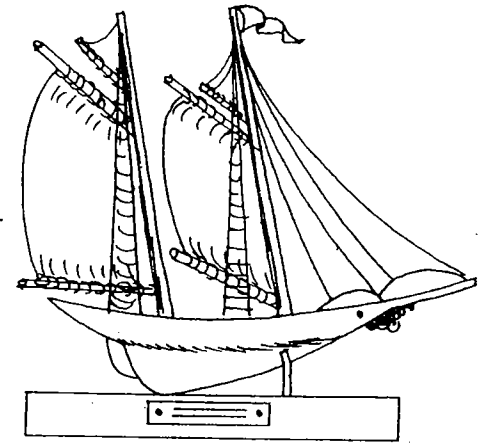
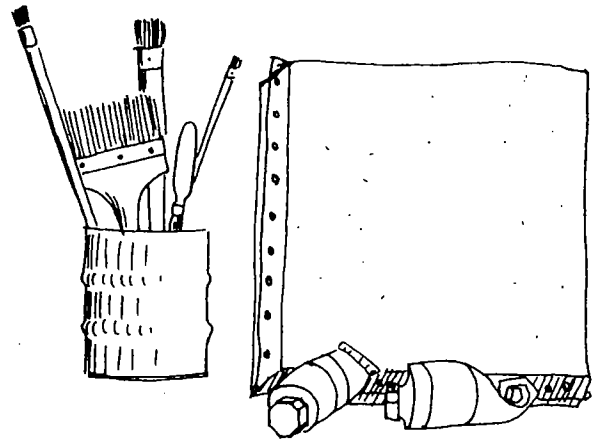


NAME \_\_\_\_\_  
CLUB \_\_\_\_\_  
BIRTHDATE \_\_\_\_\_  
YEARS IN PROJECT \_\_\_\_\_  
YEARS IN 4-H \_\_\_\_\_



4-H 73

# 4-H recreation unit II

COOPERATIVE EXTENSION SERVICE  
INSTITUTE OF FOOD AND AGRICULTURAL SCIENCES  
UNIVERSITY OF FLORIDA, GAINESVILLE

# PROJECT OUTLINE . . .

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This book belongs to:

Name .....

Address .....

Parent's Name .....

Name of Club .....

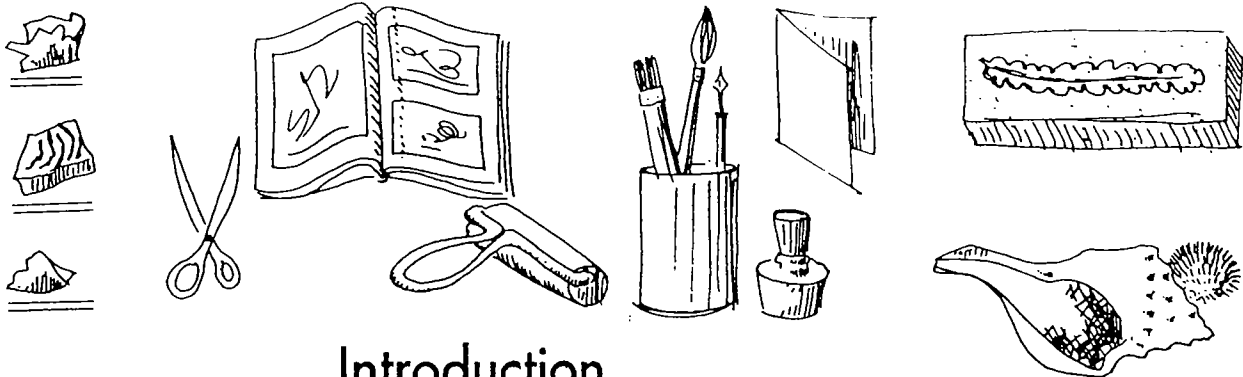
May 1971

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS

(Acts of May 8 and June 30, 1914)

Cooperative Extension Service, IFAS, University of Florida and United States

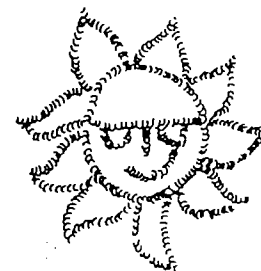
Department of Agriculture, Cooperating, Joe N. Busby, Dean



## Introduction

Getting the most out of living within yourself and with your friends and family is what this project is about. Oftentimes the things you do to fill up vacant hours do not give a feeling of achievement. So, let's learn to develop interests which will help you enjoy your leisure time. Interests you develop now may be carried on and enjoyed during adult life.

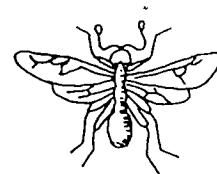
Wouldn't you like to learn more about helping others have fun? Make homemade games? Build models? Make candles? Build an aquarium or terrarium? Plan a picnic? Start a new collection or add to one you have? Even a small collection can open up a new world of enjoyment to you. This project offers many kinds of recreational activities you can do alone, with your family, your friends, or your community. Let's enjoy our Leisure Time and Share our Fun!



