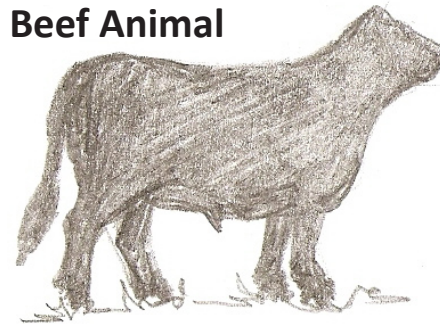


Transportation

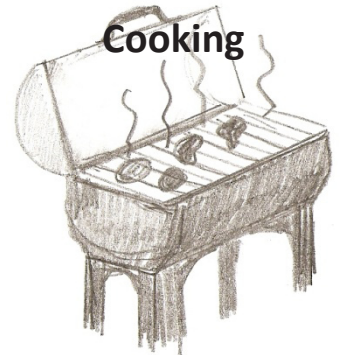


Packing Plant

Slaughter House



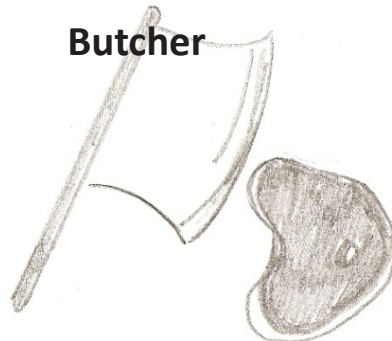
Beef Animal



Cooking



Market



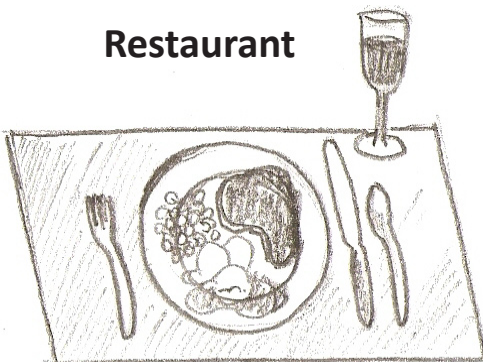
Butcher



Feed Lot

**Instructions:**

Cut these pictures out and put them in the correct order from farm gate to plate.



Restaurant



### 9. Quality Project Word find- Manitoba 4-H Quality Equation Document

Distribute the word find sheets to individuals or teams of 2 and challenge them to find all the words and be first to complete the challenge.

*Requirements: pencils or markers and Word Find hand out.*

|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| N | O | I | T | C | A | F | S | I | T | A | S | H |
| S | X | B | Q | P | B | V | L | E | H | A | O | I |
| E | A | N | U | R | C | H | J | X | A | V | U | E |
| L | Q | W | A | O | H | I | T | C | R | S | T | T |
| F | V | A | L | U | A | B | L | E | D | L | A | E |
| E | T | I | I | D | M | M | E | L | W | L | R | L |
| S | F | I | T | S | P | C | A | L | O | I | E | P |
| T | O | F | Y | G | I | S | R | E | R | K | S | M |
| E | M | Y | O | R | O | S | N | N | K | S | P | O |
| E | L | T | P | R | N | A | U | C | A | E | E | C |
| M | A | R | K | E | T | L | L | E | S | F | C | L |
| Z | E | K | A | S | P | E | E | K | A | I | T | L |
| C | O | M | M | I | T | M | E | N | T | L | C | C |
| X | O | P | T | C | E | J | O | R | P | G | Z | F |

Find these words :

self esteem  
proud  
hard work  
effort  
valuable  
complete  
life skills  
champion  
market  
commitment

price  
quality  
learn  
project  
goal  
excellence  
sell  
keepsake  
satisfaction





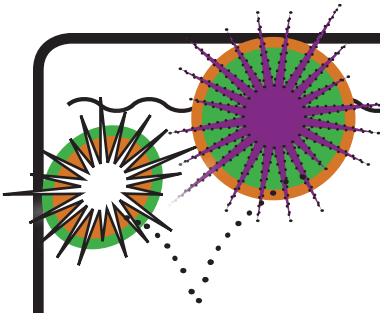
## 10. People Parts?

