



4-H Club Pre-Meeting and Recreational Activity Ideas and Resource Guide



4-H Club Activities

[http://www.extension.iastate.edu/
clay/info/Club+Activities.htm](http://www.extension.iastate.edu/clay/info/Club+Activities.htm)



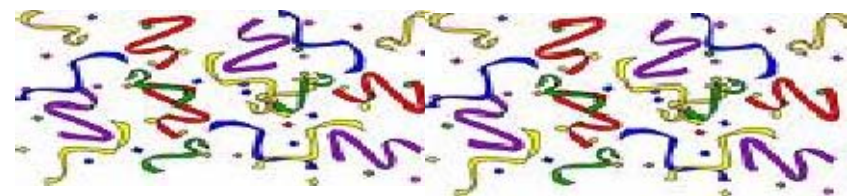
4-H Club Pre-Meeting Activities

[http://www.extension.iastate.edu/
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4-H Club Recreation Resources & Activities

[http://www.extension.iastate.edu/
clay/info/recreation.htm](http://www.extension.iastate.edu/clay/info/recreation.htm)



1. Estimation Games

Numeric Challenges: Encourage youth to estimate the number of items in a container.

Tips for creating numeric estimation challenges:

- A clear container will provide a better opportunity to make a good estimation.
- Start with a known quantity. Use a pre-counted number of objects – for example: a packaged bag of marbles states “30 marbles per bag.”
- Add several pre-counted objects together to make a larger challenge.



4-H Twists

- Ear tags – After youth submit estimations and before the winning guess is revealed use the opportunity to discuss details of an upcoming animal weigh-in.
- Pennies – Rolls of pennies (or other coins) can be purchased from a bank or you can ask to have a jar of pennies mechanically counted. Use the money jar to talk about the annual 4-H fee, fundraising campaigns or scholarships.
- Film canisters – Use this object to remind 4-H'ers to take pictures of project work and 4-H involvement throughout the year. Encourage them to use the pictures in their record books.

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Weight Challenges: Estimating the weight of an object can be an interesting challenge for all ages.

Tips for creating weight estimation challenges:

- Use a non-breakable container youth can easily lift and move.
- Start with a known quantity. Use a pre-weighed material – for example: a label on a package of rice states 1lb. 15oz.
- Use a kitchen scale to measure items which aren't pre-weighed.



4-H Twists

- Water – After youth submit estimations and before the winning guess is revealed a variety of items could be discussed. The importance of water for good health, amount of water various species of animals need daily, importance of fresh clean non-frozen water for animals (pets, livestock, wildlife, etc.)
- Feed – Animal nutrition, ingredients, pounds per day, and a wide variety of discussions could be generated for a variety of project areas.

Bag or basket of fruit/vegetables - (All one kind or a variety could be used) Nutritional guidelines, serving sizes, daily servings,



preparation methods, storage, purchasing tips or a wide variety of nutrition topics could be discussed – food could be used as club refreshments or the basket could be given to the local food pantry.

The Price is Right: Estimating cost is dynamic as markets change.

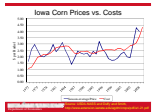
Tips for creating price estimation challenges:

- Tag items with the date and location of the purchase – for example: one gallon ethanol purchased today at Casey's in Jefferson, Iowa.
- Use items which the group would be familiar.
- Use items purchased locally or on the internet – places easily available.
- Similar items of differing cost to be ranked from lowest to highest price.



4-H Twists

- Great introduction into Consumer Management and Consumer Judging. Explain what Consumer Judging is and share opportunities to take part in Consumer Judging events.
- Thank you cards – Discussion could include the cost of making homemade verses premade, citizenship opportunities, who have members of the group helped or who has helped them. The cards could be sent to volunteers or supporters who have provided assistance to the whole group or individual members.
- Juice – Cost comparisons could be made between single serving size and larger containers, nutrition choices, carbon foot print and packaging, discretionary dollars, etc.
- Bushel of Grain – Market trend and charts of past grain prices could be discussed as well as futures markets, effect of grain prices on other commodities, etc.



