

4-H 74

4-H recreation unit III

UNIVERSITY OF FLORIDA
AGRICULTURAL EXTENSION SERVICE
GAINESVILLE, FLORIDA

PROJECT OUTLINE unit III

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This book belongs to:

Name

Address

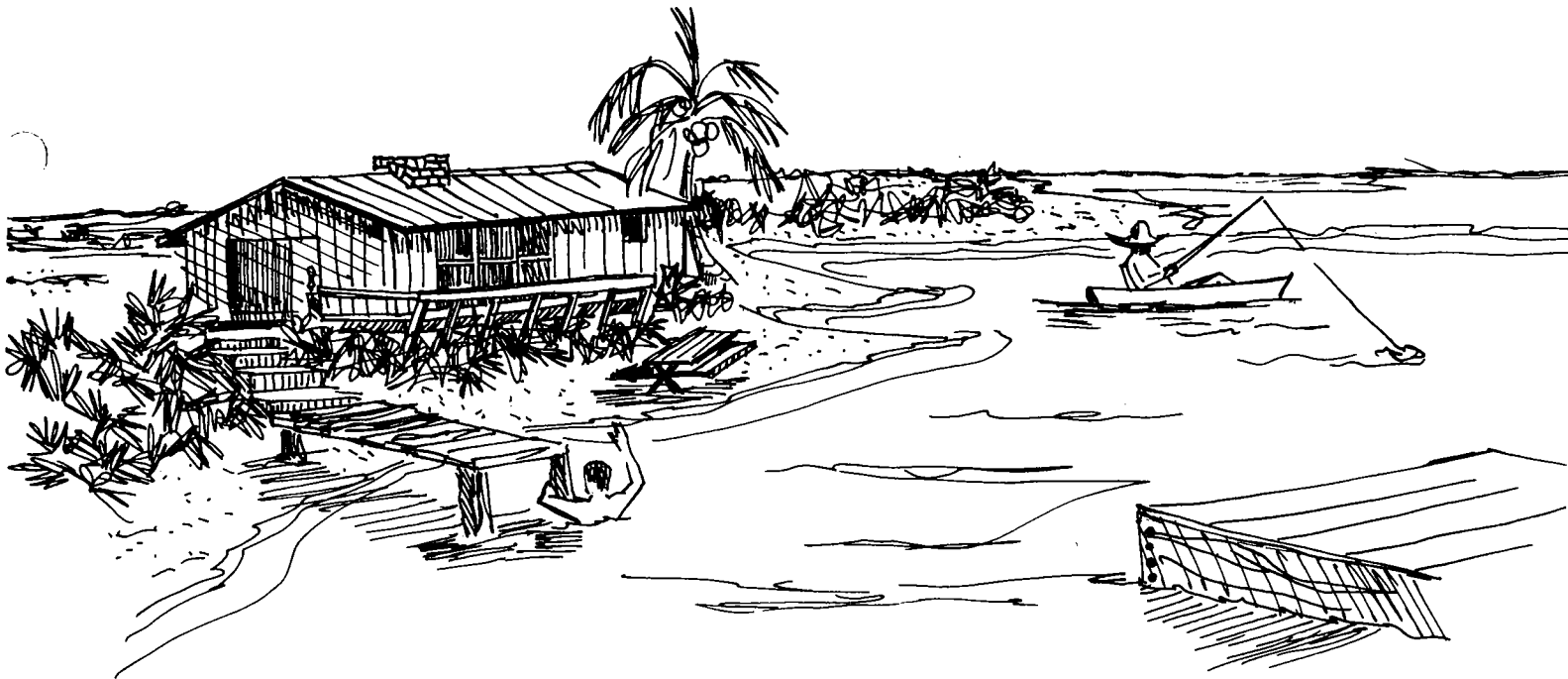
Parent's Name

Name of Club

May 1965

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Georgia Extension Service, University of Georgia, Athens.

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS
(Acts of May 8 and June 30, 1914)
Agricultural Extension Service, University of Florida,
Florida State University and United States Department of Agriculture, Cooperating
M. O. Watkins, Director



Introduction

Recreation is important in your life! Did you know that it is needed for a balanced living? Because a well balanced person enjoys doing things by himself, with his family, and with other people, he needs individual, family, and social recreation interests. Recreation is as much a part of living in a democracy as eating, sleeping, and working.

This project will open to you many areas of recreation. How would you like to learn more about helping others have fun? Would you like to build a weather station,

make puppets and put on a show, collect, classify and identify butterflies, or rocks, or dolls, do china painting, build a boat, or do work in photography? This project in recreation can help you find and develop your talents, learn new skills, develop new interests, share experiences with others. Your recreation today may be your work tomorrow! Life is not measured only by the number of calendar months you may live. Life has depth and quality as well as length. Recreation is **Joyous Living!**

You have **NINE** areas in this project to choose your work from:

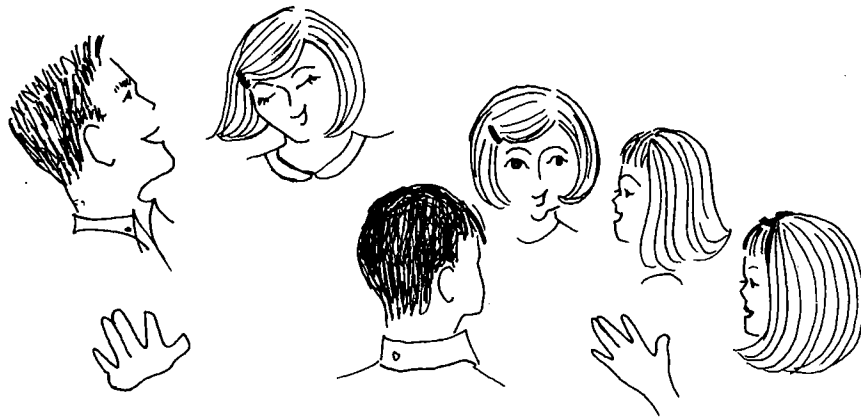
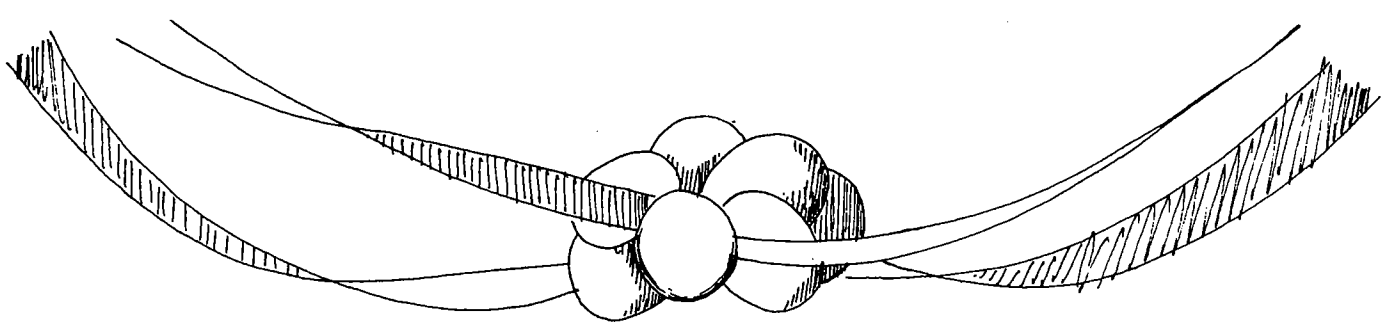
- | | |
|-----------------------------------|------------------|
| I. Social Recreation | VI. Folklore |
| II. Music and Drama | VII. Hobbies |
| III. Arts and Crafts | VIII. Family Fun |
| IV. Sports and Outdoor Recreation | IX. Talent |
| V. Nature Lore | |

Each of these areas is further divided into sections called **ACTIVITIES**.

How To Complete The Project

To complete a Senior 4-H recreation project you must do all the work set up in **THREE** or **MORE** **ACTIVITIES**. The three or more activities do not have to be

from the same area. You may, for example, choose one activity under Folklore, one under Family Fun, and another under Social Recreation.



Area I - - Social Recreation

Wouldn't you like to learn more about helping others have fun? What can you do as a recreational leader? There are many opportunities in this area of the recreation project for you to help other club members have more fun. It will give you a chance to grow as a leader in recreation and to help others participate in wholesome leisure-time activities. It will help you build a recreational kit, including a library of games and activities, a scrapbook of program aids, phono-

graph records, music, equipment games, and puzzles. You can prepare and lead action songs, audience games, leader stunts, tricks, and catches. You also will learn many circle games, relays, singing games, and dances. You may learn how to lead group singing.

Working in this Area will afford you a rich opportunity to learn how to get along with people and to serve by sharing fun with others in your home, club, and community.

Activity 1: Build a recreation kit in a looseleaf notebook containing at least:

- TWELVE pre-party games or mixers
- TWELVE active or tag games
- TWELVE quiet and mental games
- TWELVE challenge and dramatic stunt games

You must be able to explain and lead at least three of the games in each division above.

Activity 2: Prepare a scrapbook (looseleaf) of plans for the following programs. Be able to justify content of each program.

- Family play night
- Recreation period for your club
- Home party
- Club party
- Church party
- Community party
- Seasonal party (Halloween, Valentine)

Activity 3: Make a collection of phonograph records and written instructions for the following:

- FOUR singing or play party games
- FOUR circle mixers
- SIX folk or square dances

Write a short article describing your collection and be able to teach at least TWO games for each division.

Activity 4: Build a suit case kit or box of materials that a leader of Social Recreation might use. This kit should be one that a leader might pick up and use on a moment's notice. It should include materials to be used with small and large groups, and active and quiet games.

The collection should contain such things as a bean bag, rubber balls, pencils, paper, pins, string, and equipment for relays, homemade games, and your favorite games. Included in the kit should be written programs for several parties.

Activity 5: Learn at least SIX of the following and lead a club or community group in them:

- | | |
|--------------------|---------------|
| Action songs | Singing games |
| Audience games | Folk dances |
| Leader stunts | Square dances |
| Tricks and catches | Stunts |
| Circle games | Group singing |
| Other group games | Other (name) |
| Relays | |
| | |

Make a looseleaf notebook of material used. Give title and complete instructions for each song, dance, game, and stunt. Tell of your success in teaching and leading these games, number of times each was taught, how many people involved, etc.

Activity 6: Make the following:

THREE or MORE homemade equipment games such as the dancing man, dart target, ring toss, check-board, and shifting blocks.

Prepare and give a demonstration showing how to make homemade equipment games.

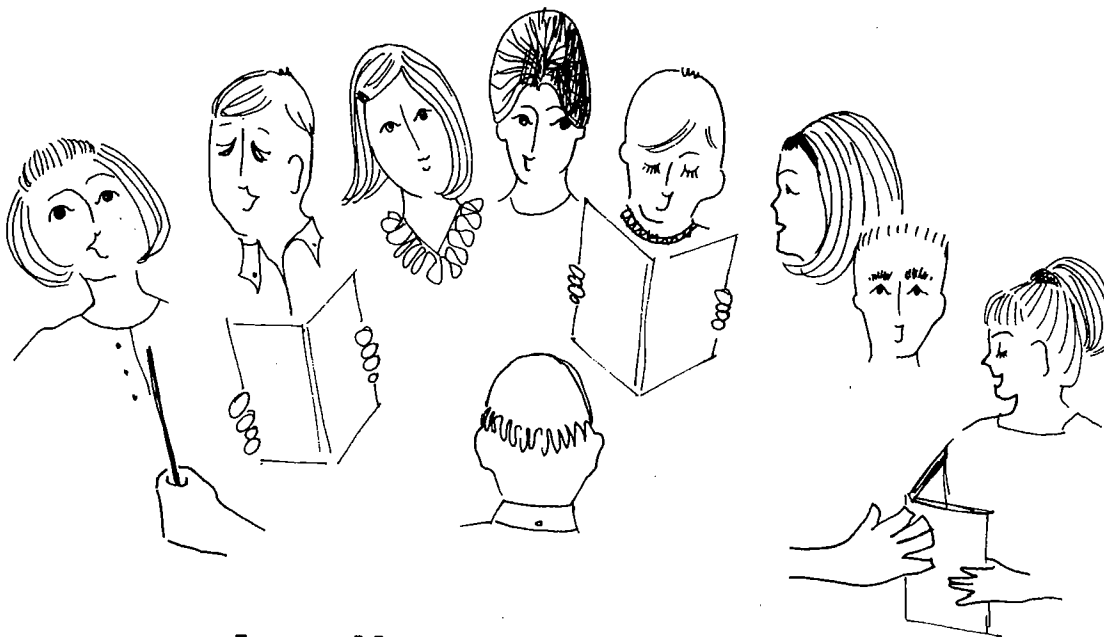
Write a short article describing how each was made, how long it took you to make each, the number of times used, how many people involved, how many times displayed, where displayed, where and to whom homemade equipment demonstrations were given.