## What You Can Do In This Project

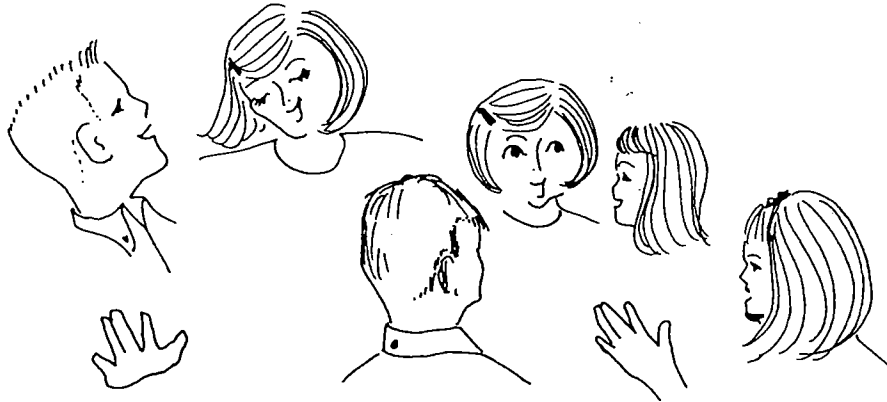
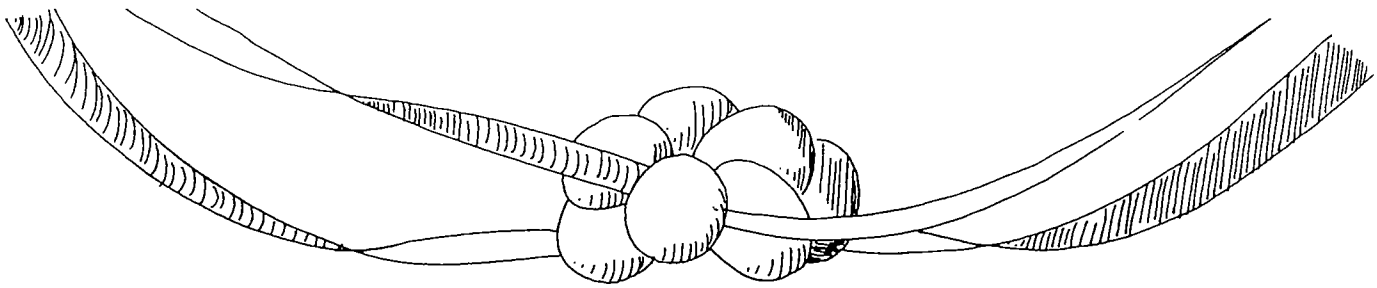
There are SEVEN areas in this Junior 4-H Recreation project. They are:

- |                                   |                |
|-----------------------------------|----------------|
| I. Social Recreation              | V. Nature Lore |
| II. Music and Drama               | VI. Hobbies    |
| III. Arts and Crafts              | VII. Talent    |
| IV. Sports and Outdoor Recreation |                |



Each of these areas is further divided into sections called ACTIVITIES. To complete this 4-H Recreation project you must do the work set up in TWO or MORE ACTIVITIES. The two or more activities do not have to be from the same area. You may, for example, choose one activity under Social Recreation and another under Hobbies.





## Area 1 - Social Recreation

Wouldn't you like to learn more about helping others have fun? Here is a chance for a few members in any club to take a project so everybody can have more fun. It will give some of the boys and girls a chance to grow as leaders in recreation. It will help others to find wholesome

leisure time activities. It will give you an opportunity to learn how to get along with others, and to serve by sharing fun with others in your own club and community. If you are interested in social recreation, you might want to do work in one or more of the activities given below.

**Activity 1:** Learn and lead at a club or community meeting at least **FOUR** of the following:

### **Your First Year**

- Action songs
- Tricks or catches
- Singing games
- Folk dances
- Stunts
- Games for 4-H Meetings

### **Your Second Year**

- Group singing
- Relays
- Circle games
- Square dances
- Leader stunts
- Games for 4-H Meetings

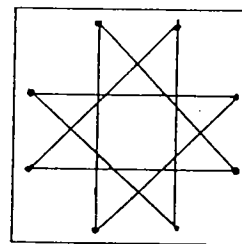
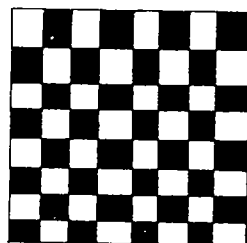
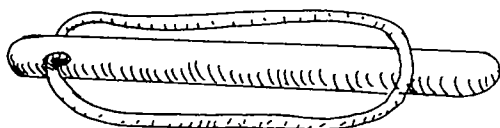
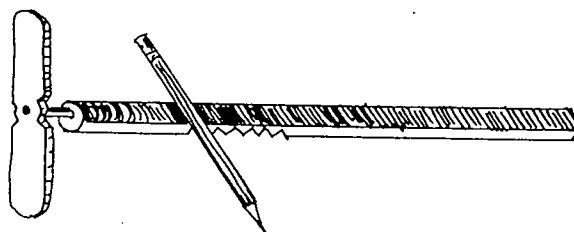
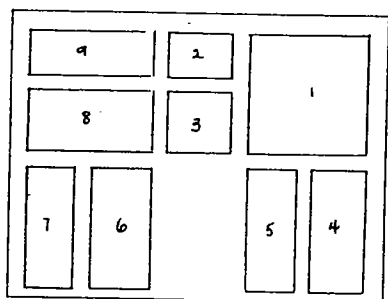
Make a looseleaf notebook that contains the title and words of each song, game, dance, stunt, or other activity you do. Be sure to give complete instructions on how

to do each of the things that you have listed. Keep a record of how many times you led these, where, and how many people participated.

**Activity 2: First Year** — Make the following: TWO or MORE homemade puzzles such as a lapel needle, shifting blocks, lie detector, or eight point star.

**Second Year** — Make the following: TWO or MORE homemade equipment games such as the dancing man, dart target, ring toss, or checkerboard.

