

Activities for your 4-H club from A-Z



A: All About You



Group Size: Works best with 2-15 people

Supplies: “All About You” ball

- Can be checked out from the Extension Office, or you can make your own following the instructions in this booklet.

Purpose: Opportunity for the club members to get to know one another and find common interests among the group

Directions:

1. All participants stand in a circle facing each other.
2. Have someone (an advisor or a teen member) explain the directions to the group.
3. The person with the ball will toss the ball to another member of the group (if the group is familiar with each other's names, have them call out the name of the person they are throwing to)
4. The person who catches the ball must answer the question that their left thumb is touching.
5. Once they have answered the question, repeat steps 3 & 4 with different people!
6. Continue the game until everyone has a turn or until you have decided to move on.

B: Back-to-Back



Group Size: Any size if you have an even number.

Supplies: Paper, pencils, and simple drawings

Purpose: A great opportunity to improve team-building skills and develop verbal communication skills!

Directions:

1. Have each person find a partner. Have each set of partners sit back-to-back. One person will receive a picture of an object, and the other will receive a pencil and paper.
2. The person with the picture will begin describing what they see while the other person tries to recreate the drawing.
3. Once all drawings are completed, collect them and see which group had the most accurate drawing.
4. You can switch sides and repeat steps 1-3 for the next partner or move on to the next activity.

Debriefing Questions:

- What was challenging about this activity?
- Why are good communication skills so valuable?
- How can we relate this to our work in 4-H?

C: Come to My Party



Group Size: Any size!

Supplies: None!

Purpose: A fun way to get members engaged and thinking out of the box!

Directions:

Have someone (an adult or a teen member) serve as the “host.”

The “host” will share with the group that to come to the party, they must “bring something.”

- It can be anything you want, but some people will be allowed in, and others won’t.

Each “guest” will ask the host if they can come to their party with their item, and the host will say “yes” or “no.” The host can use any categorization method to try and stump the audience (ex, fruits: apple, peach, orange, etc.)

You can switch hosts and continue until you are ready to move on.



D: Dragon's Tail

Group Size: As many as you want!

Supplies: something to serve as the dragon's tail (yarn, flags balloon on a string, etc.)

Purpose: Encourages teamwork and is a great way to get youth engaged in activity

Directions:

1. Divide the group into smaller groups of 4. Each group will link arms and decide who will be the "head" of the dragon and who will be the "tail."
 - The head can only lead players around and cannot steal the tail from other teams.
2. Groups will work together to try and steal other teams' tails.
 - When a team's tail is stolen, the last player must sit out. Tails can be re-attached but can be stolen while being attached.
3. The goal is to shorten the opponent "Dragon" to the point that only the "Dragon Head" remains, at which point the game is over.
 - Only the people attached to the "Dragon Head" can move if the link of arms is broken during the game.
4. The game continues until there is one "Dragon" left standing!

E: Entourage



Group Size: As many as you want. The more people, the more fun!

Supplies: None!

Purpose: Encourages good sportsmanship and helps kids learn each other's names.

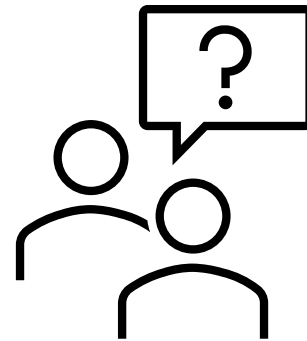
Directions:

1. Have someone (either an advisor or a teen member) explain that this is a “Rock, Paper, Scissors” competition.
2. Everyone will need a partner. On “Go,” you and your partner will play the best 2 out of three rounds.
3. The person who wins must find a new partner, and the other person must now be that person's cheerleader! This game can get loud (and should be encouraged), so be aware of your surroundings.

Debriefing Questions:

- How did you initially feel if you lost?
- Did that feeling change after cheering on another person?
- How did it feel to have someone cheering you on?
- How can we relate this to sportsmanship at 4-H events (show ring, project judging, etc.)

F: Fun Fact Trivia



Group Size: Any size divided into teams.