Activity 7: Make the following:

THREE or MORE homemade puzzles such as a lapel needle, lie detector, eight point star, shifting pyramid and dad's puzzle.

Prepare and give a demonstration showing how to make homemade puzzles.

Write a short article describing how each was made, how long it took you to make each, number of people you have taught to make puzzles, number of times your puzzles were used, where and to whom puzzle demonstrations were given.



Area II - - Music and Drama

Do you have an interest in playing a musical instrument, leading group singing, or doing a puppet show? If so, maybe you would like to take part in this phase of the recreation project. You will have an opportunity to participate in plays, do monologues, book reviews, pantomimes, finger and fist puppets (and

perhaps marionettes), plan and model stage sets, scenery, backdrops, and settings. This can mean more fun for you and your club and community. You'll have an opportunity to gain skill as you share fun with others. You'll have a feeling of achievement when you have shared your skill with others!

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

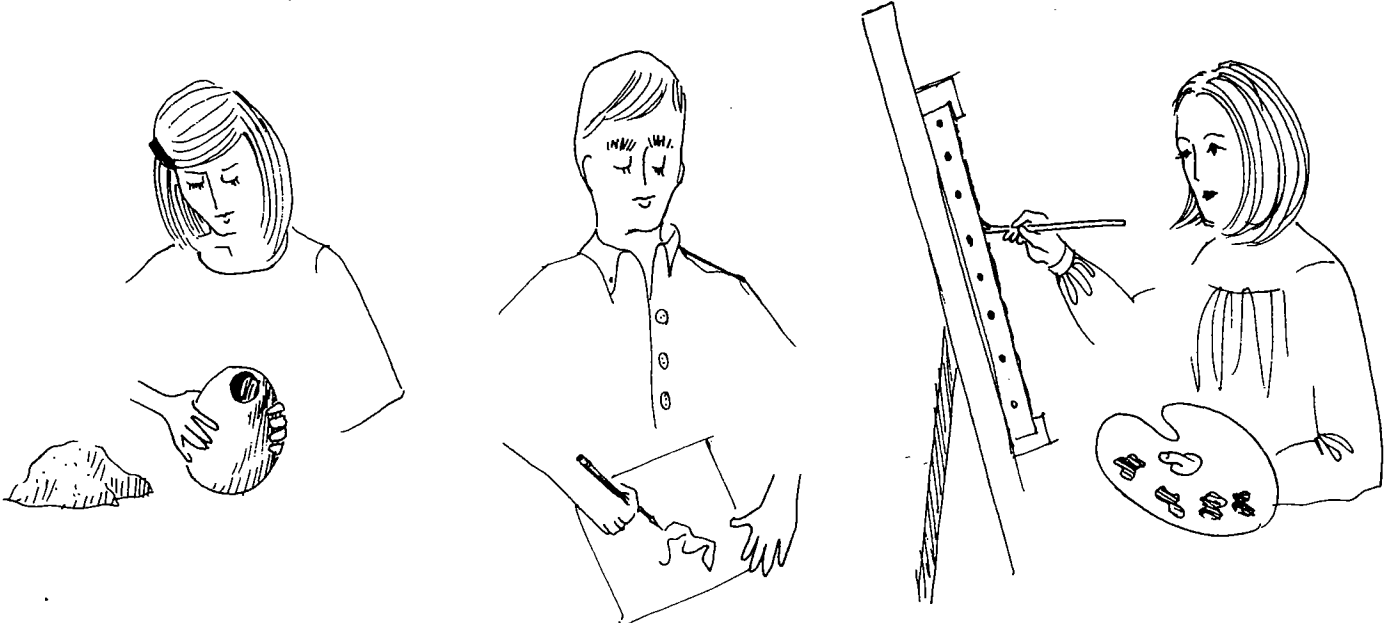
- Lead group singing
- Participate in musical group
- Play an instrument
- Sing a solo
- Conduct music appreciation
- Participate in choral speaking
- Musical reading

Write a short story about your experiences in this activity. Tell where and when you presented your number, number of people in audience each time, their reaction, and the satisfaction you got from working with a group.

Activity 2: Do at least **THREE** of the following:

- Take part in a play
- Do a monologue
- Do a book review
- Do a pantomime
- Do a puppet or marionette act
- Plan and model a stage set, scenery, backdrops, and settings
- Prepare and present a stunt or skit
- Dramatize a song or story
- Take part in a radio or TV show

Write a short story about your experiences in this activity. Discuss fully and use pictures when you can. Give number of persons working with you and the number who saw your act and where and when presented. Include all script as a part of your record. If you assumed any leadership, be sure to tell about it in your discussion.



Area III - - Arts and Crafts

Let's have fun with Arts and Crafts! Everyone enjoys making things with his hands. The things you create yourself have a more personal meaning than the things you buy. Why not try making something? It

Activity 1: Make at least **THREE** articles in

- | | |
|------------------------------|----------------|
| Drawing, sketching, painting | Candle making |
| Weaving | Wood carving |
| Leather | Metal craft |
| Linoleum block printing | Basketry |
| Spatter painting | Model building |
| Stenciling | Woodworking |
| Homemade Christmas cards | Plastics |
| Christmas decorations | Silk screening |

might open a door that would bring you much enjoyment for the rest of your life. There are many media in crafts that can afford you an opportunity to express originality and creative ability. You will be proud of anything you make in this area.

