

FJ825



NORTH DAKOTA  
4-H RECREATION

# Games & Activities

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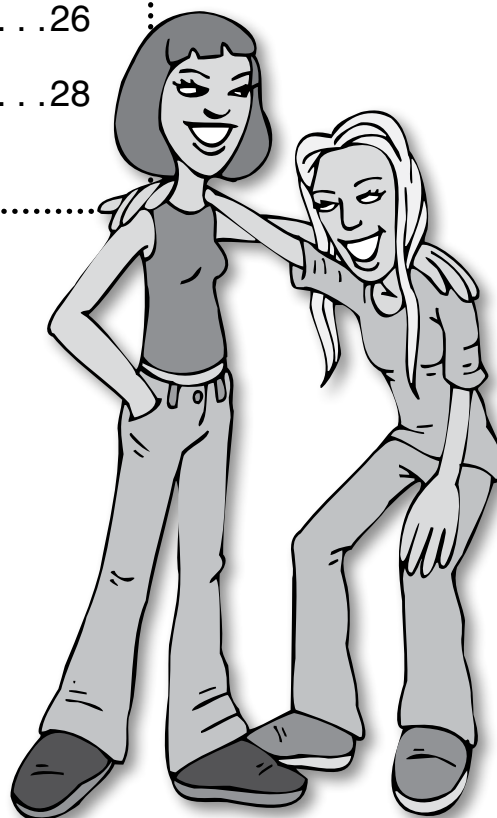
**NDSU**

EXTENSION

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## Introduction

The following is a collection of fun games and activities 4-H youth will enjoy participating in during and after 4-H club meetings. We hope you will use them in your 4-H club and have fun with them.

### Recreation is Essential!

Including recreation in your 4-H club meetings is beneficial to your club members, your 4-H volunteers and the parents who participate. Being involved in recreation has physical, social and mental health benefits. Some of these benefits include added energy, weight management, reduced risk of diseases and overall improved quality of life. These are some reasons why encouraging physical activity in children, adolescents and adults is important. Research shows youth who are involved in physical activity are more likely to be physically active adults. Recreation also helps children develop positive attitudes, values and behaviors. (Thompson, Rehman & Humbert, 2005, pp. 1)

## T-E-A-M

Incorporating recreation into your 4-H activities also encourages leadership and team building in your 4-H youth. You may view building your club like building a team. The four main characteristics of an effective team are trust, enthusiasm, ambition, and motivation.

**TRUST** allows team members to depend on each other, and good teamwork is based on trust.

**ENTHUSIASM** is the glue that holds the team together.

**AMBITION** is to be known by all members so they can be committed to achieving the team's goal.

**MOTIVATION** is what drives the team to achieve.

(Sandler, 2009)



