



# 4-H EZ

## Recipe for 4-H Club Success

### Topic One - Develop a Culture for Youth Involvement

### Activities/Games

**The Bus:** Create two parallel lines 3 feet apart (you can use a sidewalk). First have the youth get on the bus by standing between the lines. At the first stop have the youth get off the bus according to what is there for them on the left or right side of the bus. First stop, chocolate ice cream on the left side, vanilla on the right. Now look around you, you have something in common with those around you.

| <u>Right</u>   | <u>Bus</u> | <u>Left</u>     |
|----------------|------------|-----------------|
| Cats           |            | Dogs            |
| Loud           |            | Quiet           |
| Running        |            | Walking         |
| Save Money     |            | Spend Money     |
| Bus Rider      |            | Bus Driver      |
| Sky Diving     |            | Deep Sea Diving |
| Problem Solver |            | Problem Maker   |
| Hamburgers     |            | Hotdogs         |
| Chicken        |            | Salad           |

**Train Wreck:** Line chairs up in two rows facing the same direction. Have the youth take chairs. Give all youth a number from one through the number of participants. One of the students is picked to be the conductor. Set up a scenario where all the students are on a moving train. They will be allowed to get up and move when their number is called. They may only move down the aisles of the train-the center space between the two rows. The conductor walks up and down the aisle and, when ready, calls out numbers. At the conductor's command, the people who have the called number must find a new seat. The conductor also attempts to take an empty seat. After the exchange of seats, the person who does not have a seat is then the conductor. If the conductor calls, "Train wreck," all people have to move. The conductor can get creative (i.e., even numbers, numbers that end in "e," the square root of 9, multiples of "5," etc.)

**Dead Cow:** Explain and demonstrate three types of cows: live cows (on hands and knees), sleeping cow (curled up on side), and dead cow (on back with legs and arms sticking up). Call out different cow and have youth go to those positions. The last one to get there is eliminated.

**Frog Catcher:** All of the participants will sit in a big circle on the ground. One participant will be chosen to sit in the middle as the "frog catcher". Everyone else is deemed flies. Everybody will then close their eyes as the proctor (adult) goes around the circle and taps someone (1 person) on the shoulder to be chosen as the frog. Once the frog is chosen, everyone opens their eyes including the person in the middle. The frog must discreetly make eye contact with people and stick their tongue out at them to (kill them) get them out without the catcher in the middle seeing them. The frog catcher in the middle has three attempts to try and guess who the frog is.