THREE of the following fields:

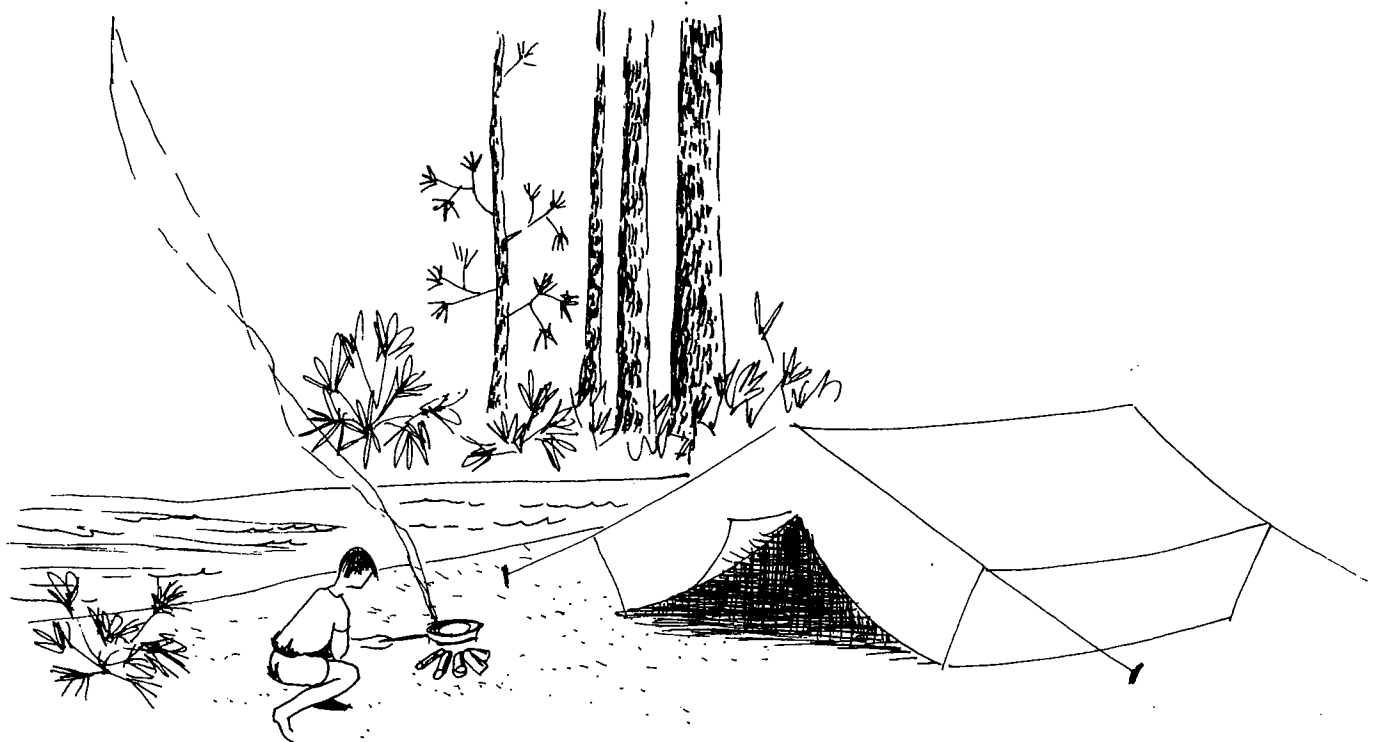
- Ceramics
- China painting
- Paper craft
- Shell work
- Textile painting
- Glass etching
- Other (name)

.....

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

Prepare and give a demonstration on how to make an article in one of these fields.

Write a short story about how you made the articles, your experience in making, displaying and exhibiting them. Tell about their uses, how many persons you have taught to make similar articles, and where and to whom demonstrations were given.



Area IV - - Sports and Outdoor Recreation

Do you like to play basketball, baseball, or go skating, or swimming? How would you like to arrange and play in a club tournament? Or maybe build an outdoor grill or a croquet court? Or work out the games for a picnic? You could have fun and help others to have fun.

Activity 1: Arrange and play in a club tournament of ONE of the following:

- Archery
 - Basketball
 - Baseball
 - Horseshoe
 - Baitcasting
 - Skating
 - Swimming
 - Badminton
 - Other (name)
-
-

Write a short story telling how you organized the tournament, your success, the number of people involved, where, and when it was held.

Activity 2: Build ONE of the following for use by your family and friends:

- Shuffle board court
 - Outdoor grill
 - Picnic table and benches
 - Croquet court
 - Water skis
 - Boat
 - Surf board
 - Two pieces of play ground equipment such as see-saw, swing, and sand box
 - Other (name)
-
-

Write a story about what you built, how long it took you, cost, and who uses it. Include building plans and pictures.

Activity 3: Take the lead in getting your club interested in providing necessary play ground equipment for your local club house, or community house. Much of this equipment could be homemade. You could take the lead in raising funds to purchase equipment that is needed. Keep complete records of your activities, telling who, when, what, and show with pictures what was done.

Activity 4: Prepare a scrapbook (looseleaf) of program plans for each of the following:

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

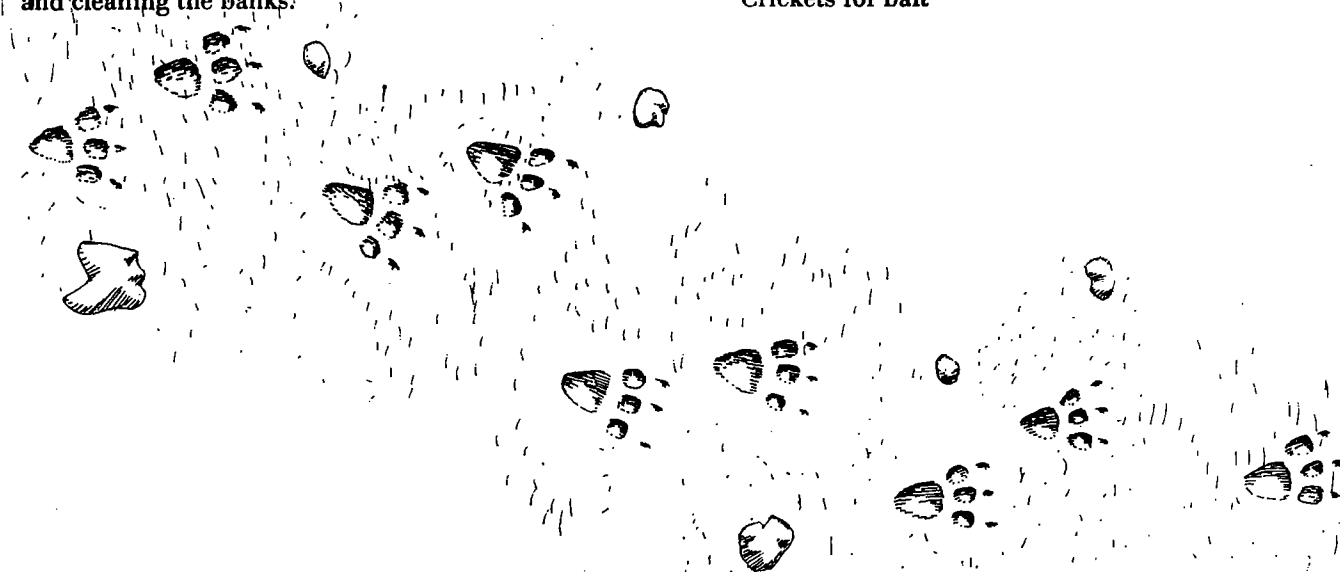
Give instructions for games chosen. Be able to explain any game you have on your list.

Activity 5: Equip the farm pond for recreation. Write a story about equipment you made or bought, what you have done to beautify the setting, what you have done to make the pond safe for swimming, such as removing or marking stumps, holes, and rocks, and cleaning the banks.

Tell about safety practices and equipment. You could discuss parties or picnics you have had with your family and friends. Include pictures if possible. Prepare and give a demonstration on safety at the farm pond.

The following are some suggestions as a guide:

- Boat (discuss safety practices and equipment)
- Diving board or platform
- Outdoor grill
- Table and benches
- Water skis (discuss safety practices)
- Surf board
- Life saving equipment (discuss how to use)
- Snake bite equipment (discuss how to use)
- Fishing equipment
- Maintenance of banks and surrounding area
- Marking of stumps and holes
- Fish worm beds
- Crickets for bait



Area V - - Nature Lore

All nature opens its doors to those who would open their eyes and ears, who feel, taste, and smell. Are you interested in the things you see? Do you know whether or not all trees form flowers? Whether snakes have tongues? What are the most precious minerals? How many stars can you locate and name? How would you like to build a weather station?

Activity 1: Enlarge a collection or start a new collection of TWO of the following: (Specimens must be mounted, classified, and identified)

- | | |
|---------|-----------------------|
| Insects | Plants |
| Rocks | Woods |
| Soils | Cast of animal tracks |

- Moths and butterflies
- Marine life
- Feathers
- Taxidermy
- Other (name)

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

Prepare and give a demonstration on how you made your collection and how to mount and identify the items.

Write a short story describing your collection, number of articles in it and where and when displayed. Tell how you got interested in the collection and something about the pleasure it affords you.

Activity 2: Keep a notebook (looseleaf) on TWO of the following:

FIFTEEN or more birds:—Identified and studied (habits, food, range, calls, color markings, pictures if possible).

EIGHTEEN or more wild flowers:—Identified and studied (size, color, range, picture, dried specimens when possible).

TWELVE or more wild ferns and mosses:—Identified and studied (description, size, range, specimens when possible, pictures).

STUDY the stars:—As to location and identification of constellations, major stars, planets, any unusual phenomena that appears as eclipse or comet, etc. This should also be recorded in note-

book form. You will be expected to answer any questions of the judges on material in your notebook.

RECORD of weather observations:—Keep a weather record for **SIX** months giving daily temperatures, rainfall, storms, and direction of wind and such.

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

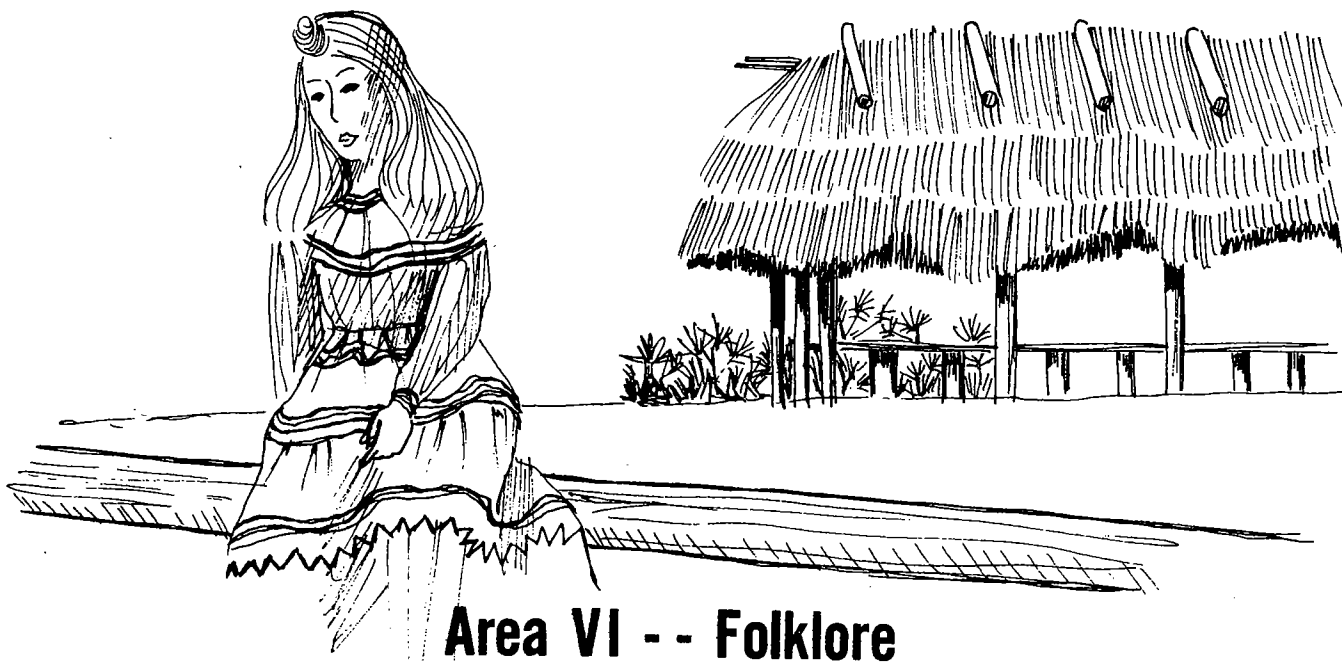
Aquarium

Terrarium

Weather station—keep a log on weather conditions and predictions for a month.