**“A single arrow is easily broken,  
but not 10 in a bundle”**

-Phil Jackson

# 4-H 101 on Recreation

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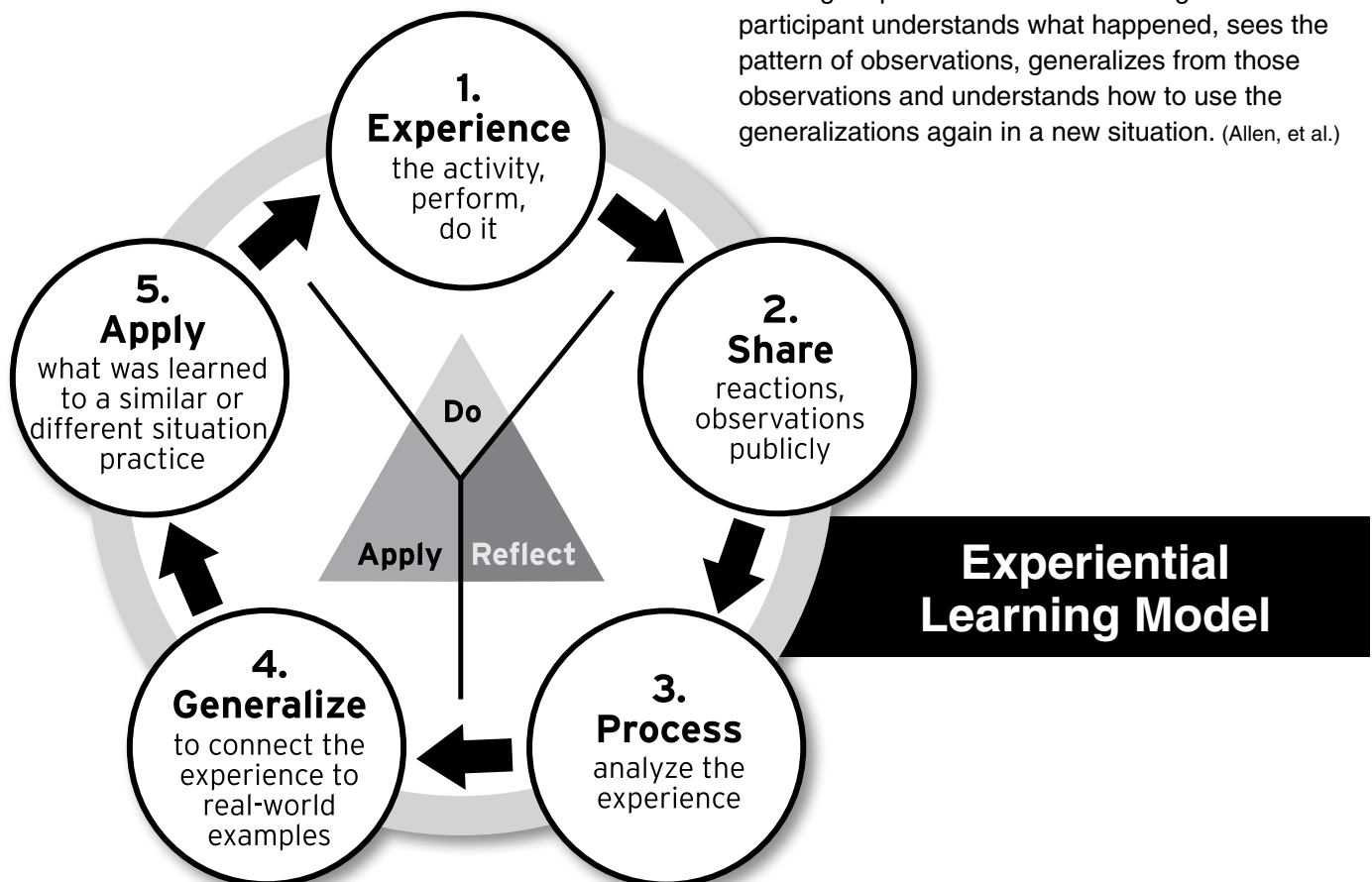
4-H Youth Development relies heavily upon the five steps of the experiential learning model to teach life skills. The sequential steps of the model help youth identify what they have learned from a 4-H experience or activity and to apply that learning to other experiences or situations. This model requires that the “teacher/leader” be very clear about the skill or concept targeted and that the experience and the processing questions are designated to support that learner goal. The experiential learning process engages the learners in all phases of the activity, resulting in the ability to generalize this learning to new situations.

Not only are recreational activities important for health, but they are structured around the Experiential Learning Model that allows 4-H’ers to evaluate their experiences through discussion led by the leader(s) after the activity.

1. Participant **experiences** the activity — performs or does it
2. Participant **shares** the experience by describing what happened
3. Participant **processes** the experience to determine what was most important and identify common themes
4. Participant **generalizes** from the experience and relates it to his/her daily life
5. Participant **applies** what he/she learned to a new situation. (Kolb, 1984)

When this model is used, youth experience and process the activity. They learn from thoughts and ideas about the experience. Each step contributes to their learning.

Providing an experience alone does not create learning. Experiences lead to learning if the participant understands what happened, sees the pattern of observations, generalizes from those observations and understands how to use the generalizations again in a new situation. (Allen, et al.)



**Learning advantages for leaders using this process in a group include:**

- Being able to assess youth's knowledge of or experiences with a subject and building upon it
- Serving as a coach
- Using a variety of methods to involve youth in the experience
- Learning together with youth in a cooperative way

**Benefits for youth using this process no matter what their learning style include:**

- Learning from each other by sharing knowledge and skills
- Working together, sharing information and evaluating themselves and others
- Taking responsibility for their own learning
- Relating experience to their own lives

Many types of activities can be used to provide a learning experience. The experience chosen will depend on the life skills being targeted and the way the learners can become involved with the content. If the intent is to have youth practice decision making, then the experience needs to provide opportunities to practice decision making as the subject matter is explored. Some popular activities used in 4-H to promote life skill development are:

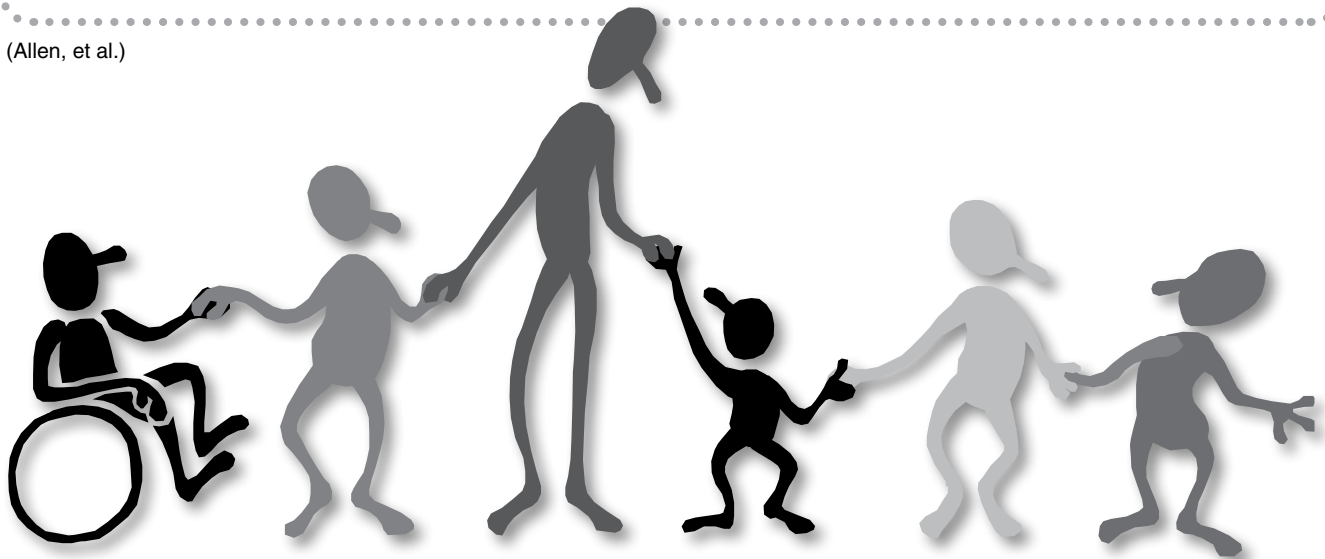
**Method**

- Playing a game
- Experiments
- Planning activities
- Giving presentations
- Interviewing others
- Solving a problem
- Making models and products

**Life Skill**

- Team work, risk taking
- Decision making, problem solving
- Team work, planning, leadership
- Communicating
- Communicating, relating to others
- Decision making, problem solving
- Problem solving, leadership, accessing resources

(Allen, et al.)





## HINTS FOR Leadership

1. Know the rules and procedures. Be able to present the game and its rules with little if any reference to the book. This will make you look more confident as a leader, and the members will take you seriously. Practicing beforehand to be prepared always is a good idea.
2. Have any supplies you will need for the activity ready before starting.
3. Make sure you have everyone's attention.
4. Use demonstrations if possible. Showing is more interesting than telling and is more effective.
5. When selecting an activity, keep in mind the age and gender of the group and where the activity will take place.
6. Stop the activity and move on to the next when the excitement and fun level is at or just above the peak. This will allow you to use the activity again because the 4-H'ers enjoyed it the first time.
7. Be the leader, know your activity and present it clearly with enthusiasm.

(Buchele, 2008)

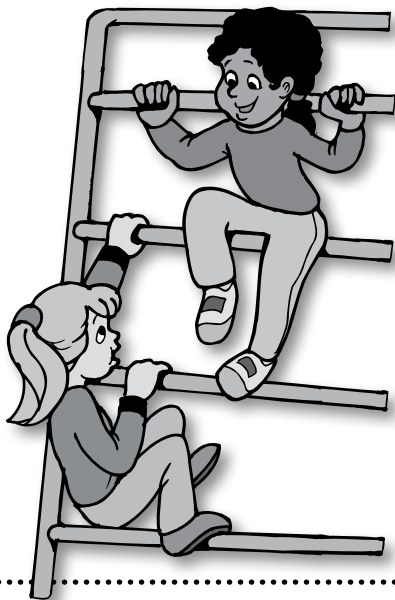
# Attendance

A fun way to take attendance before each meeting is using a role call topic rather than saying “Here!” when your name is called. Here are a few questions or ideas of things you can use before your meeting to keep track of the attendance. Remember, you always can come up with more ideas of your own. Be creative!