Write a short article telling how each puzzle or game was made, how long you took to make them, the pleasure you got from making them and the kind of wood used. Write about the help you received from other people and how your games or puzzles have been used. Show and tell (demonstrate), 4-H members and others how you made your games or puzzles.

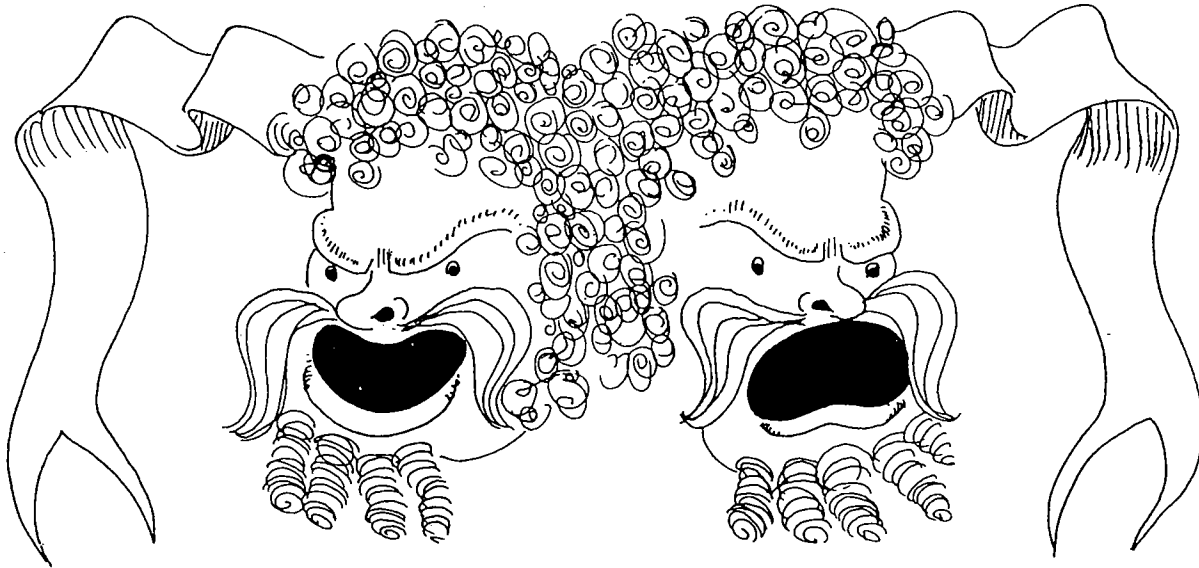


## Helpful Tips

- ★ Show kindness, courtesy, and consideration when leading games.
- ★ Go over game or stunt to be sure you know how to do it. It is good to write down what you are going to do or say.
- ★ Have on hand any equipment needed in your activity.
- ★ Give clear, simple, and correct instructions.

## Where You Can Get Help

- ★ Talk your project over with your parents. They may know some good games or puzzles.
- ★ Your library has many books, pamphlets, and magazines that can help you in these activities.
- ★ Look at home in newspapers and magazines for suggestions.
- ★ Talk to other people who are interested in the same thing. Get their ideas.
- ★ Ask your local 4-H leaders for help.
- ★ Talk to your County Extension Agents about your project and ask for their help.
- ★ Mimeographed material has been prepared by the Agricultural Extension 4-H Club Staff. It is available free to you through your County Extension Agents.



## Area 2 - Music And Drama

Can you play a musical instrument, lead group singing, do a puppet show, or tell a folk tale? If so, maybe you would like to take part in this activity. It would mean more fun for you and more fun for your

club and community. It will give you an opportunity to gain skill and to serve by sharing fun with others. You'll have a good feeling when you have shared your skill with others!

**Activity 1:** Learn and do at a club or community meeting at least TWO of the following:

### **Your First Year**

- Lead group singing
- Participate in musical group
- Play an instrument
- Sing a solo

### **Your Second Year**

- Lead group singing
- Participate in musical group
- Play an instrument
- Sing a solo
- Tell about and sing a folk song or ballad

Write a short story about your experiences in this activity. Make your story complete. Tell what you did and such things as size of group worked with, when and where, and reactions from group.

Activity 2: Do at least TWO of the following:

### Your First Year

- Take part in a play
- Tell a folk tale
- Take part in a radio or TV program
- Prepare and present a stunt or skit. (You may get others to take part in this but you must plan, direct, and take part in it.)

### Your Second Year

- Do a monologue
- Do a book review
- Plan a radio or TV program
- Dramatize a song or story (You must plan and direct this but you may use other people in it.)

Write a short story about your experiences in this activity. Make your story complete. Tell what you did and such things as size of group worked with, when and where, and reactions from group.



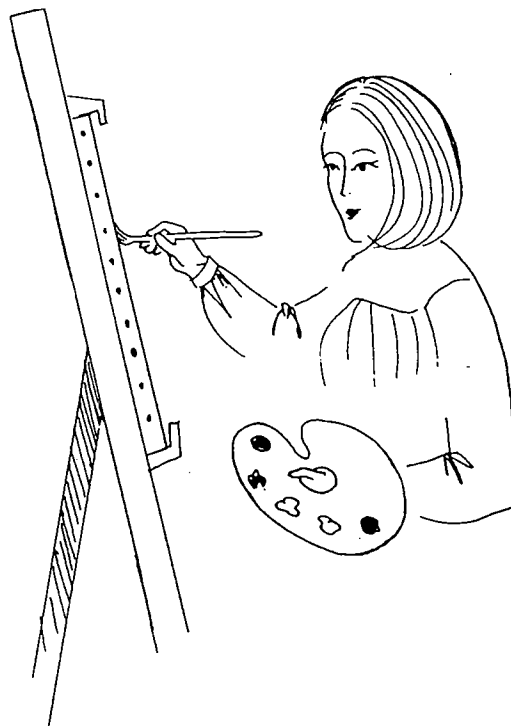
## Helpful Tips

- ★ Choose something that you are capable of doing well.
- ★ Gain skill by practice.
- ★ Use good techniques to present your activities.
- ★ Make the story of your experiences in the activity neat and attractive.