Prepare and give a demonstration on how to build and maintain an aquarium, terrarium, or weather station.

Write a short article describing how it was built, dimensions, what is in it, length of time in building, cost of materials, how long you have had it, and other interesting information.



Area VI - - Folklore

What do you know about the folk songs, legends, superstitions, and customs that are traditional in your county or community? Many of the native plants used by Indians and early pioneers for food and medicine may still grow in your community. Seek out the old-timers in your community and ask their help.

Activity 1: Keep a notebook (looseleaf) of local customs, beliefs, tales, riddles, puzzles, songs, games, ballads, ways of doing things, and crafts. Be sure the "old-timer" you are getting these things from

learned them from his folks and not from a book or collection. The test of folklore is its passing on by **ORAL** not written tradition.

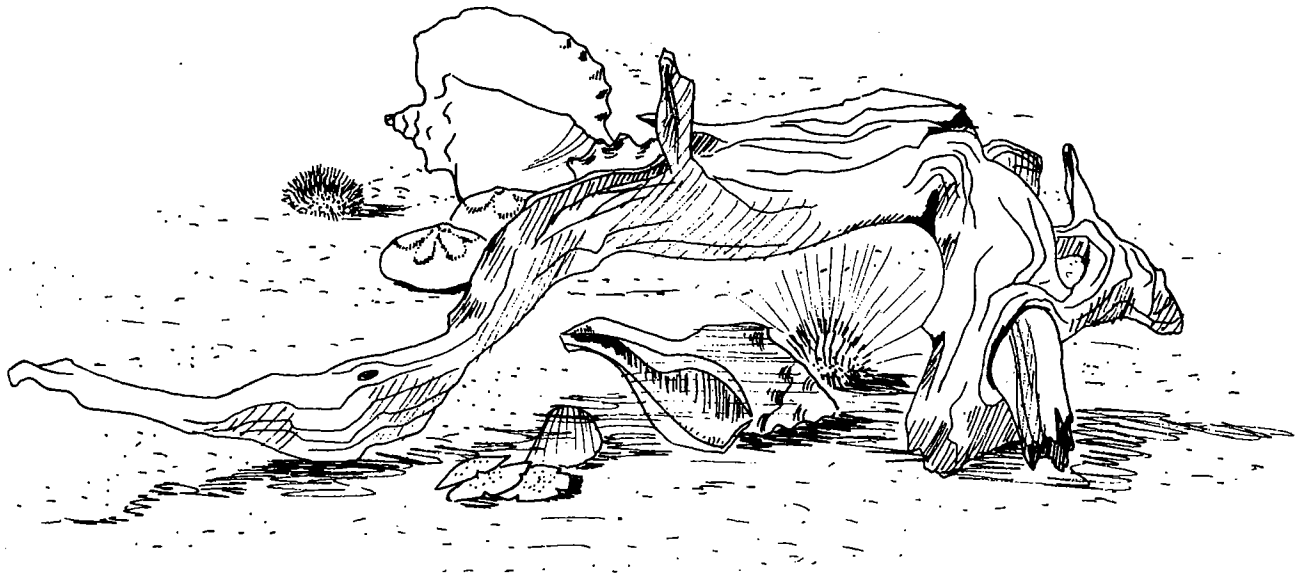
Activity 2: Learn and do **THREE** of the following at a club or other meeting:

Tell a folk tale

Sing a folk song or ballad

Dramatize a folk tale

Display and explain a collection of crafts or an art or products that are "traditional" in your community or county.



Area VII - - Hobbies

Develop a hobby! Select one you'll get much pleasure from 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.

Be creative—you have a wide choice of things to do. Use your own ideas; avoid selecting a hobby just because a friend has that hobby. Select one that you really have an interest in. Make collections neat and attractive. Never complete a hobby! Make it grow!

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:

- Photography
- Stamp collection
- Money collection
- Match book collection
- Fly tying
- Taxidermy
- Insect collection
- Butterfly collection
- Doll collection
- Rock collection
- Shell collection
- Crafts
- Scrapbook of riddles
- Model building
- Writing
- Building a radio,
transistor amplifier,
or ham set
- Other (name)

Whenever possible classify your materials; mount and show proper identification as to name, where from, date, and such.

Make a scrapbook of magazine and newspaper articles and pictures concerning your hobby.

Write a story about your hobby, telling why you like to do it and size of collection.