What is it? Identification Games: Multiple senses are often necessary to determine exact identification.

Tips for creating object identification games:

- Use extreme caution with chemicals or possible toxins.
- Consider possible allergies.
- Comparisons or look-alike items can make an interesting challenge.
- Decide ahead of time which or how many of the five senses may be used to identify the item.
- Increase difficulty of the challenge by limiting the number of senses which can be used when trying to identify items.
- Pictures using a glimpse of a small portion of the whole object.

4-H Twists

- Leaves - Discussion on identification of poisons plants (poison ivy or oak) prior to a nature hike; leaves which may be poisonous if ingested; leaf identification prior to a field trip to an apple orchard, u-pick strawberry farm or arboretum; wildlife and habitat; etc.
- Colored liquid – Is it drinkable or toxic...antifreeze or Gatorade....cough medicine or Kool-aid? Generate a discussion about potentially dangerous chemicals prior to a roadside clean-up project or talk about keeping dangerous substances out the of the reach of children.
- Salt – Measurement methods of dry ingredients for food preparation, processing and preservation of food, salt and health, topics for discussion are unlimited.



2. Brain Teasers

Optical Illusions - Examples below are from NIEHS Kids' Pages - <http://kids.niehs.nih.gov/illusion/illusions.htm>

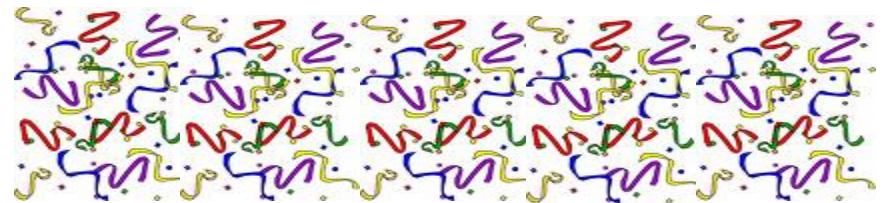
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Now let's play with some words...what do you see below?



In black you can read the word **GOOD**;
but the word **EVIL** also appears in white letters inside each black letter.

12. Head, heart, hands, and health are symbolized by this. (4-H clover)
13. A picture of yourself that proves you are privileged. (driver's license)
14. This started out in the forest but can end up as an airplane. (paper)
15. It's many teeth keep strays in place (comb)
16. Many different things are said about this --- it's continuous, makes the world go around, looks good on everyone, helps you feel good, and the best thing to put on in the morning (smile)
17. A small profile of Franklin Delano Roosevelt is on one side and torch with an olive branch and an oak branch are all pictured here. (dime)
18. This helps some near and helps others far – but everyone who has them balances them on their nose. (glasses)
19. Most people would rather not need to use this but when eyes and noses run it's good to have around. (Kleenex)
20. A Hawaiian dollar bill. (same as any US dollar)




Bring Me Game

Create teams and have each team sit together in a group. Designate one collector for each team.

The collector is a person given to charge to collect items the group brings and record scores.

Leader calls out an item for each group to bring to the collector. The first team to bring the item forward receives 10 points – remaining teams that produce the item get 5 points – if a team can't produce the item but knows what it is they can tell the collector and receive 1 point - zero points if items are not produced in the set time. (Suggested maximum time: thirty to 60 seconds)

Items –Example: Create your own clues to make a new game

1. Round and round it goes – sometimes as a never ending symbol of love – sometimes it's simply an accessory. (ring)
2. Often kindergarteners master how to use this tool by learning a simple rhyme about a bunny going around a tree. No matter how the task is learned it's good to keep this tight so you don't trip. (shoelace)
3. Spearmint, cinnamon, wintergreen, or watermelon this can come in many flavors – it's good to have in your mouth but notorious for winding up stuck to the underside of tables. (gum)
4. From humble origins and less than a year of formal education you may have a picture of this 16th president in your pocket. (penny – Abraham Lincoln)
5. This has two hands and a face it keeps on ticking but is not alive. (watch/clock)
6. Sounds or words can be used when using this to stay connected. (cell phone)
7. If this doesn't fit then the jury must acquit. (gloves)
8. Normally this has three curves and is useful for keeping things together – but it can be straightened into a line. (paper clip)
9. Place this high to help keep you warm when winter days are cold (hat)
10. 50 US states each have a differently designed one of these but they can all be used exactly the same. (quarter)
11. One end of this helps me keep track of information while the other lets me delete mistakes. (pencil with eraser) 

Now what do you see?