## Where You Can Get Help

- ★ Ask your mother and father to help you.
- ★ Consult your library for materials.
- ★ Ask your County Extension Agents for help on your project.
- ★ Talk to your local 4-H leader about your project.

# Area 3 - Arts And Crafts



**Let's have fun with Arts and Crafts!** Everyone enjoys making things with their hands. The things you create yourself have a more personal meaning than things you buy. Why not try making something? It might open a door that would bring you

much enjoyment for the rest of your life. There are many crafts that provide you an opportunity to express originality and creative ability. You will be proud of anything you make in this Area.

**Activity 1:** Make at least **THREE** articles in **TWO** of the following fields.

### **Your First Year**

Drawing, sketching, painting  
Weaving  
Stenciling  
Candle making  
Wood carving  
Metal craft  
Basketry  
Creating with paper  
Model building  
Woodworking  
Other (name)

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### **Your Second Year**

Drawing, sketching, painting  
Weaving  
Homemade Christmas cards  
Christmas decorations  
Wood carving  
Metal craft  
Leather  
Linoleum block printing  
Model building  
Woodworking  
Shell work  
Other (name)

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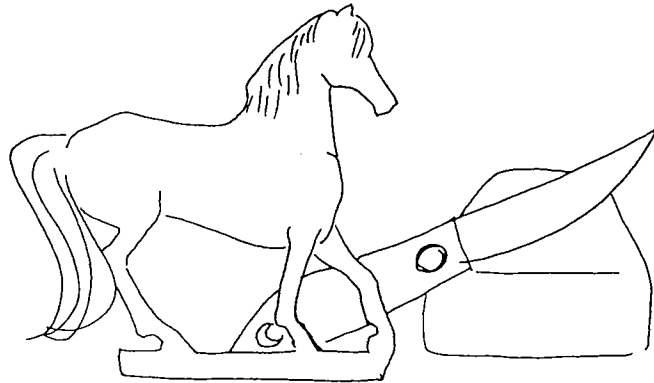
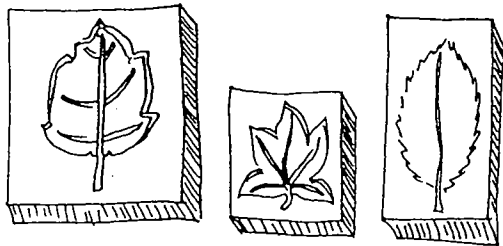
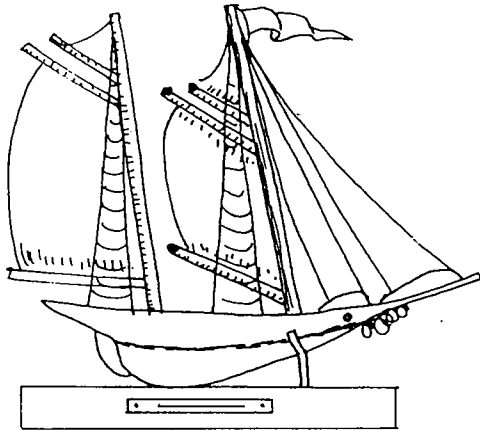


Exhibit your articles at a club, library, fair, or in store windows.

Write a short story telling how you made the articles, your experiences in making them, their uses, where and when display-

ed, and the enjoyment that you and others may have received from making and using them.

Show and tell (demonstrate) 4-H members and others how to make one article.