Name the part of the body that answers the following:

1. Something to keep tools in.
2. The edge of a glass or cup.
3. What the tortoise raced with. HAIR
4. What to keep out of others peoples' business.
5. Part of a river.
6. What a wrecker truck does.
7. Used on Valentine's Day.
8. When two pipes are joined.
9. Grown on a corn stalk.
10. Used by a carpenter.
11. Used to hail a car.
12. What we think with.
13. A type of macaroni.
14. Part of a peach.
15. A school child.
16. A tropical tree.
17. Edge of a saw.
18. Part of a clock.
19. Part of a bed.
20. What a dog buries.
21. Young cow.
22. Sometimes it locks.

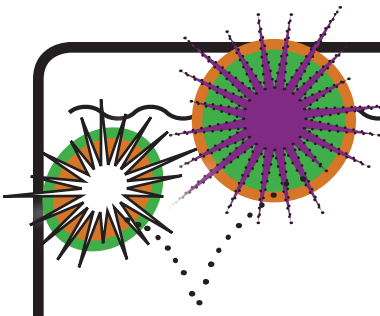






**11 b) Answers to People  
Parts Quiz:**

1. TRUNK (CHEST)
2. LIP
3. HAIR
4. NOSE
5. MOUTH
6. TOES
7. HEART
8. JOINTS
9. EARS
10. NAILS
11. THUMB
12. BRAIN
13. ELBOW
14. SKIN
15. PUPIL
16. PALM
17. TEETH
18. HANDS OR FACE
19. FOOT
20. BONES
21. CALF
22. JAW OR KNEE



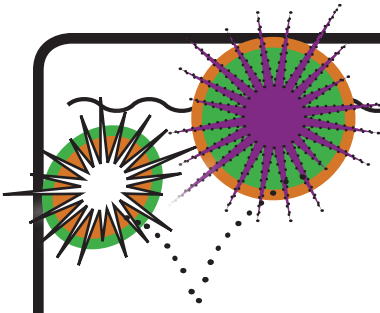
## 12. WORD SAFARI

In each of the sentences below, there is a hidden animal. The animals are not contained in any single word, but are spelled out using the last letters of one word and the immediately following letters of the next. See how many animals you can find!

EXAMPLES: John came last in line [camel]

We looked in awe as elm trees crashed around us. [weasel]

1. That Eskimo uses ice blocks for his igloo.
2. Oh gee -- seven more days till my birthday.
3. The local farmers are making hay.
4. No, we can't elope today. My ladder's missing.
5. Wash that saucepan there in the sink.
6. That soldier's AWOL, Fred.
7. The transistor keeps radios small.
8. Gypsies wander around a lot.
9. This is a very splashy enamel.
10. Turn over a new leaf, Roger.
11. We'll have to step up pyramid production.
12. Boy, stern measures are going to be taken.
13. With vim and vigor, I'll attempt to succeed.
14. Most rich people travel by jet.
15. The Climate of Tangir affects my sinuses.
16. Turquoise and aqua, I love those shades of blue
17. Amos quit our club.
18. He lives on a plush Arkansas plantation.
19. She joined the G.O.P., her favourite part
20. I got terrible marks in geometry.



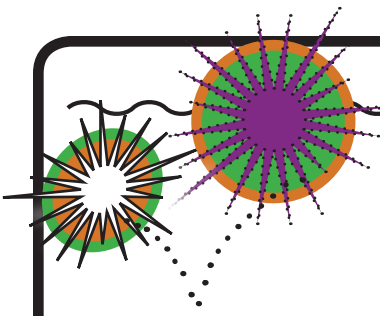
### 12 b) Word Safari Answers

1. mouse
2. geese
3. calf
4. antelope
5. panther
6. wolf
7. stork
8. swan
9. hyena
10. frog
11. pup
12. oyster
13. gorilla
14. ostrich
15. giraffe
16. quail
17. mosquito
18. shark
19. gopher
20. otter

13. THE PIE QUIZ - What kind of pie is this?

1. Sad
2. Sour
3. Bringing up children
4. Using bad language
5. Rosey
6. First up in spring
7. Handle and relative
8. Oldest
9. Food & drink
10. Straw





## 14. THE PIE QUIZ - No. 2

Divide a paper plate in to 12 sections. In each section put the following definitions and participants must guess the type of pie it is.