You may not see it at first, but the white spaces create the word **OPTICAL**, while the blue landscape spells out **ILLUSION**.

The Man in the Coffee Beans

The "illusion" is that this is just a picture of coffee beans; but it is not. Can you find a man's face among the beans? Some say that if you find the man in 3 seconds or less, the right half of your brain may be more well developed than most.

PS: This is not a trick. A man's face is really hidden among the beans.



And what do you see below?



This one is quite tricky!
The word TEACH reflects as LEARN.

What do you see?



You probably read the word ME
in brown, but.....
when you look through ME -
you will see YOU!

What is the Difference? - Games to challenge your observation skills.

Tips for creating “what’s the difference” games:

- Use photography software you are familiar with to create unique puzzles from photographs.
- Word processing software can be used to create puzzles using simple objects.
- Vary the game by using “hidden pictures.”

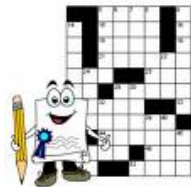


4-H Twists

- Pictures from recent 4-H events can serve as discussion starters. Example: pictures from the first dog obedience practice can serve as a reminder that classes have begun.
- Pictures of annual 4-H events may promote the approach of an event. Example: pictures of last year’s delegation to Iowa Youth Conference can be used to promote registration for this year.
- Object pictures could be used to begin discussion on various project areas. Example: objects of foods which belong to certain food groups; hidden woodworking tools; farm safety dangers, etc.

Cross Word Puzzles

- Make your own cross word puzzle. One of many online options: <http://www.puzzle-maker.com/CW/>
- Graph paper and pencil - challenge youth to create a cross word puzzle of their own
- Crossword software packages are abundant and easy to use



5. Internet Game Resources

- a. Food for Fitness and Fun, Activities:
<http://www.extension.iastate.edu/food/activities/index.htm>
- b. Food for Fitness and Fun,
- c. Index to Group Activities, Games, Exercises & Initiatives:
<http://www.wilderdom.com/games/>
- d. FUN-ATTIC The Great Game List:
http://www.funattic.com/game_list.htm
- e. Games Kids Play: <http://www.gameskidsplay.net/>
- f. Zoom, games by kids for kids:
<http://pbskids.org/zoom/games/>

6. **Purchased games** – Store-bought games can be a good way to engage club members in a recreational activity. Depending on the size of the club games can be played in a tournament style or a variety of different games played simultaneously.

- a. **Cards** – Crazy Eights, War, Kings in the Corner, Hand and Foot, 500, Black Jack, Speed, Rummy, Go Fish, Spoons, etc. are all games which can be played with a standard deck of cards. **Specialized Decks:** Uno, Boom, Old Maid, Pit, Sum ‘r Set, Phase 10, etc. 
- b. **Dominoes** – Chicken foot, Mexican Train, a number of domino games and rules can be found on the following webpage: <http://www.domino-games.com/>
- c. **Board Games** – Backgammon, chess, checkers, Scrabble, Monopoly, Risk, Boggle, etc.
- d. **Boxed Games** – Apples to Apples, Taboo, Trivial Pursuit, Cranium, Pictionary,

Use your imagination and create your own games using new twists on old standards!



Snowballs can be picked up and re-thrown. At the end of a predetermined amount of time the games leader calls “stop.” The winning team is the team with the least amount of snowballs on their half.