1. What is your favorite healthy snack?
2. What is one food you never would want to try again?
3. What is your favorite animal?
4. What is one of your 4-H projects you are bringing to the fair?
5. What is your favorite thing about the fair?
6. What is your favorite fruit juice?
7. What is your favorite summertime activity?
8. What is your favorite sports team?
9. What was your favorite toy when you were younger? What is your favorite hobby?
10. What is your favorite thing about (Christmas, Hanukkah, Ramadan, Halloween, Easter, Valentine’s Day, New Year’s Day, etc.)?
11. Who is the person you admire most?
12. What is your favorite thing about school?
13. What is your favorite sport?
14. What is your favorite store?
15. What is your favorite subject in school?
16. If you could go on vacation anywhere, where would you go?
17. Where is the farthest away you have ever been?
18. What is your favorite food?
19. What is your favorite vegetable?
20. What is your favorite 4-H game to play after the meeting?
21. What was the best present you ever received?
22. Who is your favorite celebrity?
23. What is your favorite thing about being a part of 4-H?
24. What is your favorite color?

(Scott, 2010)





# Let's Get to Know Each Other!

.....

## Three Trues and a False

This activity is fun and allows everyone to learn something new about one another.

### Supplies

Writing utensils and a piece of paper for each participant

### Let's get started!

Have someone start by writing four facts about himself/herself on his/her piece of paper. Three of the facts should be true and one should be false. Let the 4-H'ers evaluate which ones they think are true, and which one they think is false. Then survey the 4-H'ers to learn the results and discuss each question to see what they thought about each statement. This gives everyone an opportunity to tell a little about himself/herself, and everyone will learn something new about each other. Continue this around the room until everyone has a chance to share. This gives everyone an attempt to stump each other throughout the activity.

(New Mexico State University, 2009)

## Zip Zap

Quickly respond with the correct answer to avoid becoming "It."

### Supplies

None

### Let's get started!

Players sit in a circle and each person acquaints himself/herself with the person on either side of him/her. "It" is in the center of the circle and points to anyone in the circle and says either "Zip" or "Zap." If "It" says "Zip," the person must give the name of the person on his/her right before the count of five. If "It" says "Zap," the person must give the name of the person to the left before the count of five. If the person pointed to fails to do this, that person exchanges places with "It."

Additional suggestions: You may wish to use several "Its" in a large circle. To add confusion, you might add the word Zup, which means the player says his/her own name. When most players know their neighbors, call out "Fruit Basket Upset" and everyone must change chairs; the last one(s) seeking a chair is "It."



## Snack Chatter

Little does everyone know the amount of items he/she takes for himself/herself means how much he/she gets to participate later!

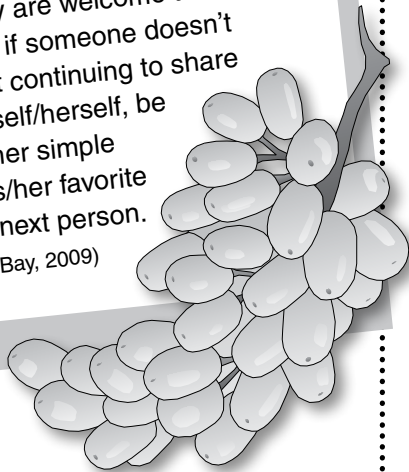
### Supplies

Bag of assorted candy, popcorn, raisins, grapes, etc.

### Let's get started!

Begin by letting the 4-H'ers take an item from a bowl and then form a circle. For every piece they took, they have to say something about themselves. Go around the circle as many times as needed. Once they have said something about themselves, they are welcome to eat their item. Remember, if someone doesn't feel comfortable about continuing to share something about himself/herself, be prepared to ask him/her simple questions such as his/her favorite color or go on to the next person.

(Worthington, Blake, & DuBay, 2009)



## Human Knot

This activity will enhance group work.