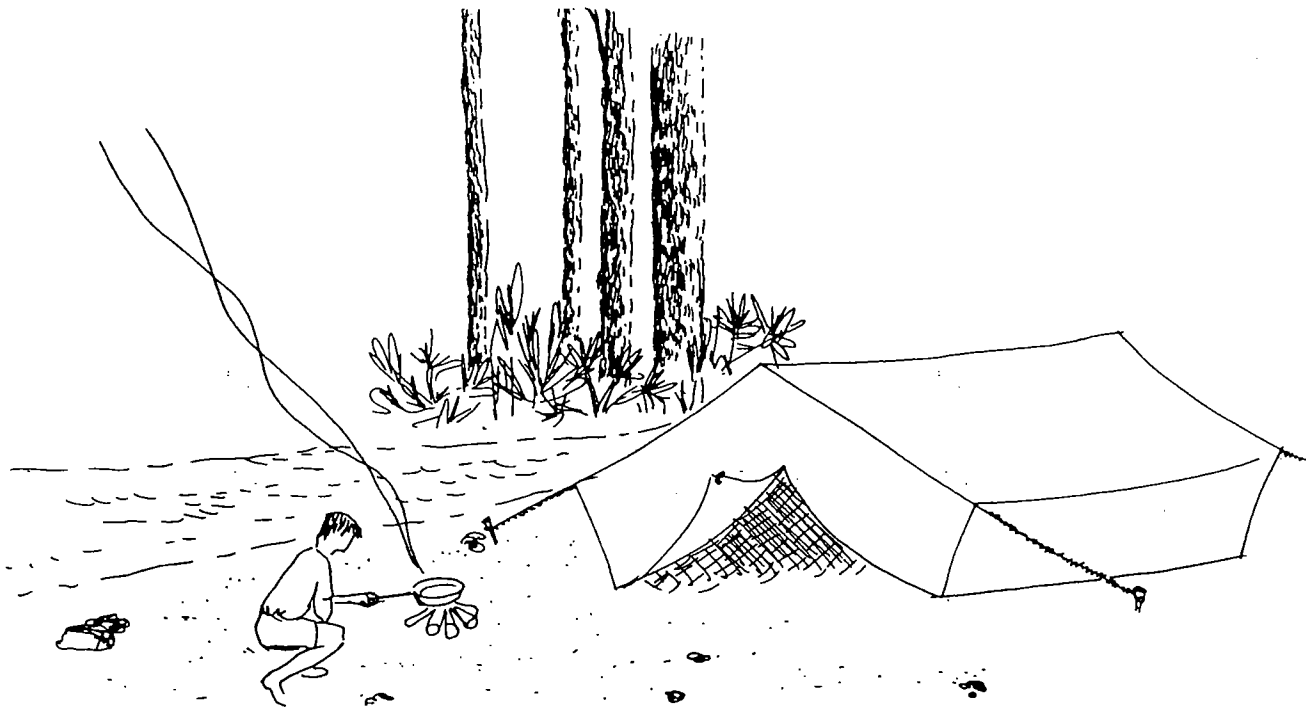


## Helpful Tips

- ★ Do your own work—don't copy others.
- ★ Make useful and attractive articles.
- ★ Avoid using kits that are too simple; use your own ideas.
- ★ Be skillful—you'll enjoy crafts more if you do your work neatly and gradually progress to more advanced work.

## Where You Can Get Help

- ★ Look in magazines for ideas.
- ★ Your library has books on arts and crafts; consult them.
- ★ Ask your mother and father for help.
- ★ Secure help from other people who have some knowledge of the craft you want to do.
- ★ Consult your local 4-H leader for help.
- ★ Ask your County Extension Agents for their help.
- ★ Mimeographed material has been prepared by the State 4-H Club Staff. It is available free to you through your County Extension Agent's office.



## Area 4 - Sports And Outdoor Recreation

Do you have fun on a picnic? Wouldn't you like to be able to plan games to play on a picnic? It would be fun for you and fun for the others too. You would be serving

by sharing your knowledge and fun. How would you like to build an outdoor grill or a croquet court? That could be part of your project, and your family and friends could enjoy it too.

**Activity 1:** Build ONE of the following for use by the family, club, or community.

**Your First Year**

- Croquet court
- Outdoor grill
- Other (name)

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**Your Second Year**

- Picnic table and benches
- Two pieces of play ground equipment such as see-saw, swing, sand box, etc.
- Other (name)

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Write a story telling what you built, how you built it, how long it took you, who uses it, cost, what it is made of, and pleasure you and others have received from its use.

**Activity 2:** Make a program plan for ONE of the following:

**Your First Year**

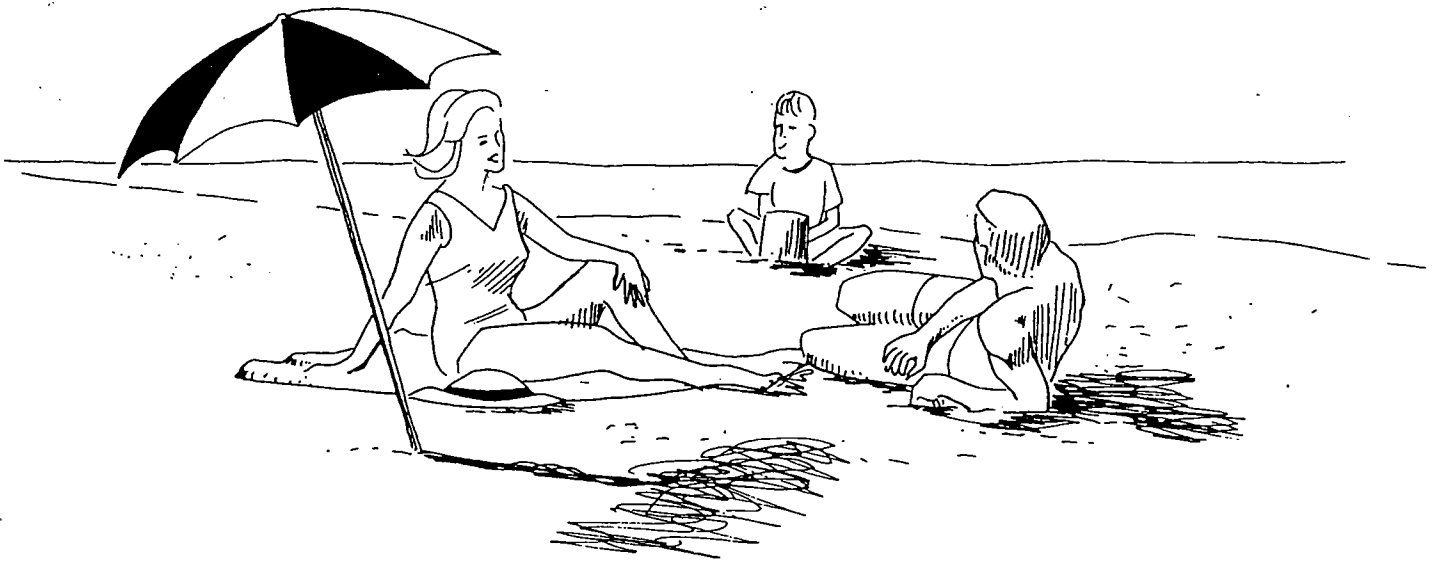
- Family picnic
- Club picnic
- Community or other group picnic

**Your Second Year**

- Family picnic
- Club picnic
- Community or other group picnic

Prepare a scrapbook (looseleaf) on your program. Give complete instructions for

each game chosen. Any special directions on how to lead a certain game should be included.



