Iowa 4-H Portable Challenge
Grades 5 and up

**Description:** Wish the youth in your classroom would work together better? Wish they would listen to each other? Wish you could help them develop skills that would allow them to become better leaders? If so, then the Iowa 4-H Portable Challenge program is right for you. Through processing a set of initiatives (games and obstacles), youth learn more about themselves and about how their class works. This is a powerful tool for helping people look critically at how their actions and choices can affect others and a group outcome. Challenge is used as a tool to work on a specific communication problem a class is having, to motivate and encourage school clubs, to work out difficulties with local sports teams, and to help youth see their strengths and how to improve on their weaknesses.

During the program, the group develops a contract to which they adhere throughout the program. They use their bodies and minds together to find solutions to a set of obstacles.

**Format:** An ISU Extension professional works with the teacher, guidance counselor or coach to find out what skills your group needs help with to determine the goals of the experience. This is used to set up a sequence of activities that will aid in establishing these goals. The program can be held at your school, local gym, park or other area. During the program, your active support is requested as we process a set of questions with the youth. You can use what you learn to reinforce the learning objectives with youth in the classroom.

**Life Skills:**
- development of team concept and spirit
- enhancement of problem solving, decision making and communication skills
- increased trust in self and others
- fun and excitement

**Cost:** The cost is generally $10 per youth. Contact your county extension office about fees.

**Program requirements:** This is a six-hour commitment. We recommend one full day or two half days. The maximum number of youth that can be accommodated in one program is 25.