### Supplies

Eight to 10 4-H'ers

### Let's get started!

Form a circle and stand shoulder to shoulder. On the signal of the leader, put all right hands in the air and on the next signal, reach across the circle and join hands with another person. Make sure this isn't the person next to you. Repeat the same with your left hand with a different person than with whom you joined right hands. Now see if the whole group can untangle itself without unlinking hands. Leadership should develop within the group to try to figure out the best strategy to untangle each other. (Human Knot Icebreaker, 2008)

**Ask:** What did you learn about teamwork from this activity? About leadership? How would you apply this to our work together in 4-H? In school?

## “Peek-a-Who”

Learn names. This works well even when participants “think” they know everyone's name.

### Supplies

A bed sheet

### Let's get started!

Split the group into two equal teams. Each team sits behind one side of the sheet so that it is out of the view of the other side. One person from each side will sit facing the sheet. When the sheet is lowered, the team who says the name of the person on the opposite side first gets that player on its team. The game ends when everyone is on the same side of the sheet.

## Name Game

Learn the names of everyone in the group in a creative way.

### Supplies

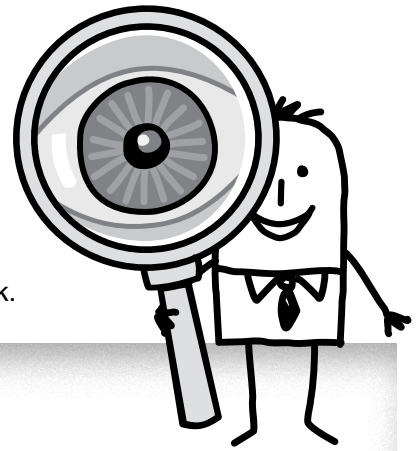
None

### Let's get started!

Have everyone sit in a circle. Have the participants think of an adjective describing them that starts with the same letter or sound of their first name (Example: Silly Sarah or Carefree Cathy). Have one person start and share his/her adjective/name. The second person says his/her adjective/name and then also says the first person's adjective/name. The third person shares his/her adjective/name and then says the second person's adjective/name followed by the first person's adjective/name. Continue around the circle until everyone has shared and said the previous names/adjectives. Make sure the participants know that forgetting a name is OK and they can ask for help. Note: you may use animals instead (Example: snail Sarah)

# Human Scavenger Hunt

Find someone who fits each category and have him/her sign the blank.  
If fewer than 20 people are playing, someone can sign more than one blank.



## Find:

1. Someone who has red hair \_\_\_\_\_
2. Someone who has green eyes \_\_\_\_\_
3. Someone who is the same age as you \_\_\_\_\_
4. Someone who has been in 4-H before this year \_\_\_\_\_
5. Someone who never has been in 4-H until this year \_\_\_\_\_
6. Someone who is about the same height as you \_\_\_\_\_
7. Someone who is wearing green \_\_\_\_\_
8. Someone who has a ponytail \_\_\_\_\_
9. Someone whose birthday is in the same month as yours \_\_\_\_\_
10. Someone you haven't talked to before \_\_\_\_\_
11. Someone wearing a 4-H clover \_\_\_\_\_
12. Someone who goes to your school \_\_\_\_\_
13. Someone whose favorite food is pizza \_\_\_\_\_
14. Someone who has been to Canada \_\_\_\_\_
15. Someone who is taller than you \_\_\_\_\_
16. Someone who has or has had braces \_\_\_\_\_
17. Someone who has seen the ocean \_\_\_\_\_
18. Someone who has a brother \_\_\_\_\_
19. Someone who can whistle \_\_\_\_\_
20. Someone who has been to the county fair \_\_\_\_\_

## Shoe Schmooze

Match up and learn something new about one another.

### Supplies

Just make sure everyone is wearing shoes.

### Let's get started!

Everybody takes off a shoe and throws it in a large pile on the floor. On the count of three, each person grabs a shoe different than his/her own from the pile and then finds the person with the matching shoe on his/her other foot. Find out the person's name and three things about the person he/she didn't already know. This works best with larger groups. After everyone has found his/her person and asked him/her the questions, go around the circle and have everyone introduce the person he/she talked to and tell the group three things about the person.