1. a tree and a fruit
2. a spread and a liquor
3. a shoe and a relative
4. letter of the alphabet and what food comes in
5. a "monkey food" and what's added to coffee
6. a nationality and a thing all American
7. a fowl and a fruit
8. to lift up and an evil deed
9. a beverage, part of a bolt and a dairy product
10. a colour and to put underground
11. blackboard utensil and opposite of early
12. animal bedding and a fruit

### The Pie Quiz Answers:

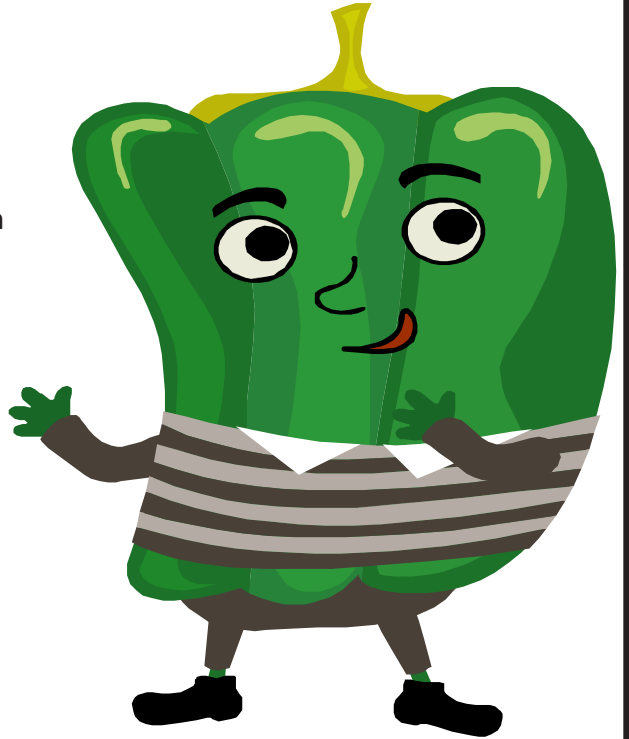
1. Blueberry
2. Lemon
3. Raisin
4. Custard
5. Apple
6. Rhubarb
7. Pumpkin
8. Elderberry
9. Butterscotch
10. Strawberry



### 15. Vegetable Know-How

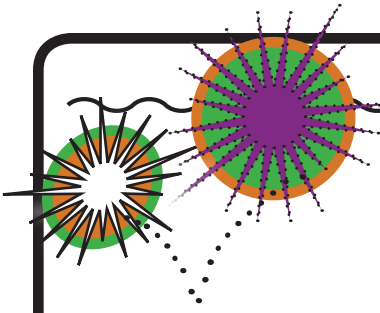
Which vegetable names can answer the following questions? (Answers - page 12)

1. spoken of in connection with policemen
2. a foot ailment
3. a short name for a heating apparatus plus a kitchen utensil
4. a measure of gold
5. wages
6. a vehicle plus a period of time
7. to make thread plus what happens after strenuous exercise
8. a European capital plus what a seed does after it is planted
9. a man's name plus an indefinite article plus a part of the body
10. part of the verb "to be"
11. a substitute for meat plus a growing thing
12. a letter of the alphabet
13. a breed of dog plus a blossom
14. a nationality plus a word to describe damage by fire
15. a vessel for cooking plus an indefinite article plus a preposition
16. another word to describe a skill plus the sound made by a clock plus to swallow wrong.
17. to spring a ....
18. a preposition plus a charged molecule



#### The Pie Quiz No. 2 Answers:

1. Pineapple
2. Butterscotch
3. pumpkin
4. pecan
5. banana cream
6. Dutch apple
7. gooseberry
8. raisin
9. coconut cream
10. blackberry
11. chocolate
12. strawberry



### 16. THE "CAT" QUIZ

*What type of cat answers these questions? The answer must 'cat' in it. (answers - page 13).*

1. What cat makes trouble?
2. What cat is a sauce?
3. What cat is a plant that grows in marshes?
4. What cat has horns?
5. What cat is a person used for a tool?
6. What cat is learned in church?
7. What cat is sent out by mail order houses?
8. What cat is a waterfall?
9. What cat is a plant of the mint family?
10. What cat is an ancient burying place?
11. What cat is a bird?
12. What cat is a church?
13. What cat is a fish?
14. What cat prepares food?
15. What cat is a flower?
16. What cat leaves marks?