- g. **Relay Games:** Unlimited possibilities with relays. Outside on a hot day, use paper cups with a hole in the bottom and have teams transfer water from one end of the relay line to the other. Inside, use small items to pass from one end of the relay line to the other. Depending on your group and location a variety of items could be passed... ice cubes, plastic fishing worms, squishy balls, Frisbees, hats, potatoes, etc. The items could be passed a number of ways also... hand to hand, head to head, thrown, rolled, use your imagination.



4. Resource Recreation Books

- a. *The Bottomless Bag Again?*, by Karl Rohnke
- b. *Quicksliver*, by Karl Rohnke and Steve Butler
- c. *Cowstails and Cobras II*, by Karl Rohnke
- d. *Silver Bullets*, by Karl Rohnke
- e. *Teamwork & Teampay*, by Jim Cain & Barry Jolliff
- f. *50 Ways To Use Your Noodle*, by Chris Cavert & Sam Sikes
- g. *50 More Ways to Use Your Noodle*, by Chris Cavert & Sam Sikes
- h. *Great Group Games*, by Susan Ragsdale and Ann Saylor
- i. *The Book On Raccoon Circles*, by Dr. Jim Cain and Dr. Tom Smith
- j. *Games for All Ages 100 Fun Activities Everyone Can Play*, Copyright ©2002 Group Publishing, Inc.
- k. *The New Games Book*, Created and produced by the Headlands Press, Inc.
- l. *K!ds' Team!*, Copyright ©1991 University of Nebraska-Lincoln Cooperative Extension

Word Search Puzzles

- Make your own word search puzzle. One online option: <http://www.armoredpenguin.com/wordsearch/> This page allows you to create word search puzzles using your words. When you are done, hit the "Puzzle" button to generate a word search puzzle. Once the puzzle is displayed, you can use the "Printable HTML" or "Printable PDF" buttons to get a clean page suitable for printing with your web browser. The puzzle that is generated will remain on this server for about two months. If you want to ensure that you have a copy of the generated puzzle, make sure you save a copy.

Tangrams

- **Ancient Chinese moving piece puzzle, consisting of 7 geometric shapes.**
- Funtivities – Area kits contain sets of Tangram puzzles
- Simple Challenges – create a square or triangle using all 7 puzzle pieces
- Create unique puzzles by outlining created shapes – challenge others to recreate the outlined shape



3. Friendly Competitions

- **Fifteen objects:** Any easily handled objects can be used for this two player challenge. (Pencils, spoons, popsicle sticks, gallon milk container lids, dice, buttons, bobbers, ear tags, etc.) The player to move first takes one or two of the objects, the next player follows by selecting one or two objects. Play continues with each player alternating turns and each selecting to take one or two of the objects. (At each turn a player can take one or two objects. Each selection is independent and does not matter what was selected the time before or the choice of the other player.) Goal of the game is to force the other player to be the last one to take the final object.



- **Tic Tack Toe:** The traditional version uses X's and O's and players try to get three in a row (horizontal, vertical, or diagonal) before the other player. Easy time filler which doesn't take much time to explain or materials to play the game. Variation: Questions must be answered before a player can make place an X or O on the board. Questions can be drawn at random from a pile or each square can have a specific question corresponding to the location on the board.



- **Do you know who I am?** - Each person writes something about themselves on a piece of paper. The items should be something which others may not know, yet the person is comfortable sharing. Papers are placed in a solid container (not see-through). Papers are drawn out at random and the group tries to guess who wrote each item.



- **First Impressions:** Do you know who I am? (Give true clues but be elusive.)

I am _____ and live _____

In the summer I like to

But I don't like to

My friends think I'm _____ and _____

4. Creative Creations

- **Greeting Cards:** Blank pieces of paper, markers, color pencils, or crayons are all that is needed to make creative greeting cards. Fold 8 ½ x 11 inch lightweight paper in fourths or cut card stock in ½ and fold once to make a template for greeting cards.