(Shoe ID Game, 2008)

## Superlative Game

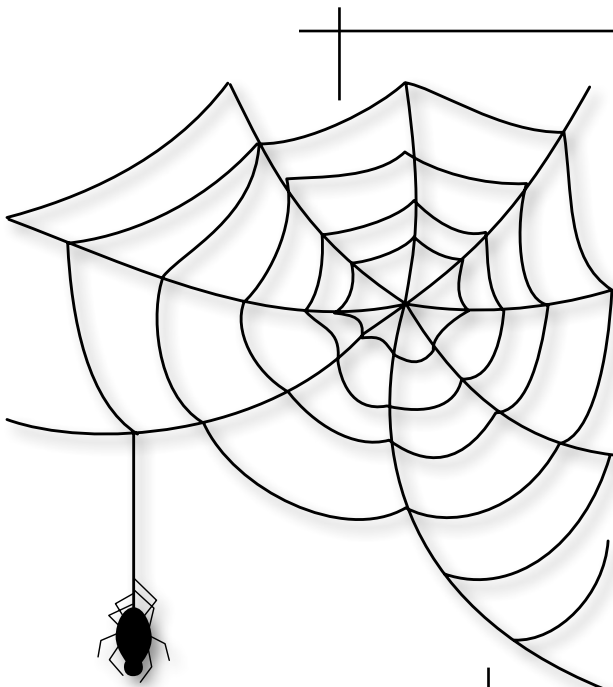
Let's see how well communication works without talking.

### Supplies

Ideas of categories arranged in ascending or descending order. (Ex: birthdays, heights, shoe size, number or siblings from least to most, etc.)

### Let's get started!

Split the group into at least three teams. The ideal team size is at least five players per team, but preferably it should have no more than nine. The objective of this game is to get in the right order of each category with or without talking; without talking is the most fun and challenging. Read the first category aloud, such as "Line up by increasing order of height. Go!" Each team scrambles to get in the proper order. When a team thinks it is done, the team members must all sit down or have a universal signal that shows they are done. At this point, the leader checks the team and verifies that its members are in the proper order. If they made a mistake, they get awarded zero points that round, and then the leader checks the next group who sat down. The first team to get in order correctly and sit down gets awarded a point. The leader then reads off the next category, and this process repeats until the appropriate number of points is reached. (Superlative Game, 2008)



## Spider Web

Reflection and teamwork

### Supplies

Ball of yarn

### Let's get started!

Form a circle with club members, volunteers, parents, etc. Have one person start by holding on to the end of the string. First the individual shares something about himself/herself and then tosses the ball of yarn to someone across the circle. Then that person holds on to the part of string that reached him/her, shares something about himself/herself and tosses the ball of yarn to the next person. Continue this pattern until a "spider web" is formed among all the 4-H'ers. This activity shows they are all unique as a spider web and they are all joined together by the "web" as a team in 4-H. (Worthington, Blake, & DuBay, 2009)

# TRICKIEST SCAVENGER HUNT

This may work best with older youth.

## Supplies

A copy of the following hints

### Let's get started!

Use the following hints for a fun indoor activity to get everyone thinking.

