**Activity Ideas for 4-H Club Meetings**

***Balloon Milk Shake***

You’ll need: balloons, 1 milk share straw per person, 2 glass containers of soapy water, 1 table

Formation: 2 teams in straight lines (12 or more people)

To play: Place containers on table at one end of the playing area. Divide the group into two teams and line them up at the other end of the area.

 On “GO”, the first player from each team inflates his balloon and then inhales on the straw to hold the balloon onto the other end.

 He runs down to the container of water, inhaling all the while. If the balloon drops, he must begin again at the startling line.

 When the player reaches the water, he removes the balloon and places the straw in the soapy water.

 While his team members count aloud to ten, the player blows bubbles with the straw. He then kicks the balloon back to the starting line, where the second team member waits.

 The game ends when each members has completed the event

***Keep Fit***

You’ll need: 2 sweatshirts, 2 hats, 2 whistles

Formation: 2 teams in straight lines (6 or more people)

To play: Players are divided into two teams. Teams sit down, legs outstretched, facing each other to form a ‘ladder’ of legs.

 On “GO” the first play from each team jumps up, runs down the ladder of legs, picks up the hat, the sweatshirt and the whistle. Then he turns to his team and shouts, “Head and Shoulders, Knees and toes”, where-upon his team stands, touches these 4 parts of the body and sits down. Player 1 returns items to the starting locations and tags player 2 on his team, who repeats the routine.

 The first team finished wins. (Let everyone collapse when the relay is over, if they haven’t already!!)

***Flapjack Fry***

You’ll need: 2 frying pans, 2 potholders, 2 wooden spoons, hardboiled eggs, 2 pair boxing gloves or ski mitts

Formation: Straight lines (10 or more people)

To play: Divide the group into two teams. Place them in shuttle formation at either end of the playing area.

The potholder represents the pancake. Place it in the bottom of the frying pan.

 The first player from each team dons the boxing gloves, places the egg in the wooden spoon and runs to the second player at the other end. If the egg falls, the player must go back and begin again.

 When the first player reaches the other end, the second player dons the gloves, picks up the frying pan and runs to the other end, flipping the potholder as if he were flipping a pancake.

 The third player then runs the pancake back to the fourth player, who is waiting with the egg and the spoon.

 The relay ends when every player has had the chance to carry the egg and pancake!

***Potato Golf***

You’ll need: 2 potatoes, 2 curved sticks (like field hockey sticks), chalk or masking tape

Formation: Straight line (4 or more people)

To play: In preparation for the relay, use chalk or masking tape to make 3 circles, one inside the other. The center is worth 15 points, the middle worth 10 points, and the outer circle worth 5 points.

 Divide the group into two teams. On “Go”, the first member of each team runs to the starting line, picks up the ‘club’ (stick) and ‘putts’ the potato towards the scoring zone, aiming for the bulls eye.

The leader notes the score of each putt. The player picks up the potato, runs the potato and stick back to the starting line. He tags the second team member. Everyone tries his hand at putting. When all players have had a shot, the scores are tallied. Contrary to the real game of golf, in potato golf, the team with the ‘highest’ score wins.

***Ride ‘Em Cowboy***

You’ll need: (Team) 1 ten gallon hat, 1 cowboy belt, holster & gun, 1 chair, 18 inflated balloons

Formation: Straight lines (12 or more people)

To play: Divide the group into teams of 6 people. A chair is placed about fifteen to twenty feet in front of each team.

 On ‘Go’, the first person on each team puts on the ten gallon hat, cowboy belt with holster and gun and places a balloon between his knees. He proceeds in bow-legged fashion to the chair, where he places the balloon on the seat and rides the ‘bronco’ until it ‘breaks’.

 He returns to his line, passing his hat and belt to the next cowboy.

 The game proceeds in this relay fashion until all broncos have been broken.

***Hazardous Hosiery***

You’ll need: (Team) ... 1 pain oven mitts, 1 chair, 1 blindfold, 1 pair nylon stockings

Formation: Lines (15 or more people)

To play: Divide players into two teams. Ask players to remove their shoes.

 The first player from each team runs to the chair, where he is blindfolded. He puts on the oven mitts, and tries to put on the nylon stockings. When successful (both feet in), he removes the stockings and takes off the mitts and the blindfold. HE runs back to his team and tags the second player in line.

 The first team to complete the relay, with shoes on, wins.

***Number Please***

 Choose sides and line up each side facing the other. Give each guest a number (which you may either pin on his coat or hang around his or her neck) and tell him that that is his official number. Side A has its numbers (from 1 to 9 including 0) and Side B has the same. A judge is chosen to stand at one end of the room and pick numbers from a hat. Suppose he picks 365. He calls out “Side A - number 365.” At this instant number 3, number 6 and number 5 rush out and form this number as quickly as possible. If they form 563, 635, 356 or any other combination but 365 they are sent back and side B is given a change. This done 10 times for each side and the side that gets the greatest number of correct numbers wins. In case you have more than ten on each side use duplicate, for example 1831, 6486, etc.

Of course the numbers that you put into the hat will have no duplicates unless the players have duplicates. The numbers in the hat should all be between 100 and 10,000 and should never have any two digits alike unless more than ten players on each side are playing.