### 15. b) Answers to Vegetable Know how...

1. corn
3. radish
4. carrot
5. celery
6. cabbage
7. spinach
8. brussel sprouts
9. tomato
10. bean
11. egg plant
12. pea
13. cauliflower
14. swiss chard
15. potato
16. artichoke
17. leek
18. onion



## 17. WORD MATCH GAME

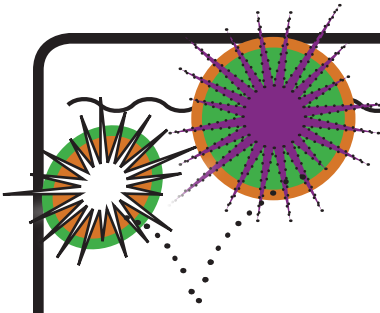
Match the words in groups of three -- no repetition and no specific order.

Sample answer - Red, White, Blue [answers may vary] Have the members explain their answers. For more fun do this in pairs.

|           |        |
|-----------|--------|
| Blue      | Sinker |
| Stars     | Fork   |
| Sealed    | Hope   |
| Knife     | Wine   |
| Myself    | Fish   |
| Glove     | I      |
| Morning   | Line   |
| Women     |        |
| Charity   |        |
| Signed    |        |
| Vinegar   |        |
| Night     |        |
| Writing   |        |
| Sun       |        |
| Faith     |        |
| Spoon     |        |
| Hook      |        |
| Delivered |        |
| Chips     |        |
| Bat       |        |
| Noon      |        |
| Red       |        |
| Song      |        |
| Ball      |        |
| Reading   |        |

### 16. b) Cat Quiz Answers

1. catastrophe
2. catsup
3. cattail
4. cattle
5. cat's paw
6. catechism
7. catalogue
8. cataract
9. catnip
10. catacomb
11. cat bird
12. catholic or cathedral
13. catfish
14. caterer
15. catnip
16. cat-o'-nine tails



### 18. Sorts and Mingle

Adapted from-Keeler,  
Ronald F *Recreation Time  
For All Ages!*, Standard  
Publishing Co. Cincinnati, Ohio

The first part of the game is the "Sorts" game. You will throw out two contrasting choices and the group has to move either East or West of the room (e.g. "Do you prefer Zellers or Walmart?"). Then you throw out two more choices and have them move South and North. That way, they all must move somewhere. Sorts that work well include: movie/book; salty/sweet; dress up/casual; inside/outside; be on the stage performing/in the audience watching, etc.

The second part, the Mingle game, is also interesting and effective as an icebreaker; You throw out a general category and the group has to mingle around to find others that have the same answer and they clump up. After about thirty seconds to one minute, you then have each group call out their answer. It's okay if someone doesn't have anyone else who has the same answer. Just try to avoid two groups with the same answer (means they didn't mingle very well!) Some examples of mingles: your favourite dessert; the type of toothpaste you use; if you could attend one huge event (e.g. the Superbowl, Oscars, World Series, Nascar Opening Day, etc.) what would you choose; your least favorite chore at home; if you could be the very best at something, what would it be

### 19. Switch

Count off the group. Everyone gets an individual number. One person is IT. Everyone is on the ground in a circle. Two numbers are called. The two players attempt to switch places and seat themselves before being tagged by IT. If a player is tagged, that person becomes IT. The previous IT takes over the new IT's number.

### 20. The Blob

Three players are chosen to form the blob. They link elbows, forming a three-person line, and they chase the rest of the group. Anyone tagged must join the blob by linking elbows on either end. The game ends when everyone is part of the blob.

### 21. Charades Down the Line / Telephone Charades

Each person acts out a charade only for the next person in the line, who in turn acts out for the next person. The last person standing in line attempts to guess what the original clue was. Write a list of humorous actions to be acted out. Some examples are: a pantomime, a nerd's first date, a cat bathing itself, going skydiving, a new puppy, fishing and catching a huge fish **How to Play...** Choose five or six people (or ask for volunteers) and ask them to line up in a row, facing the left side of the room. Ask the first person to turn around to see the first clue to be acted out. Reveal the clue to the person, and display the clue to the audience as well. The first person turns around and taps the next person in line on the shoulder. He or she then acts out the clue using classic charades rules (no talking or noises permitted). The second person then taps the third person and acts out his or her understanding of what was acted out. This process continues until it reaches the last person in line, who must guess what the action is. **Variation-** have two teams line up and act out the same clue simultaneously. The teams that guess the clue correctly (or most correctly) wins the round.