Supplies: Fun facts/trivia questions, something that makes noise

- A set of Barnyard Buzzers (4) can be checked out from the Extension Office.

Purpose: A fun way to teach/quiz members about a particular subject, practice for Skillathon, or just to have fun!

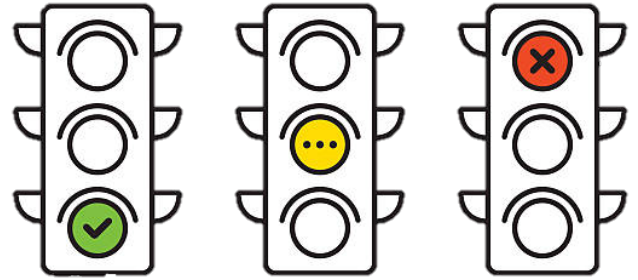
Directions:

1. Divide into small groups
 2. Read the questions; the team that hits the buzzer/noise maker first can answer and earn points.
 3. The team with the most points wins at the end of the questions or at a particular time.
- Optional to have prizes for the winning team!

Resources:

- [Barnyard Buzzer Set of 4: Amazon](#)
- [Recordable Game Show Buzzers Set of 8: Amazon](#)

G: Green Light, Red Light



Group Size: Any number of people, the more the merrier!

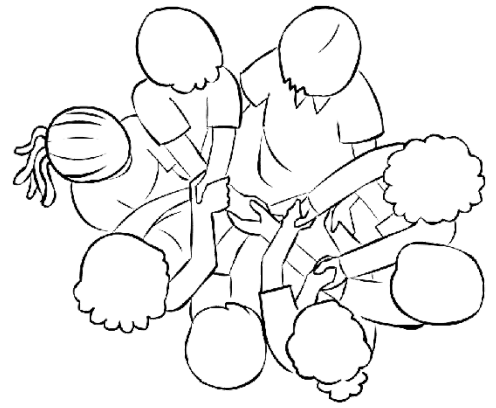
Supplies: None!

Purpose: A fun way to quiz participants about a specific subject, practice for Skillathon, or just have fun!

Directions:

1. Everyone starts at one end of the room. The objective is to get to the other end of the room. Before you start, set “traffic lights” throughout the room.
 - You can make a curved path if you have a small room.
2. Participants will move forward through the light if they think the statement is true (green) or stay put if they think it is false (red).
3. Read a true or false question. If participants should have moved forward but didn't, they must stay where they are (they just sat through the stop light). If they moved forward and shouldn't have, they must move back to the previous stoplight!

H: Human Knot



Group Size: 5-10 people works best.

Supplies: None!

Purpose: Develop teamwork skills among the group and improve the members' communication skills.

Directions:

This game should be done with a group that is comfortable with one another.

All participants will stand in a circle.

Participants hold someone else's hand in the circle but cannot hold the hand of the person next to them. Everyone must be holding hands for the entirety of the game.

When it is time to start, the group must figure out how to get back into a circle by untangling themselves.

The game ends when the knot has been "untied."

I: I Was Walking Down the Street...



Group Size: Any size!

Supplies: None!

Purpose: A hilariously fun way to allow youth to be creative and witty in their storytelling

Directions:

Have the group gather in a circle.

The game begins with one player saying, “I was walking down the street,” and then finishes the sentence with something creative (ex, down the street when I saw...)

The following person in the circle will continue with the story.

Continue changing players, each picking up the story where it left off until everyone has had a turn or the story completely unravels.

- It can be fun to have someone (an advisor or a teen member) try and write down the story and share it with the group once you have worked your way around the circle.

J: Jockeys Up



Group Size: Any number of people, but there needs to be an even number of people!

Supplies: None!

Purpose: Have fun together!

Directions:

Each person will need to find a partner. One partner will be the “horse,” and the other will be the “jockey.”

Everyone will form two circles. One partner will be on the inside, and the other will be on the outside. Both partners will face each other.

As the music plays, the inner circle will rotate to the left, and the outer circle will rotate to the right.