***So Near & Yet So Far!***

Great blindfold game. The idea is to walk across the room blindfolded while holding hands with another blindfolded person. It is anything but easy to do and looks so foolish when you get three couples doing it at the same time that it is sure to produce a great deal of laughter.

To play: Blindfold three couples who must keep holding hands and not let go. At the word ‘Go’ let them try to find their way to the goal at the other end of the room. They must not let go of one another or they will be disqualified. The couple reaching the goal first, of course, wins.

***Bubble Race***

 This is a sort of basketball with a bubble. Two sides are chosen and bubble pipes and soapy water provided for each side. Each side must have a bubble blower, a fanner and goal man. The two fanners stand facing one another in the center of the room. Each has a piece of cardboard or a fan in his hand. At the word ‘Go’ the bubble blower for side A blows a bubble and the two fanners try to fan this bubble over toward their respective goals. If the bubble bursts, the two fanners start over again at the point where the bubble has burst, the other bubble blower blowing the next bubble. The object is to get the bubble over the goal line.

***Do This & Add Something***

 The players sit around in a large circle. One player starts the game by getting up, standing in the center of the circle and assuming a very foolish attitude. This done, he returns to where he was and the next player gets up, comes to the center of the circle, assumes the attitude of the previous play and adds an attitude of his own. This done, he returns to his place and the next player comes up, assumes the two previous attitudes and adds on of his own. As this keeps on

going it get funnier and funnier and you can imagine how ridiculous any man or girl will look going through ten or fifteen different motions like thumbing his nose, throwing his hands above his head, bending over and look through his legs, jumping up in the air twice and hollering “Yippee!”, stroking his sleeve, etc.

No player is allowed to add his motion until he has successfully imitated all the previous motions and attitudes in their correct order. If he fails to do this he is put out of the game. The game gets more and more difficult as it progresses and it won’t be very long before most of the players have missed out and are disqualified. This will leave one or two players to go through all the antics and there certainly will be plenty to laugh at in watching it. The player to stay in the game the longest wins the game.

 As an additional feature it should be added that no player may laugh or smile while going through his various motions and antics. The rest of the people may laugh as much as they want but the performer must keep a straight face and do his stuff without any mistakes - otherwise he is out of the game.

***Nut Race***

 Divide the guests into two teams with the same number of players on each team. Have the teams face each other, standing about four feet apart. In front of each player, on the floor, place a walnut.

 Now appoint two nut collectors to stand at the foot of each line with a basket or box while you stand at the head of the lines. At the word ‘Go’ the first player of each team must pick up the walnut in front of him and hand it to the player next to him, who must pick up the walnut in front of him and hand both nuts to the third player, who must pick up the walnut in front of him and hand the three nuts to the fourth player, and so on. The last player, of course, has a handful of walnuts which he must give to the nut collector who puts them in the box and carries them back to the first player. The first player then takes all the nuts out of the box and the nut collect runs back to his original position, taking the empty box with him. As soon as he is back the first player starts passing one nut at a time to his neighbor who must pass it on until it gets to the empty box again. The first team to go through this and fill the empty box twice wins the game.

No player may bend over and touch the nut in front of him until he has received the nut from his neighbor. If he does he is disqualified. If a player drops a nut he must immediately pick it up. Of course nuts must be passed and picked up as fast as possible as this is a race between two competing teams.

***Paper Strip Tease***

 Prepare about twelve long strips of paper two inches wide and eight or ten feet long. You can get these from adding machine rolls or bolts of ribbon. Use only eight strips to start the game.

 Now attach one end of each strip to a blank wall, about 42 inches above the floor and let the other end trail on the floor. The strips should be at least two feet apart so that eight players can work, one on each strip, while standing next to one another.

 Each player is supplied with a scissors and instructed as follows ...

 At the word ‘Go’ you must all start cutting your strip in half the long way without going off the strip. Each two plyers forms a team and the winner of each team will compete in the “semi-finals.”

 Any player going off the strip is out of the game, and the first one in each team to reach the wall by cutting his or her strip lengthwise wins for his team.

 The contestants in the “semi-finals” may use any of the cut strips. The strips they use will be only half as wide as they were and will have to be cut with twice as much care to prevent going off. The same rules apply to contestants in the “semi-finals” as previously.

 The two winners of the “semi-finals” will now race each other for the final honors and grand prize. This time each strip will be only a quart as wide as it was originally and extreme care musts be exercised. If a player goes off the strip, the other player wins.

 The length and width of each strips is up to you. We suggest two inches wide and eight or ten feet long because this is most practical. You can make this game easier or more difficult by changing these dimensions.

 The winner of this game certainly deserves a worth-while prize!

**Resources available for additional ideas on active play. Check the local library to see if they have the books available.**

* Creative Play Activities for Children with Disabilities by Lisa R. Morris and Linda Schulz
* Everyone Wins! Cooperative Games and Activities by Sambhava and Josette Luvmour
* Follow Me Too by Marianne Torbert and Lynne Schneider
* Hello Toes! Movement Games for Children by Anne L. Barlin and Nurit Kalev
* Outdoor Action Games for Elementary Children by David Forest and James Overhold
* Playing: A Kid’s Curriculum by Sandra Stone
* Ready-to-Use Activities for Before and After School Programs by Verna Stassevitch, P. Stemmier, et al.
* School-Age Ideas and Activities for After School Programs by Karen Haas-Foletta and Michele Cogley
* The Outside Play and Learning Book by Karen Miller