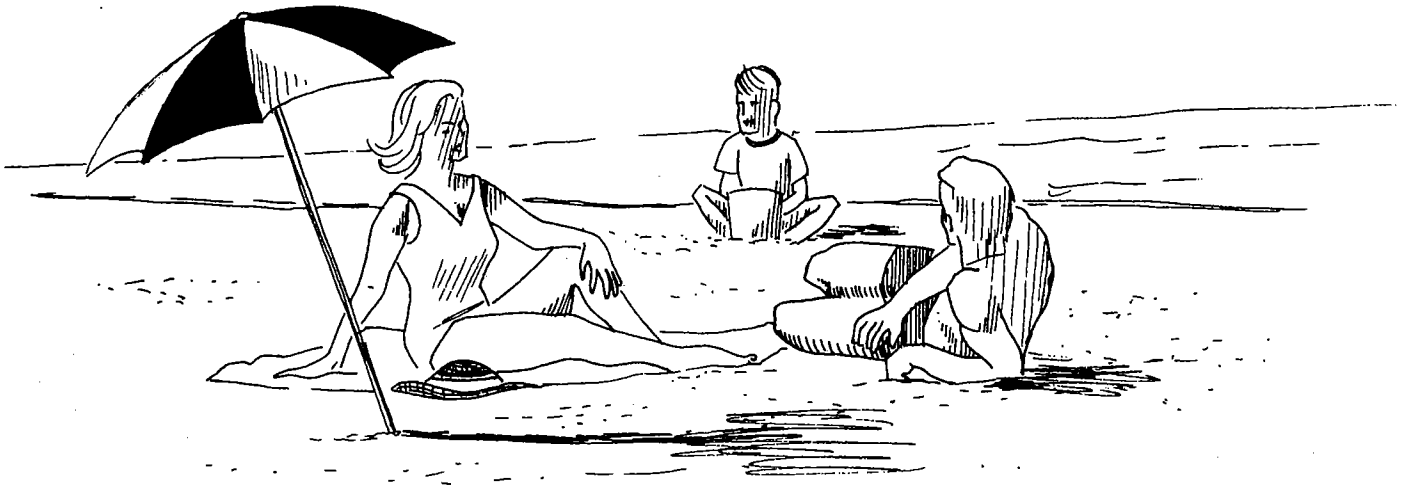
Write a how-to-do-it news article for your local paper. Include it in your record.

For such collections as stamps, money, matchbooks, and dolls, chart on a map the states or countries from which the items in your collection came.

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

There are many national clubs for hobbyists. A membership in the club of your choice will help you make friends with persons having common interests. Small talk and even items in your collection may be exchanged.

Activity 2: Arrange a hobby show. Contact members in your club and other people in your community who are interested. Make use of local newspapers, radio or TV for publicity. Display the items in your collection or hobby. Write a story for your local paper and one for your notebook telling about the hobby show, where and when held, number of people participating (names of these people would be good), number attending, and how the plans were worked out and executed. Provide pictures if possible.



Area VIII - - Family Fun

Home play and recreation is an essential part of family living. When parents and children "play" together, a feeling of security, freedom, and comradeship exists which is seldom found elsewhere. Family recreation helps to cement family relationship and to build family spirit. Wouldn't you like to share in planning fun for your family?

Activity 1: Plan and direct at least **THREE** of the following:

- Birthday celebration
- Parents' anniversary
- "Dress-up" party—Everyone, old and young, gets a thrill from really dressing up.
- Family picnic
- Family over-night camp
- Family tour
- Activities for special occasions such as Halloween and Thanksgiving
- Automobile recreation on trip
- Keep a scrapbook of place cards, menus, pictures, and an article describing the occasion.
- Make all plans for table decorations, games, etc.

Activity 2: Plan activities one night a week as "home night" for your family. Do this for **TWO MONTHS**. Write accounts (looseleaf notebook) of each night outlining activities, listing games used, participation, and enjoyment.

Activity 3: Prepare at least **THREE** articles from the following:

- Homemade equipment games such as the dancing man, dart target, checkerboard, and ring toss.
 - Homemade puzzles such as shifting blocks, pyramids, lie detector and lapel needle.
- Write a short article describing how each was made, how long it took you, and how it is used by the family.

Activity 4: Build at least **ONE** of the following for use by the family:

- Outdoor grill
- Picnic table and benches
- Two pieces of play ground equipment such as seesaw, swing, and sand box.
- Croquet court
- Tennis court
- Shuffleboard court

Write a story telling what you built, how you built it, cost, length of time it took to build, and how often it is used. Include pictures if possible.

Activity 5: Do **TWO** of the following:

a. Develop a family hobby. Choose one in which the family is interested and all members can take part, such as Butterfly collection, Coin collection, Stamp collection, Rock collection, or something of your choice. Write a story about the hobby, why the family enjoys it, its cost, size of collection, and such. Display collections at home and invite friends to see them. Share your fun!

b. Develop family crafts. Choose crafts that all the family can participate in. Make **FOUR** articles from **TWO** of these fields: Leather, Woodwork, Metal craft, Model building, Basketry, Ceramics, Paper craft, Candle making, or something else of your choice. Write a story about what was made, the experiences shared, use and cost of articles made.

c. Develop family music group. Write a story about your experiences. Tell how often you participated in the family group. This may be an instrumental or vocal group.

d. Stage a puppet or marionette show. Select one in which as many members of the family as possible

can participate. Write an article about experiences shared in making puppets or marionettes, building stage and scenery, and dramatizing stories.

e. Family build and maintain ONE of the following: Aquarium, Terrarium, Farm pond, Weather sta-

tion, Bird equipment including houses, feeders and bath. Write a story about what was built, the family's experiences in building it, cost, uses, and pleasure derived from building and maintaining it. Use pictures whenever possible.



Area IX - - 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 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?

Helpful Tips For You in This Project

- ★ Select an activity that you have an interest in.
- ★ Choose something that you are capable of doing well.
- ★ Use good techniques in presenting your activities.

- ★ Make the story about your experiences in the activities neat and attractive.
- ★ Whenever possible include pictures and building plans.
- ★ Make all collections and displays attractive.

- ★ Label each article clearly.
- ★ Classify and identify if at all possible.
- ★ In leading games or directing any group activity, show kindness, courtesy and consideration. 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. Select games that are fun to do and that will

fit the group you are planning for. Be sure to give clear, simple, and correct instructions.

- ★ Do your own work—don't copy others.
- ★ Avoid using kits in crafts that are too simple; use your own ideas.
- ★ Gain skill by practice. You will enjoy your activities more if you do your work neatly and progress gradually to more advanced work.

Where You Can Get Help

★ Ask your County and Extension Agents, your local 4-H leaders, and your parents for their help with your activities.