- **Origami:** Public libraries are a great resource for books on origami. Internet sources also provide a wide gamut of origami information.



another player. Once IT takes a tail away from another player that player without a tail becomes IT and tries to get a different tail. A tail cannot be taken back from the same person who just took it.

- e. **Octopus.** A rectangular boundary area is selected with two safe ends. The safe ends are the beaches and the area in the middle is the ocean. An octopus is selected and stands in the middle of the ocean. All other players start at the same beach. When the game leader calls "swim" all players must run across the ocean to the other beach. The octopus can move about the ocean and tag as many players as possible before they reach the other beach. If they make it to the beach without the octopus tagging them they are safe. If the octopus tags them they must stop in the spot they were tagged and remain in that place. The tagged players become the octopus tentacles and although they can't move their feet they can move their arms and tag other players as they run by. Once all players are tagged or at the safe beach, the game leader calls "swim" again and all free players must try to reach the other beach without being tagged by the octopus or the tentacles. Play continues until only one player is left untagged. That untagged player can become the octopus for another round of play.



- f. **Snowball-less Snowball fight:** Use old newspapers to make paper balls. Divide the group in half and give each group the same number of paper snowballs. Place a dividing line between the two groups. When the games leader calls "Go", each team starts throwing the paper snowballs to the other side.



IT and runs away. During play the game leader can call “switch” and IT and NOT IT must reverse roles. (Calling switch is a good way to relieve IT that is having trouble catching NOT IT.)

c. **Scavenger Hunts:** Limitless ways to design scavenger

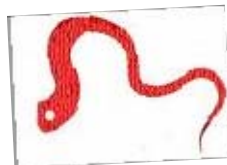


hunts make this game versatile enough to use for any size club, any location, and any timeframe. The hunt can be for one item or hundreds of items, collectors

can hunt solo or in groups, and hunts can take place indoors, in the country, or throughout a town. Scavenger hunts can be educational, just for fun or as a club community service project. (Example of community service: teams are divided and given the task to collect non-perishable items for a local food bank. Groups can be given a predetermined list of items and a week or month to collect them OR the groups can be given a few hours to collect any non-perishable food items.) **Bring Me**, is a variation of a scavenger hunt that can be played inside. Clues are given by a group leader and then each group has to guess what the item is and bring it forward. An example of a **Bring Me** game can be found on the following 4-H Club Recreation Resources & Activities webpage:

<http://www.extension.iastate.edu/clay/info/recreation.htm>

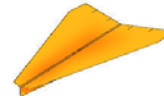
d. **Dragon Tail.** Everyone is given a tail, bandana or strips of material, to put in back pocket or hanging out of waistband. Predetermined length of the tail must be visible. The tails have to hang free and players cannot hide or hold onto the tail. IT does not have a tail and tries to take a tail from



Craft shops and children’s stores often carry origami books & supplies.

- **Wire Twisting:** Short links of lightweight wire, needle nose pliers, and an imagination can evolve into boundless wire creations. Local telephone companies may provide a good source of (free or cheap) wire for twisted works of art. Colored plastic-coated wire can often be twisted without the use of pliers and offers another design element.

- **Paper Airplanes:** ESET curriculum *Flyable Paper Airplanes* 4H-85F includes diagrams for various paper airplane designs. Patterns and folding instructions are included. Go green and use recycled paper.



- o Fun Paper Airplanes - <http://www.funpaperairplanes.com/Plane%20Downloads.html> Free airplane patterns and instructions for several levels including: Beginner, Intermediate, Advanced and Novelty patterns

- **Paper Quilts:** Individually created squares can result in a beautifully unique quilt. Supply paper squares and drawing utensils for individuals to design a personal square. A variety of instructions could be given for the square designs: name, hobbies, favorite activities, family, age, grade, school, etc. Once the squares are created individuals could share about their designs and then tape them together to make a single group creative quilt.



- **Snowflakes:** Fold paper squares in ½ to make a triangle, fold ½ of the triangle partway past the center, fold the other part back to the center, cut the bottom edges to make a uniform triangle. Cut small piece out of the triangle to create a pattern. Unfold to unveil the snowflake.