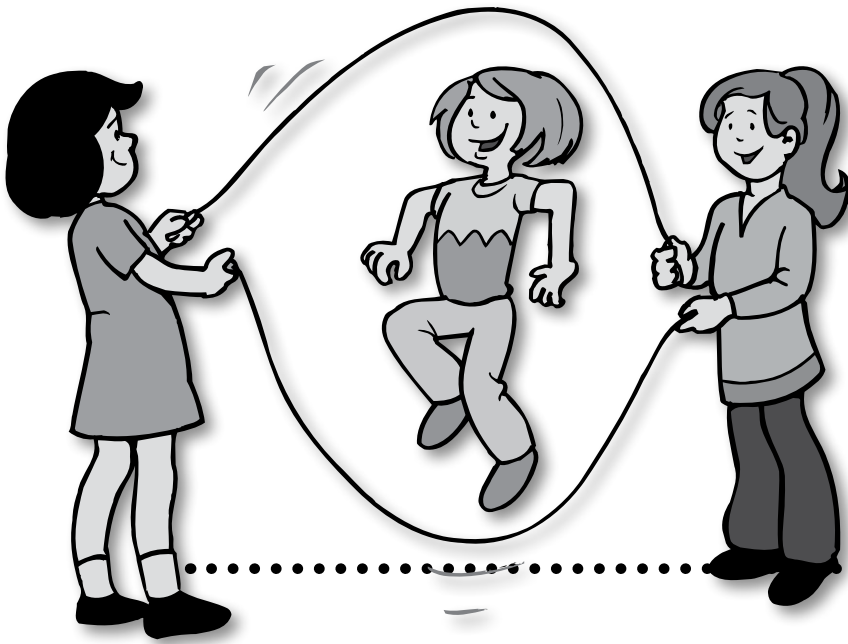
1. Round and round it goes, sometimes as a never-ending symbol of love, sometimes it's simply an accessory. \_\_\_\_\_
2. Often kindergarteners master how to use this tool by learning a simple rhyme about a bunny going around a tree. No matter how the task is learned, it's good to keep this tight so you don't trip! \_\_\_\_\_
3. Spearmint, cinnamon, wintergreen, or watermelon; this can come in many flavors. It's good to have in your mouth but notorious for winding up stuck to the underside of tables. \_\_\_\_\_
4. From humble origins and less than a year of formal education, you may have a picture of this 16th president in your pocket! \_\_\_\_\_
5. This has two hands and a face; it keeps on ticking but is not alive. \_\_\_\_\_
6. Sounds or words can be used when using this to stay connected. \_\_\_\_\_
7. Normally this has three curves and is useful for keeping things together, but it can be straightened into a line. \_\_\_\_\_
8. Place this high to help keep you warm when winter days are cold. \_\_\_\_\_
9. The 50 U.S. states each have a differently designed one of these, but they all can be used the same. \_\_\_\_\_
10. One end of this helps me keep track of information while the other lets me delete mistakes. \_\_\_\_\_
11. Head, heart, hands, and health are symbolized by this. \_\_\_\_\_
12. A picture of yourself that proves you are privileged. \_\_\_\_\_
13. This started out in the forest but can end up as an airplane. \_\_\_\_\_
14. Its many teeth keep strays in place. \_\_\_\_\_
15. Many different things are said about this: it's continuous, makes the world go round, looks good on everyone, helps you feel good, and is the best thing to put on in the morning. \_\_\_\_\_
16. A small profile of Franklin Delano Roosevelt is on one side and torch with an olive branch are all pictured here. \_\_\_\_\_
17. This helps some near and helps others far, but everyone who has them balances them on their nose. \_\_\_\_\_
18. Most people would rather not need to use this, but when eyes and noses run, it's good to have around. \_\_\_\_\_
19. A Hawaiian dollar bill. \_\_\_\_\_
20. I'm warm and fuzzy and keep everyone's form of movement warm. \_\_\_\_\_

(University)

# **TRICKIEST SCAVENGER HUNT**

## Answer Sheet

1. Ring
2. Shoe lace
3. Gum
4. Penny, Abraham Lincoln
5. Watch or clock
6. Cell phone, phone
7. Paper clip
8. Hat
9. Quarter
10. Pencil with eraser
11. 4-H clover
12. Driver's license
13. Paper
14. Comb
15. Smile
16. Dime
17. Glasses
18. Kleenex
19. The same as any U.S. dollar!
20. Socks, shoes, slippers



# Let's Get Moving!

## Clothes Pin Tag

Quick feet and fast hands are the key to success.

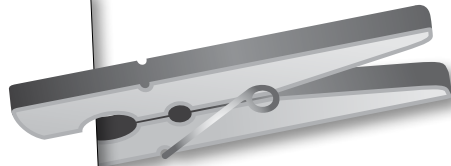
### Supplies

Five clothes pins or fewer per person

### Let's get started!

Before you start playing, make sure you make boundaries for this game. All players should start with five clothes pins pinned to the back of their shirts. Have them spread out around the playing area before the start of the game. The object is to try to capture the clothes pins from someone else's back without losing yours. If you capture a clothes pin, you are to go down on one knee while pinning it on your back. While you are on one knee, no one can take a clothes pin from you, but as soon as you stand up, you are free game to anyone. If a player goes out of bounds, he or she loses a clothes pin. Pushing is not allowed, and players only can touch clothes pins, not touch or pull clothes or the body. Any violators will lose one clothes pin per victim. The person who collects the most clothes pins in the allowed time wins. This also can be played with teams.

(New Mexico State University, 2009)



## Catch the Dragon's Tail

Am I for it, against it, or in between?