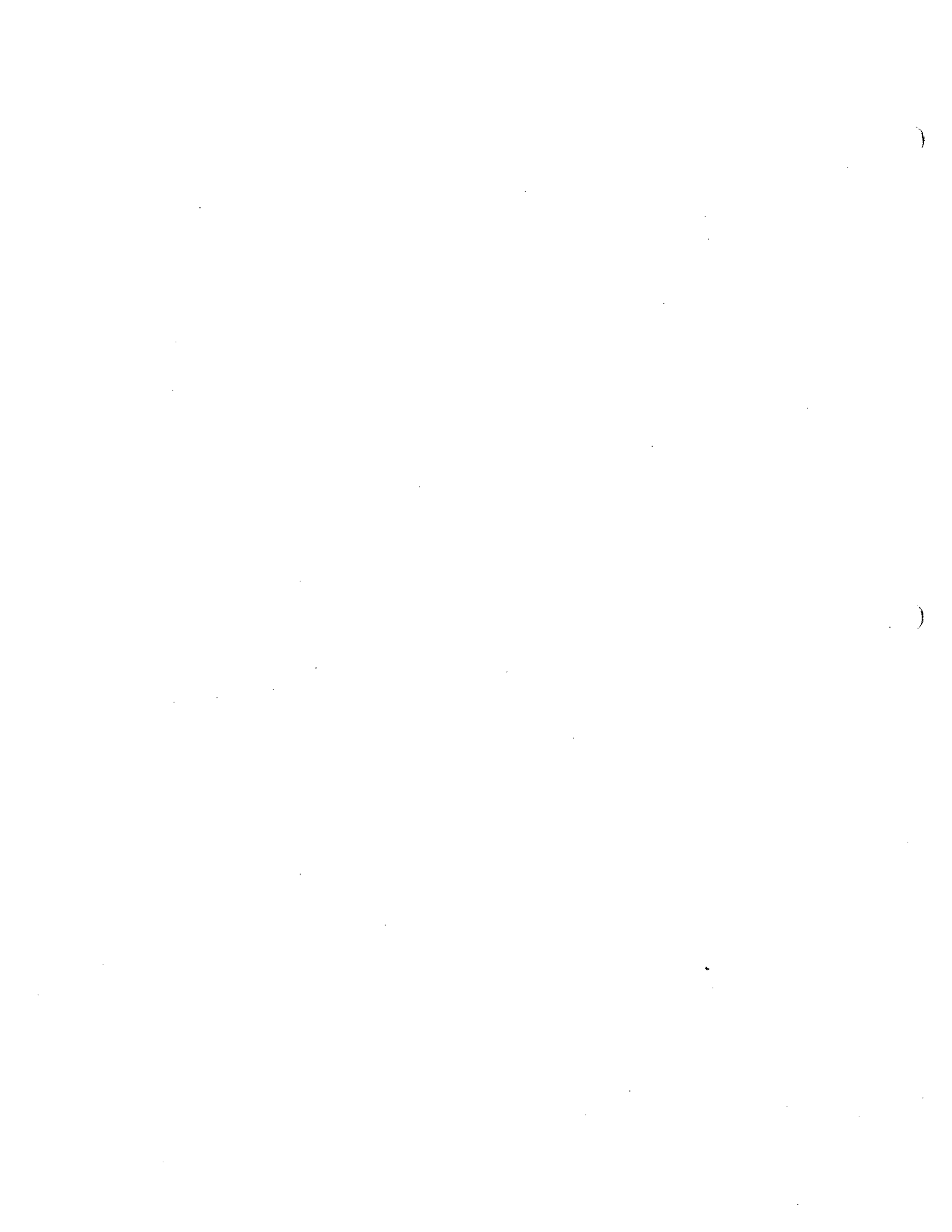
★ Consult your school or local library for books, pamphlets, and magazines, for help in identifying specimens and illustrations for mounting.

★ Look in newspapers and magazines for suggestions that might help you with your activity.

★ Secure help from other people who have some knowledge of the activity you want to do—such as members of local mineral and rock clubs, photography clubs, amateur astronomers, naturalists, local weather bureaus, music instructors, play or drama directors, teachers, boy and girl scout leaders, and city recreation directors.

★ Mimeographed and printed material has been prepared by the State 4-H Club Staff. It is available free to you through your County and Extension Agent's Office.

★ Boy Scout and Girl Scout Handbooks will give much help in several of the activities.



4-H Recreation Record

For Year 19__

unit III REPORT FOR FIRST YEAR

County

Name Boy Girl

Address

Age Date of Birth: Month Day Year

Parents' Name

Number of years in 4-H Grade in school

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

Social Recreation .. Music and Drama .. Arts and Crafts .. Sports and Outdoor Re-
Creation Nature Lore Folklore ... Hobbies Family Fun .. Talent ...

List what you did:

.....
.....
.....
.....
.....

Did you demonstrate to others something that you learned in this project? Yes ... No...

Give the following information about demonstrations you gave.

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

(Continued)

Have you taught others anything that you have learned in your Recreation Project?

Yes No.....

Give the following information about Recreational Activities that you have taught or directed.

What Taught or Directed	Where	To Whom	To How Many People
.....
.....
.....
.....
.....
.....
.....

Have you given any recreation information that you have learned on radio or TV?

Yes No.....

Have you written a news article on your Recreation Project? Yes No

Did you make an exhibit of things you made in your Recreation Project? Yes

No.....

List each exhibit and tell:

Name of Exhibit	Where Shown	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 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 your 4-H Recreation Project.

4-H Recreation Record

For Year 19__

unit III REPORT FOR SECOND YEAR

County

Name Boy Girl

Address

Age Date of Birth: Month Day Year

Parents' Name

Number of years in 4-H Grade in school

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

Social Recreation ... Music and Drama ... Arts and Crafts ... Sports and Outdoor Re-
Creation ... Nature Lore ... Folklore ... Hobbies ... Family Fun ... Talent ...

List what you did:

.....
.....
.....
.....
.....

Did you demonstrate to others something that you learned in this project? Yes ... No ...

Give the following information about demonstrations you gave.

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

(Continued)

Have you taught others anything that you have learned in your Recreation Project?
Yes No.....

Give the following information about Recreational Activities that you have taught or directed.

What Taught or Directed	Where	To Whom	To How Many People
.....
.....
.....
.....
.....
.....

Have you given any recreation information that you have learned on radio or TV?
Yes..... No.....

Have you written a news article on your Recreation Project? Yes..... No.....

Did you make an exhibit of things you made in your Recreation Project? Yes.....
No.....

List each exhibit and tell:

Name of Exhibit	Where Shown	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 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 your 4-H Recreation Project.