When the music stops, the “jockey” will hop on the back of the “horse” (piggyback style).

The last “jockey” to hop on their “horse” is out. The game continues until there is one set of partners left!

K: Key Game



Group Size: Any group size will work!

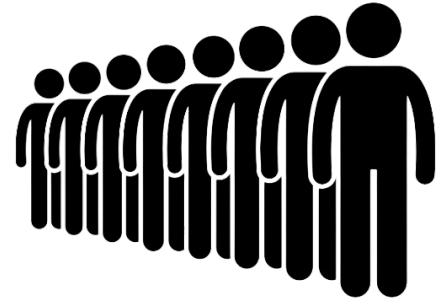
Supplies: A coin (50 cent is easiest to see), a set of keys, and a table.

Purpose: Quick and easy way to get youth working together!

Directions:

1. Place a set of keys in the center of a table.
2. Have teams (minimum of 5 kids per team) line up facing the table.
3. A leader (either an advisor or teen member) will stand at the other end, with the end person on each team facing the leader to see the coin. Everyone else will have their eyes closed.
 - Could utilize bandanas to ensure that all eyes are staying closed!
4. The leader will flip a coin:
 - Heads= nothing happens
 - Tails= the person on the end sees the tails and sends a quick squeeze down the line for the team, and the person at the end gets that squeeze and grabs the keys as quickly as they can
 - If a group prematurely grabs the keys, they will lose a point!
5. After one round, switch line ends and continue!

L: Line Up



Group Size: Any size! The more the merrier!

Supplies: None!

Purpose: Helps develop team collaboration and non-verbal communication skills.

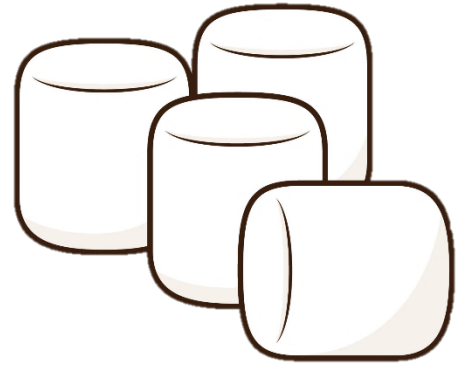
Directions:

Have someone (an advisor or teen member) let the group know that their goal is to organize themselves in a line according to a specific criterion without speaking.

- Height, birthday, alphabetical order of names, etc.

After the group thinks they are arranged, you can check how well the group did!

M: Marshmallow Challenge



Group Size: 4-5 per smaller group, but no limit on total

Supplies: Spaghetti noodles and mini marshmallows

Purpose: Emphasizes group communication, leadership dynamics, collaboration, innovation, and problem-solving strategy.

Directions:

1. Split your group into smaller groups of 4-5 people.
2. Have someone (either an advisor or teen member) explain that the goal is to build a tower as tall as they can, but it must be structurally sound.
3. Pass out the supplies to each group.
 - You can decide how many noodles and marshmallows you pass out to each group. You can also determine what the time limit will be!
 - You can also decide if the winning group will receive a prize (1 for Best Construction, 1 for Most Creative)

Debriefing Questions:

- In this activity, what did your group struggle with? What did your group excel at?
- What would you have changed about your tower?

N: Name Game

Group Size: More people = more of a challenge for the group

Supplies: None!

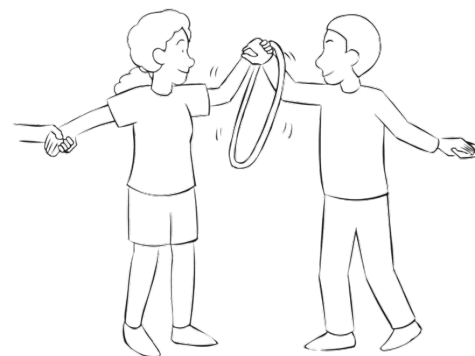
Purpose: A fun activity that gets your group moving while getting to know one another.

