**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 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 earn some new games, gain confidence, and have the satisfaction of helping others to have fun.

Recreation is a very important part of 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
5. Enjoy the opportunity to work with others in a fun activity

**Have Variety in Recreation**

There are a wide variety of recreational activities that you can plan for your 4-H club. Recreation does not always have to occur at the end of the club meeting. One way to make members feel comfortable and ready to participate in a club meeting is to help them get to know each other before the 4-H meeting starts. An icebreaker is a game or activity that is used as the very first game to get people who don’t know one another meeting and talking to each other. An icebreaker gets people on their feet and out in the center of the room for the upcoming game. A mixer is another example of an activity or game that can be used to acquaint the members of a group with one another. A mixer helps people to overcome their feelings of shyness and to feel at ease in a group. You might want to plan an icebreaker or mixer for one of your 4-H club meetings early in the program.

Other, more traditional types of recreation frequently occur at the end of a club meeting. Depending on your meeting location, 4-H club size, and how much time you have, you will either want to choose an active game or quiet game. An active game is one in which a certain amount of physical movements or activities are required, but not necessarily a high degree of skill. Some examples of active games are: relays, sports events, or competitive events. A quiet game is one in which there is a minimal amount of physical activity, but it sometimes requires a higher level or mental skills. Some examples of quiet games are: riddles, brain teasers, and game which require more thought, sometimes involving members in group processes.

**Guidelines for Recreation Leaders**

1. Know the games you are leading. This means making plans beforehand.
2. Know your group (dress, ages, numbers), and plan activities all can participate in.
3. Find out about the place where you will be leading recreation – inside or outsite, 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 when needed to show others how.
8. Show a good sense of humor and have a good time yourself (be enthusiastic!)
9. Accept ideas form other people, and use if appropriate.
10. Try to get everyone in the group involved.
11. Use a definite signal for starting and stopping.
12. Stop a game before the 4-H’ers become bored; then they will want more next time.

**Tips for Leading Recreation**

Recreation can help people:

* Have fun
* Get to know each other
* Learn new skills
* Better understand themselves

Ideas to Be Successful When Leading Recreation

* Plan the program
* Show enthusiasm
* Involve everyone
* Practice
* Be prepared
* Show how
* Be the leader
* Stop while you’re still having fun