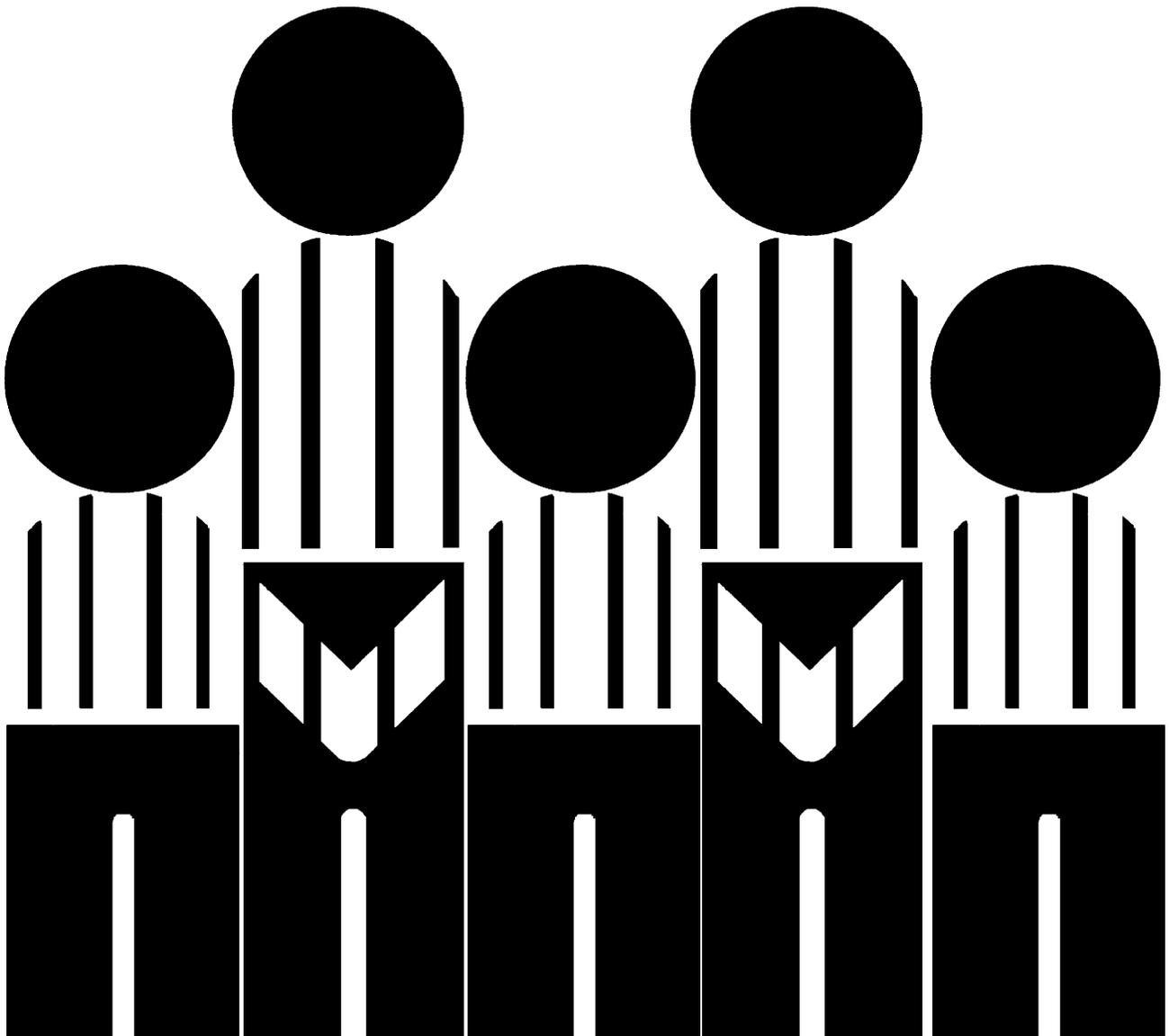




# So you're the club recreation leader . . .



**Y**ou, and all officers of 4-H groups, are representatives. You represent not only the local group, but also the complete 4-H program throughout the state. Your skills and abilities, standards and ideals, grooming, speech, and even smiles represent Iowa 4-H'ers. Representing others is one of your most important responsibilities because it exists at all times—not just while you are at the 4-H meetings. Those who are not acquainted with 4-H, judge it by its officers.

## Checklist for Recreation Leaders

\_\_\_\_\_ I will make recreation a part of every 4-H meeting.

\_\_\_\_\_ I will be enthusiastic.

\_\_\_\_\_ I will lead games when asked.

\_\_\_\_\_ I will help others lead as well as play.

\_\_\_\_\_ I will work with other 4-H officers in planning the program.

\_\_\_\_\_ I will help plan parties and events with other people in the group.

A well-qualified leader is the key to successful group recreation. Group recreation helps an organization run smoothly and helps people want to become 4-H'ers. If you are the recreation leader, you have an opportunity to serve, and to make life a little more fun for others. You will learn some new games, gain confidence, and have the satisfaction of helping others to have fun.

Recreation plays a very important part in our lives. It provides us with some rewards we may not get in other ways. Your favorite recreation activities can help others to

1. have fun,
2. gain new friends,
3. relax,
4. have a new experience, and
5. enjoy the opportunity to work with others in a fun activity.

## Guidelines for Recreation Leaders

1. Know the games you are leading. This means making plans beforehand.
2. Know your group (dress, ages, numbers) and prepare activities in which all can participate safely.
3. Find out about the place where you will be leading recreation—inside or outside, how much space, if there are chairs, etc.
4. Have the proper equipment ready for each activity.
5. Be sure to have the attention of everyone before explaining the activity.
6. Speak clearly and stand where everyone can see you when you are giving directions.
7. Demonstrate whenever needed to show others how to do the activity.
8. Show a positive sense of humor and enjoy yourself. (Be enthusiastic!)
9. Accept ideas from other people, and use if appropriate.
10. Try to get everyone in the group involved.
11. Use a definite signal for starting and stopping. Check the area for safety concerns before starting.
12. Stop a game before 4-H'ers feel bored; then they will want more next time.

## Resources for Recreation Leaders

Visit the 4-H Web site at <http://www.extension.iastate.edu/4H/Volunteers/index.htm>.

# Practice for Recreation Leaders

You have planned a scavenger hunt for 25 items as recreation at your group's meeting. The meeting lasted longer than expected so you have only 15 minutes left for the scavenger hunt. How could you change your plans so the scavenger hunt could be finished in 15 minutes? There are 16 4-H'ers present at the meeting.

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Susan Bates lives in an apartment, and the only room for recreation is the living room. Suggest a game the 12 4-H'ers in her group could play.

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The Green Clovers 4-H group has four older 4-H'ers who always sit by each other and really don't even talk to the younger 4-H'ers. How could you as recreation leader help them to mix with the younger 4-H'ers?

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Four new people come to your first meeting of the year. What would be a good activity the group could do to make the new 4-H'ers feel at home and part of the group?

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Make a list of three good games that could be played at a family night. Also list the equipment needed and the formation of the group (circle, line, etc.).

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There are 16 4-H'ers (mostly boys, ages 9 to 16). What types of activities would you plan for them? Do not use sports (basketball, football, etc.).

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# IOWA STATE UNIVERSITY

## University Extension

10/07

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