## Helpful Tips

★ Select an activity you are capable of doing.

★ Make pictures of anything you build in this Area. Include them with your story.

★ When you are planning a program

for a picnic, select games that are fun to do and that will fit the age of group.

★ Be sure to describe the games selected and give complete directions on how to play them.

## Where You Can Get Help

★ Consult your library for books, pamphlets, and magazines for pictures and instructions.

★ Talk to your local 4-H leader.

★ Ask your father and mother for help in planning your activity.

★ Ask your County Extension Agents about available bulletins and materials.



## Area 5 - Nature Lore

Anyone can see a beautiful sunset or a lovely rose in bloom, and don't we enjoy them? These things are not with us all the time, but there is beauty around us at all times, if we will only look for it. Nature is full of lovely and mysterious things that can give us much pleasure. Let's train our

eyes to see and really enjoy nature! Did you see that bird feather in the path as you came to school this morning? Where do you think that cardinal has traveled that lost that feather from his wing? Did you see that funny looking rock that was by the side of the road? Who knows, it may be a piece of a fallen star! Let's investigate.

**Activity 1:** Enlarge a collection or start a new collection of ONE of the following:

### Your First Year

Insects  
Rocks  
Woods  
Marine life  
Feathers  
Other (name)

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(Mount and identify all specimens)

### Your Second Year

Insects  
Rocks  
Cast of animal tracks  
Marine life  
Moths and butterflies  
Other (name)

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Exhibit your collection at a club, school, library, or fair, or in store windows.

Show and tell 4-H members and others about your collection.

Write a short article describing your col-

lection. Tell number of articles in it, how you got interested in your collection, the pleasure it gives you, how long you have been working on it, where and number of times displayed.

**Activity 2:** Keep a notebook on ONE of the following during your first or second year, or both.

TWELVE or more birds identified and studied (habits, food, range, calls, color markings, picture, etc.)

**Activity 3:** Equip and maintain ONE of the following:

**Your First Year**

**Aquarium**

Show and tell (demonstrate) how to build an aquarium or terrarium.

Write an article describing it. Tell about the things you have in it and how you ac-

**Activity 4:** Build the following:

**Your First Year**

Two bird houses (different patterns)

One bird bath

Show and tell (demonstrate) 4-H members and others how to build a bird house, bird bath, or bird feeder.

Write a story about your experiences in building the articles. Go into detail on such

TWELVE or more ferns and mosses identified and studied (description, size, where found — highlands, lowlands, streams, etc.,—specimens, pictures, etc.)

TWELVE or more wild flowers identified and studied (size, color, range, picture, dried specimens when possible, etc.)

**Your Second Year**

**Terrarium**

quired them. Tell how long you have had your aquarium or terrarium, its cost, and the pleasure it has given you and others. If you were helped with construction or gathering materials, tell about this.

**Your Second Year**

Two bird houses (different patterns)

Two bird feeding stations (different types)

One bird bath

things as type, color, and materials used.

List the different kinds of birds seen using the bath and feeding stations.

Tell what kind of birds have nested in your houses.

## Helpful Tips

- ★ Make your notebook neat and orderly.
- ★ Use pictures to illustrate your story if possible.

- ★ Do your own work; don't copy others.
- ★ Make your work neat and attractive.
- ★ Label each article clearly.

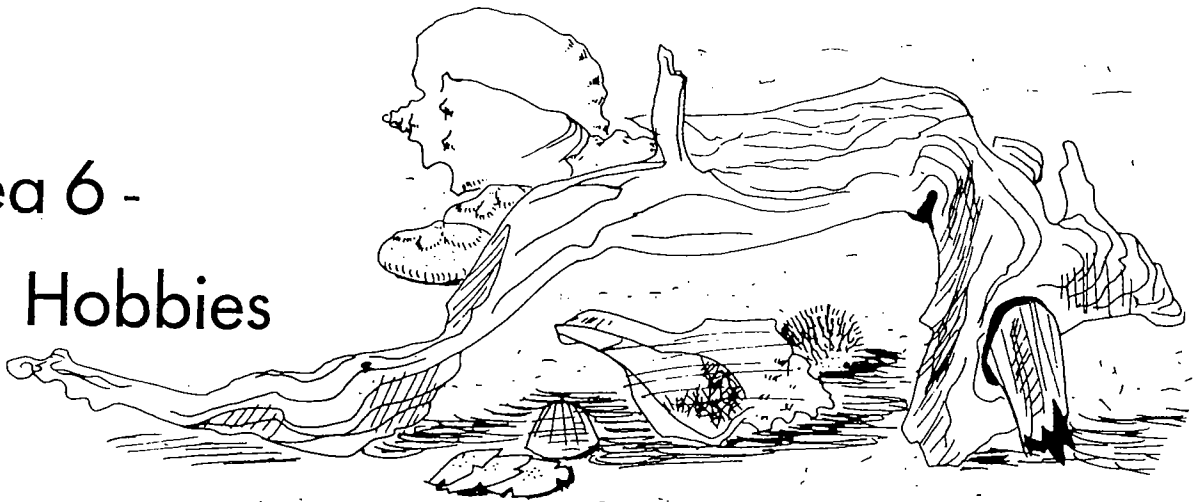
## Where You Can Get Help

- ★ Consult your library for help in identifying and mounting items collected.
- ★ Ask your mother and father for help.
- ★ Seek out people in your community

who have made nature lore collections.