- **Brown Bag Beautification:** Personalize a brown paper bag in a number of creative ways. Use markers, crayons, color pens/pencils, glitter, paint, torn paper and glue, etc. This is a good pre-meeting activity especially if everyone will have something which will need to be taken home.



3. Old standards – with variations

- **Garland Strings:** (cranberry – popcorn – cereal)
 - Tips for making garland using food products
 - Letting the popcorn sit out for a while to get stale will make it easier to string, because it won't be as crisp and likely to break when you stick the needle in it.
 - It is best to have a needle with a large eye, for easier threading.
 - Waxed dental floss is stronger than thread and it is easier to slide the popcorn down.
 - 8lb. clear fishing line also works well. It is stronger than thread, just as pliable as dental floss, and does not fray like dental floss.
 - Plain, unbuttered, and unsalted popcorn is less likely to attract bugs.
 - Stringing the popcorn in two or three foot lengths, then tying them together, is easier than trying to string one very long strand. A very long piece of garland is harder to manage as it tends to loop back on its self and get tangled.
 - Donate to a nursing home so residents can watch the birds feed on the garland.



- **Personalized Calendars:** Save the date with stickers or markers. Do you have a list of important dates or activities that are already scheduled? Providing youth with blank calendars which they can decorate and personalize will help them remember important dates as they save the dates on their personal calendars. (Microsoft Office Publisher contains a variety of calendar templates.)



5. Physical Feats

- **Cup Stacking:** Beat the clock – Speed stacking cups can be purchased online or at a number of locations. Public schools may have speed stacking cups they would lend or check-out.



- a. **Tag, you're it!** – Variations to the traditional game of tag: **Everyone is IT.** At the beginning of the game everyone is IT. When time to start is called everyone tries to tag someone else without getting tagged themselves. If IT tags you, you are out and have to sit down right where you were tagged. If two people tag each other at the same time they are both out. The winner is the last IT still standing. ; **Sports tag.** If IT tags you, you have to stay frozen until someone saves you by tagging you and calling out a type of sport. To unfreeze you must come out of the frozen state by doing an action related to the named sport. Example: swimming-move arms in a swimming motion, soccer-footwork like moving the ball, etc.; **Handshake tag.** You are frozen if IT tags you. To unfreeze another player must shake your hand and say, "Hi, I'm (name), how are you today?" You reply, "I'm (name) and I am fine." Beware of IT while shaking hands!

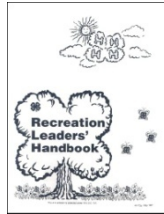


- b. **Double Tag or Hook Tag:** Designate boundaries and have everyone find a partner. Each partner joins by hooking arms to connect at the elbow. The partner pairs spread out within the boundary area and stay planted once they are in a spot. (The pairs remain stationary throughout the game unless they are hooked by NOT IT.) IT and NOT IT are selected. To start the game, a game leader calls "Go" then IT tries to catch NOT IT. NOT IT can simply run away, within the boundary area, or can hook on to an arm of a paired partner. The partner NOT IT hooks to becomes a new partner with NOT IT and the other partner has to now run and try not to get caught by IT. If IT catches NOT IT then NOT IT becomes IT and the former IT becomes NOT

4-H Club Recreation Resources & Activities

1. 4-H Publications & Resources

- a. *So you're the club's recreation leader...*, Publication 4-H 0071G




<http://www.extension.iastate.edu/Publications/4H71G.pdf>

- b. *4-H Recreation Leaders' Handbook*, Publication 4-H 0072G
- c. *The Game's The Thing...*
<http://www.extension.iastate.edu/4H/Volunteers/Documents/Games.PDF>
- d. *So You are the Recreation Leader of Your Club...*,
<http://4h.missouri.edu/go/get/resources/materials/Y783recreation.pdf>
- e. *Recreation: Indiana 4-H Leader's Guide*, 4-H 686-W
<http://www.ces.purdue.edu/extmedia/4H/4-H-686-W.pdf>
- f. *Leading Club Recreation, Activity Plan- Wisconsin 4-H Club Training Series ACTcc059*
<http://www.uwex.edu/ces/4h/pubs/showdoc.cfm?documentid=4087>

2. **4-H Challenge** - Ask trained facilitators to share 4-H Challenge resources which could be adapted and used for club recreation activities.