Directions:

1. Have the group get in a circle.
 2. The first person will say their name with an adjective that states with the same letter (ex, Crazy Chris, Kind Karen, etc.)
 3. The following person will continue, but after saying their name, they repeat the first person's name.
 4. This continues with each person repeating one more name.
- Ensure the group knows that it is okay if they get stuck, and encourage them to help each other with the task!



O: Over and Under



Group Size: 5-25 people.

Supplies: Enough Hula Hoops for each group

- Can be checked out from the Extension Office

Purpose: Develop teamwork skills among the group and improve the members' communication skills.

Directions:

1. Have each group form a circle by holding hands. Place a hula hoop over the clasped hands of two group members in each group.
2. Have someone (an advisor or teen member) explain that the goal is to pass the hula hoop entirely around the circle as quickly as possible without breaking handholds.
3. If the group succeeds with one hula hoop, try adding a second one to make the challenge more difficult.

Debriefing Questions:

- What was your group's strategy?
- How did you depend on your group members during the activity?
- How can we relate this activity to working together throughout our 4-H year?

P: Parachute Games



Group Size: Best with 5-20 people

Supplies: Parachutes and Guide for Parachute Games

- Can be checked out at the Extension Office

Purpose: Practicing strong listening skills and working with a team.

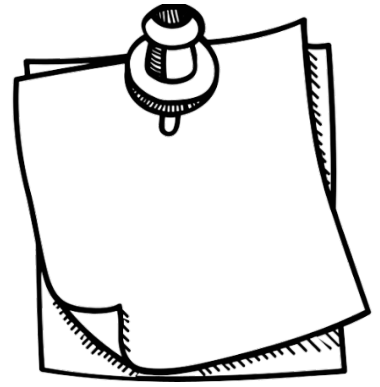
Directions:

1. Select a game or a couple from the guide.
2. Lay the parachute on the ground.
3. Have members stand around the parachute and have someone (either an advisor or teen member) demonstrate how to hold the parachute.
4. Before starting, have someone (an advisor or teen member) share the instructions for the chosen games.

Resources:

- [Parachute \(Variety of Sizes\): Amazon](#)
- [Favorite Parachute Games](#)
- [Parachute Games for Kids](#)

Q: Quick- Who was that?



Group Size: No group is too big or too small.

Supplies: Paper and pencil.

Purpose: An easy and low-prep way to get to know your group.

Directions:

1. Pass out a piece of paper and pencil to everyone in the group.
2. Have each person write a fun fact about themselves.
3. Collect all the papers.
4. Read each paper aloud and have the group try and guess who wrote it!

R: Rush Hour

Group Size: Any number of people!

Supplies: Chairs for the group

Purpose: An excellent activity to get members up and moving while they find commonalities among the group.

Directions:

1. Every person gets a chair and sits in a circle.
 - Ensure that the group knows there will be no showing or roughhousing to get seats!
2. One person will be in the middle. The person in the middle makes a statement that applies to them (ex, I show market rabbits in 4-H). If the statement also applies to you, you must get up and find another seat.
3. You cannot move to the seat directly next to you. If you are the last person standing, you are now in the middle and must make the following statement.
4. Continue “Rush Hour” until everyone has been in the middle or until you are ready to move on to the next activity.



S: Someone Who



Group Size: Any number of people!

Supplies: [“Someone Who” worksheets](#) and pencil

Purpose: An opportunity for the group to get to know one another!

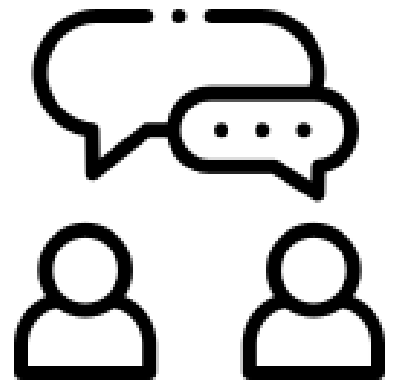
Directions:

Each person will be given a “Someone Who” worksheet to have signed by other people during the activity.

Each person can only sign your paper once. No repeat signatures!