- ★ Consult your local 4-H leader for help.
- ★ Ask your County Extension Agents for help on your subject.

# Area 6 - Hobbies



**Develop a hobby! Select one you will enjoy doing.** The hobby you start now may be fun for you the rest of your life. It could become your vocation; it has for many people.

**Activity 1:** Select ONE hobby to work on. You may enlarge one you already have or choose a new one. The following list is given as suggestions. (Specimens must be mounted, classified, and identified).

## **Your First Year**

Rock collection  
Stamp collection  
Insect collection  
Matchbook collection  
Cartoon collection  
Crafts  
Fly tying  
Other (name)

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## **Your Second Year**

Butterfly collection  
Stamp collection  
Insect collection  
Money collection  
Collection of riddles  
Crafts  
Fly tying  
Other (name)

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Show and tell (demonstrate) 4-H members and others about your hobby.

Exhibit your collection at a club, school, fair, library, or in a store window.

Write a story about your hobby telling why you like to do it, size of collection, the pleasure it has given you and others, and how long you have had this hobby.

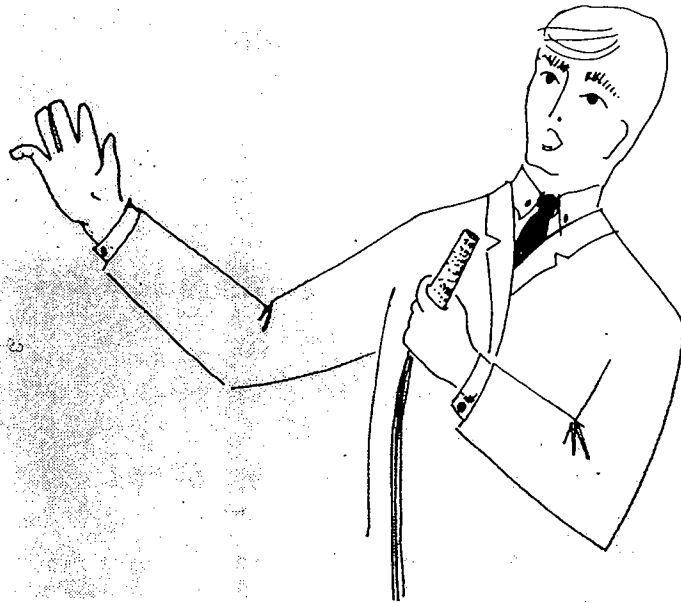
## Helpful Tips

- ★ Select a hobby that you have an interest in.
- ★ Make your collection attractive.
- ★ Never complete your hobby.

## Where You Can Get Help

- ★ Consult your library for information on hobbies.
- ★ Talk with your mother and father about selecting a hobby.
- ★ Talk to other people who have a similar hobby and get ideas from them.
- ★ Consult your local 4-H leader for help.
- ★ Talk with your County Extension Agents about selecting a hobby.

## Area 7 - Talent



You may have special abilities in the field of entertainment. This ability is not worth much to you unless you share it with others. Working in this area will help you develop your talent and will give you a chance to present your number in public. Wouldn't you like to have more fun with your talent by sharing it with others?

### Activity 1: Prepare a Talent Number.

It may be instrumental, vocal, a dance or a miscellaneous number such as a reading or pantomime. You should try to find the opportunity to present your number several times before groups of people such as your local 4-H Club, home class room, P.T.A, civic clubs, Farm Bureau, and Community Development Club.

Write a story about the type of entertainment you are presenting. Tell how much time you have spent in practicing,

the groups you have presented your number before, size of group, where, when. If a special costume or stage setting is used, include a picture if possible.

Check your talent act by the following:

- . . . Does your act show good taste in entertainment?
- . . . Does your act have audience appeal?
- . . . Is your costume appropriate and does it strengthen your act?
- . . . Is your act original?
- . . . Have you practiced so that your act will run smoothly without slip-ups?
- . . . Do you speak clearly so you can be heard by everyone?
- . . . Do you use good techniques in gesturing, sitting, standing, moving, and keeping the stage balanced?



# 4-H Recreation Record

For Year 19\_\_

## Unit II Report For First Year

County .....

Name ..... Boy ..... Girl .....

Address .....

Age ..... Date of Birth: Month ..... Day ..... Year .....

Parent's Name .....

Number of years in 4-H work ..... Grade in school .....

Check the area or areas that you did work in this year:

Social Recreation ..... Music and Drama ..... Arts and Crafts ..... Nature Lore .....

Sports and Outdoor Recreation ..... Hobbies ..... Talent .....

List what you did: .....

.....

Did you teach (demonstrate to) others something that you learned in this project?

Yes ..... No .....

Give the following information about what you taught or demonstrations you gave:

Title of Demonstration	Where Given	To Whom	To How Many People
------------------------	-------------	---------	--------------------

.....

Did you make an exhibit of things made in your recreation project? Yes ..... No .....

What? ..... Where? ..... When? .....

What? ..... Where? ..... When? .....

Where did you get help with your 4-H Recreation Project?

Write a short story on what you learned, whom you taught, and how you have enjoyed your 4-H Recreation Project. (Use a separate sheet of paper and attach.)

Attach any special stories or other information that would help tell the story of what you have done in the 4-H Recreation Project.



# 4-H Recreation Record

For Year 19\_\_

## Unit II Report For Second Year

County.....

Name ..... Boy ..... Girl.....

Address.....

Age ..... Date of Birth: Month..... Day ..... Year.....

Parent's Name .....

Number of years in 4-H work..... Grade in school.....