- **Cup and ball:**  ESET Toys in *Space* Level I 4H-87, Activity 5 provides instruction for making a ball and cup toy. A cup and ball toy can be made using a variety of materials or can be inexpensively purchased. Challenges can range from simply trying to make a catch, most catches in a set time period, to highest number of catches in a row.



- **Knot Tying:** *Reel in the Fun* publication 4H337B, page 13 contains knot tying information as does page 17 of *Sport Fishing Helpers Guide* publication **4H 337LDR**
 - Animated Knots by Grog: <http://www.animatedknots.com/> provides visual instruction for tying a wide array of knots. The animation can be viewed fast, slow, or a step at a time.



- **Rope and Nut Knot:** This feat is more challenging than meets the eye. Tie a large nut (3/4 or 1 inch) on the end of a lightweight rope. The challenge is to hold the end of the rope with one hand and try to bounce the nut in a manner which will result in a knot being tied into the rope.

6. 4-H Publication Ideas

- **Educational Presentation Titles:** Provide a variety of 4-H publications for youth to peruse. Challenge youth to create as many titles for educational presentations as time allows. Direction could be to create titles of presentations they would like to hear or something they would like to learn.
- **Fun Facts:** Encourage youth to dig through 4-H publications and find a fun fact to share with the group. The fun fact can be something they already know or something new.

- **Exhibit ideas:** Distribute 4-H publications to youth. Challenge them to generate as many exhibit ideas as possible from a single publication.
- **Citizenship and Community Service:** Give youth a pile of 4-H publications to search for community service ideas. Ask them to create a list of citizenship ideas they could do individually or as a club. If time allows ask them to create a plan for implementing the suggested service project.



7. Get Acquainted

- **Get Acquainted Bingo:** Create your own Bingo cards using the traditional twenty-five squares (five down and five across). Individuals try to get the bingo card filled with signatures/initials of other club members in the corresponding squares. Bingo card examples can be found on the following web page: <http://www.extension.iastate.edu/clay/info/premeeting.htm>
- **Name Games:** There are a wide variety of name games. Examples: 1) Write your first name on a piece of paper along with a descriptive word for each letter of your name. Introduce yourself to the group with your name and one or more of your descriptive words. 2) Write your first name backwards and guess how it would be pronounced. Introduce yourself to the group and give them a couple chances to guess your name. 3) Think of an action word that starts with the same letter as the first letter or your first name. State your name and action word and then have everyone do the action together.
- **Introductions:** As individuals arrive they are partnered together. Each pair is to introduce themselves to each other (name and general information). The pairs are then instructed to find three things they have in common with each other and three things that are different. Upon completion each pair introduces their partner to the entire group.



- **Handshake Treasure:** The leader announces that one of the players has a secret treasure – a quarter – which they will give to the fifteenth person who shakes hands with them and introduces themselves. As nobody knows who has the treasure, the players circulate about and begin shaking hands with one another until the treasure-holder announces the winner. A variation of this is Ten for Ten, where each player is given a dime and instructed to give it to the tenth person who shakes hands with them.



- **Sweet Introduction:** As individuals arrive hand out pieces of multi-colored candies. (Examples: Jelly beans, fruit snacks, Skittles, M&M's, or colored foil wrapped candies) Instruct individuals not to eat the candy but instead think of something they would like to share with the group about themselves. They can share something for each piece of candy they have. Variation: Use a predetermined list of items for each color of candy. For example; red – hobbies, orange – pets, brown – song/type of music, green – 4-H highlight, etc. Use a predetermined number of items for each person to share but allow individuals to select the colors/topics of their choosing.