Set a time limit and see who can get the most signatures. At the end, read through each statement and have everyone who would have been eligible stand up!

T: Tell Me About It



Group Size: The more people, the more fun!

Supplies: [Tell Me About It Card Deck](#) & a timer

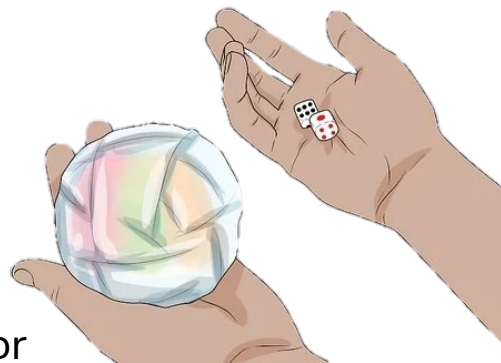
- These can be checked out from the Extension Office or print out your own set!

Purpose: A fun activity to get the group engaged and thinking outside the box!

Directions:

1. Ask a volunteer to go first. The volunteer will draw a card and hold it on their forehead.
- Make sure that everyone can read the card.
2. The rest of the group will then try giving the guesser as many clues about the word as possible in the allotted time.
- You can decide what amount of time you want to assign to the group
3. Once the word has been guessed correctly, the next person can go.
4. Continue the activity until everyone has gone or until you want to move on.

U: Unwrap Ball



Group Size: Any size, smaller groups allow for more participation!

Supplies: Saran wrap, miscellaneous trinkets (candy, pencils, bouncy balls, etc.), oven mitts, and dice

Purpose: A fun activity that will have your group laughing throughout the activity.

Directions:

1. Before the meeting, gather the supplies. You will create a saran wrap ball and hide your trinkets throughout the ball.
*Pro tip: tear your saran wrap pieces into small pieces to lengthen the game
2. Have participants sit in a circle. Give one person the saran wrap ball and the oven mitts. The person to the left of them gets the dice.
3. When you say “go,” the person with the ball will begin to try and unravel it, while the person with the dice is going to try to roll doubles.
4. When the person successfully rolls doubles, the dice, saran wrap ball, and oven mitts get passed along the circle.
5. This game continues until there is no ball left. If a prize falls out while a person is unwrapping, then they keep it.

V: Venom and Poison



Group Size: The more people, the more fun!

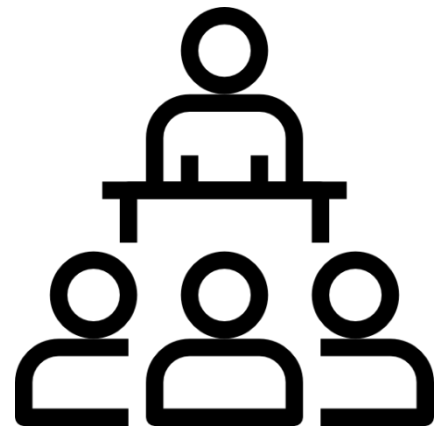
Supplies: Paper and pen

Purpose: A low-prep activity that will guarantee fun and activity for your group while learning names!

Directions:

1. Players will select a paper out of a hat. If a player draws an “X” paper, they are venomous and aim to infect others!
2. Ratio: 3 Venomous players for every ten people
3. Youth will go around mingling with people and introducing themselves with a handshake. If a person is venomous, they will tap the other player twice on the inside of that person’s wrist and then quickly move away.
4. If you have been poisoned, you must count to 10 silently and then “drop dead.”
5. If two venomous players shake hands and tap each other’s wrists, they don’t “die.”
6. If a player believes they know the identity of a venomous person, they loudly say, “Stop! I believe _____ is spreading poison!”
 - If they are correct, the venomous person must “drop dead.”
 - If they are incorrect, the accuser must “drop dead.”
7. The people who have “dropped dead” cannot move, talk, or accuse others.
8. The winners either successfully accuse every person before being poisoned, or the venomous players go without being accused!

W: Who's in Charge?



Group Size: The more the merrier!