**Check the area or areas that you did work in this year:**

Social Recreation..... Music and Drama ..... Arts and Crafts..... Nature Lore.....

Sports and Outdoor Recreation ..... Hobbies ..... Talent.....

List what you did:.....

.....  
.....

Did you teach (demonstrate to) others something that you learned in this project?

Yes ..... No. ....

Give the following information about what you taught or demonstrations you gave:

**Title of Demonstration      Where Given      To Whom      To How Many People**

.....  
.....

Did you make an exhibit of things made in your recreation project? Yes ..... No.....

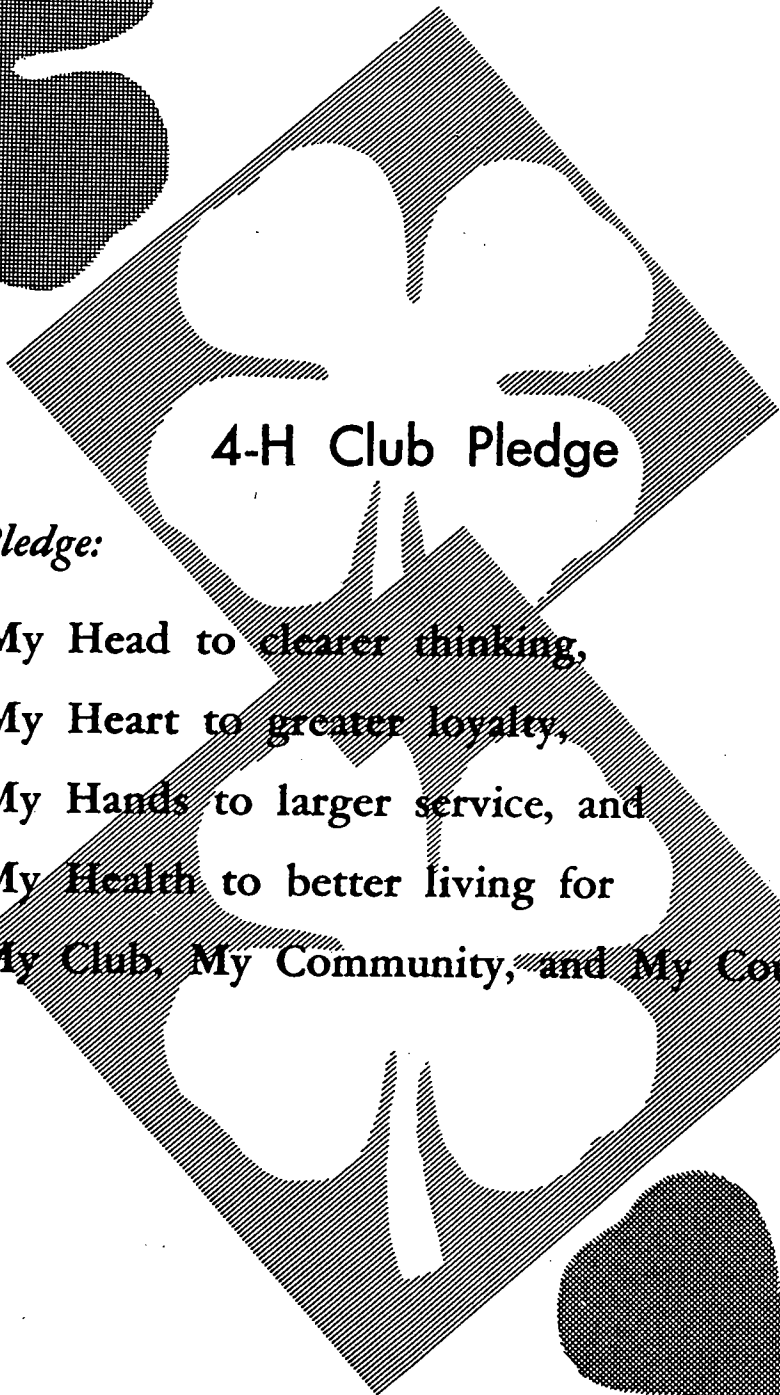
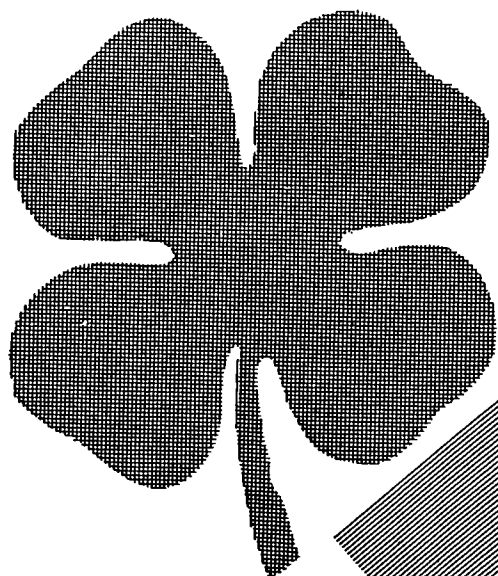
What? ..... Where? ..... When? .....

What? ..... Where? ..... When? .....

Where did you get help with your 4-H Recreation Project?

Write a short story on what you learned, whom you taught, and how you have enjoyed your 4-H Recreation Project. (Use a separate sheet of paper and attach.)

Attach any special stories or other information that would help tell the story of what you have done in the 4-H Recreation Project.



## 4-H Club Pledge

*I Pledge:*

My Head to clearer thinking,  
My Heart to greater loyalty,  
My Hands to larger service, and  
My Health to better living for  
My Club, My Community, and My Country.

