



# 4-H Shooting Sports

*Learn by Doing*

## 4-H SESS Mixers

### **Decide Early**

Have everyone get a partner. Have them stand facing each other with their hands behind their backs. On the count of three have them bring their hands out from behind their backs. They should be holding up any number of fingers on each hand. The object is to be the first one in the pair to correctly shout out to their partner the total number of fingers showing on all four hands (their hands and their partner's hands). Play this for a few rounds. You can have them switch partners.

### *Follow-up:*

The discussion concept is that you need to count your fingers before you bring them around. This is pre-planning! You need to pre-plan what you will do when offered to try a drug, are in possession of a firearm, in control of a meeting, etc. Pre-planning helps make life easier.

### **Say It and Do It!**

Have everyone stand up and follow your arm motions. Put your arms over head - they will do the same thing. Have them say the direction you are pointing, which is up. Now, put your arms down. Have them also do this and say "down." Now, put your arms to your right, which is their left, they will do the same and say the direction "left." Repeat this to the right. Now, go through some motions having them follow along; and say the opposite of where you are pointing, but point in the same direction. For the third round, have everything the same except that they will say the same direction you are pointing, but they will point in the opposite direction. (Joke how poorly they were able to follow directions – then emphasize why it's important as SESS instructors to not only verbalize directions, but show, discuss and provide visuals for youth to learn.)

### *Follow-up:*

Here is a quote from Frank Outlaw that really puts this activity in perspective. "Watch your thoughts: they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; it becomes your destiny."

The 4-H SESS program is about offering a positive youth development opportunity to develop positive attitudes and values about firearms. We teach life skills that can leave a lifetime impact.

### **Frogman**

Have everyone stand up. When you count to three, have them take a deep breath and hold it for as long as they can. When they need to take a second breath, have them sit down. Everyone will sit down at different times. This can illustrate that not everyone has the same attention span for all activities. Discuss why this is true and how they need to be prepared with activities to keep kids' interest and avoid problems.

### **I Didn't Know That (mixer)**

Give each person a piece of paper and a pencil. Explain that the challenge of the activity is to talk to as many people as possible during the first 5 minute period. Instruct them to approach each person and ask, "Tell me something about you that I don't know." Have them write down the person's first name and record the answer. They don't need to write down the entire answer, just enough so they will remember what the answer was. They must then tell the other person something about themselves. When they move on to the next person, they must share something new/different (haven't shared with someone else before). It must still be true, but it can't be anything that they have told anyone else already during the activity. The answers may be about something they have done, something they have, something they like, something about their family, etc.

At the end of the designated time period, have each person report on how many people they were able to receive answers from. Next, have them look over their list of answers and have them choose one interesting item of information that they learned. Go around the group (table), and have each person share that one item from their list.. You will have to decide if you want them to reveal who they received the item from. You don't want this to turn into a contest to see who is the most interesting person in the group. Record all of the interesting pieces of information on the board/flip chart (optional). Discuss how diverse a group is, and share any interesting stories about the ones who were selected per group.

### **Two Truths and A Lie (mixer)**

In a group each person shares two true statements about themselves and one lie. The group has to guess which statement is a lie. Repeat for all group members.