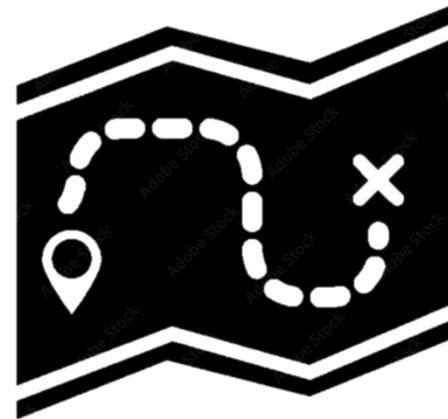
Supplies: None!

Purpose: An easy group game that is guaranteed to deliver some laughs!

Directions:

1. Ask for a volunteer to be the “guesser.” Excuse the “guesser” to another room while the rest of the group forms a large circle.
2. Once the “guesser” has left, have someone (either an advisor or teen member) select someone in the circle to be the “leader.”
3. The “leader’s” job is to make a movement or gesture of their choice, which the rest of the circle or the “followers” will mimic.
 - The “leader” must keep changing their motions/gestures.
4. The “leader” should avoid getting caught by the “guesser,” and the “followers” should avoid drawing attention to the “leader.”
5. The “guesser” gets three attempts to guess who the “leader” is.
6. If you want to play an additional round, repeat steps 1-5.

X: X Marks the Spot



Group Size: No limit!

Supplies: Paper, Markers, Pens

*Could include additional supplies like magazines, glue, etc.

Purpose: A way for youth to learn about each other while getting to be creative

Directions:

Have someone (an advisor or teen member) explain that each person will create a “map” of their life.

They can choose what they put on their map, but some examples could be where they are from, what foods they like, what sports they play, etc.

The important thing is that their “map” represents their life and interests!

After they have created their maps, they can share them with the group!

Y: You've Got a Friend In Me



Group Size: Any!

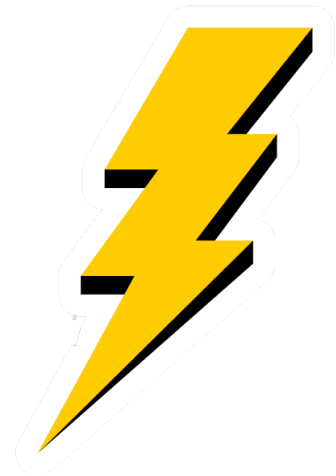
Supplies: Buckets for each group, army men, and tape

Purpose: A fun game that engages your group in teamwork and fun!

Directions:

1. Before the meeting, use your tape to mark off the “playing field.”
2. Split the group into equal teams and have them stand in a single file line at the start of the playing field.
3. “Andy” (an advisor or teen member) will stand in the center of the playing field.
4. On “Go,” each team can send one person into the field, and they are allowed to grab one army man to bring back to their bucket.
5. Once that team member has returned, the next player can go into the playing field.
6. “Andy” (an advisor or teen member) will close their eyes and slowly spin in circles. Every so often, they will yell, “Andy’s coming,” and count down from a random number between 1 and 10.
7. Once they reach zero, they will open their eyes and catch any players moving. If seen moving, they must drop their army man and return to their team’s line.

Z: Zip Zap



Group Size: No limit!

Supplies: Chairs for each person

Purpose: A fun activity to get youth up and moving while stressing the importance of good listening skills!

Directions:

The group will get in a big circle of chairs. Have someone (either an advisor or a teen member) explain that when someone says “Zip,” it passes the turn to the left. When someone says “Zap,” it passes the turn to the right. When someone says “Zip Zap,” everyone has to get up and find a new seat!

- Remind everyone that they can’t sit in either seat next to them, and there will be no pushing or horseplay to secure a chair!

Players will keep working around the circle, saying any of the three options.

Players are eliminated if they speak out of turn or take too long to respond. The player last to find their seat when “Zip Zap” is said is also eliminated.

- Pro tip: have an advisor serve as the judge on what is too long to respond!

The last player standing wins!