### Supplies

Bandanna

### Let's get started!

You will need a good-sized area for this game. Make sure you are clear of any sudden pits and trees. Have about eight to ten people line up, one behind another. Everyone puts his/her arms around the waist of the person in front of him/her, forming the dragon. The last person in line tucks a bandanna in the back of his/her belt. At the GO signal, the dragon starts chasing its own tail, with the objective being to snatch the bandanna. The tricky part of this is that the head and the tail are competing, but the middle is not sure where to go. When the head finally catches the tail, who is the defeated and who is the victor? Everyone! The head puts the bandanna in his/her belt and becomes the new tail. (New Mexico State University, 2009)



## Water Balloon Toss

This builds trust.

### Supplies

Water balloons

### Let's get started!

Break up into groups of three to five people and have two fewer balloons than group members. Continue to toss the balloons between group members in any way the group decides. Ideas could include tossing the balloons straight, high, to certain people etc. The group who lasts the longest without breaking all of its balloons wins. This will teach group work and strategy among all the members. (Worthington, Blake, & DuBay, 2009)



## Ship Wreck

This requires fast and coordinated team work.

### Supplies

A hula hoop for each team who will be participating. You also may use a rope tied end to end.

### Let's get started!

This game is an "all aboard" problem. The object of ship wreck is to gain the most points throughout the whole activity by using flawless group cooperation and fast movements. Divide the participants into two or more groups, depending on how many participants you have. A team should consist of no more than four to six people. Give each group a "ship" (hula hoop) and instruct all the members of the group to hold onto the ship as they run the length of the playing field. The groups are to run with the "ship" until you yell SHARK!!! At that time, all the members must jump aboard the "ship." (Drop the hula hoop on the ground. All feet of the members must be inside) The first group with all the feet in the hoop gains a point. You also may play this as an elimination game. The first group to cross the finish line gains three points. Once the activity is done, you may want to discuss suggestions on how to improve next time. Keep on playing if it went well. (New Mexico State University, 2009)

## Circle the Circle

This promotes competitive teamwork.

### Supplies

Two hula hoops

### Let's get started!

Ask the group to form a hand-in-hand circle. Place two hula hoops together between two people (rest on their grasped hands). See how quickly the participants in the circle can cause the hoops to travel around the circle (over the people) in the opposite directions, through each other (that is, hoop through hoop) and back to the originating point. Seeing what the group's response is when you ask, "Who won?" after both hoops have circled the circle is interesting. Realizing that the entire group is working as a team takes some thought. This activity has no losers and no winners. (New Mexico State University, 2009)

## Sardines

This game will reverse the rules of hide and seek.

### Supplies

A group of at least four players

### Let's get started!

The number of players should exceed four. To start off, someone needs to be chosen as the initial sardine. All the players start counting to 100 while the sardine finds a good hiding place. Once the players reach 100, the search party breaks up and begins looking for the sardine. As each player finds the sardine, he or she squeezes into the hiding place until the spot is jammed with all the players who have found the sardine. When the last person finds the hiding place, that player gets to start a new game by hiding first. (New Mexico State University, 2009)



## Link Tag

Partners in crime.

### Supplies

Group of 10 or more would work best

### Let's get started!

To start, two people must be chosen to be "it." They will link arms and begin to chase people. The person the two "it" people catch must link arms with them. Now you have a chain of three people who are "it." As soon as a fourth person becomes "it," they are able to split into groups of two, but remember, to split up, you must remain in groups of even numbers, and anyone who is "it" can link together at will. This game is played until no one is left to be "it".

(New Mexico State University, 2009)

## Move Left

The object of the game is to move around the circle only to your left one chair at a time back to the starting spot.

### Supplies

Chairs for each person

### Let's get started!

Form a circle with the group sitting in chairs. The chosen leader calls out orders such as, "Everyone with brown on, move one left," or "Everyone wearing tennis shoes, move left." You may move only one chair left at a time. If a chair is occupied to the left, sit on the person's lap. Several players may be sitting on each other's laps in one chair at some point during the game. Players move only when the leader gives them directions to do so. Leaders should try to mix up the qualifications for moving so the game doesn't move slowly. A good option for this is, "All girls/boys move to the left!" The first person back to his/her original spot wins.

(Buchele, 2008)



## Drink Straw Relay

Be the first team to complete the relay.

### Supplies

Straws for each player and a piece of paper for each team

### Let's get started!

Each player gets a straw. The object is to pick up a small piece of paper with a straw (by sucking it up with the straw; no hands allowed) and carry it to a certain spot, run back and tag the next player who runs down, picks up the paper with his/her straw and brings it back to his/her line, etc.

## Possible Relay Ideas

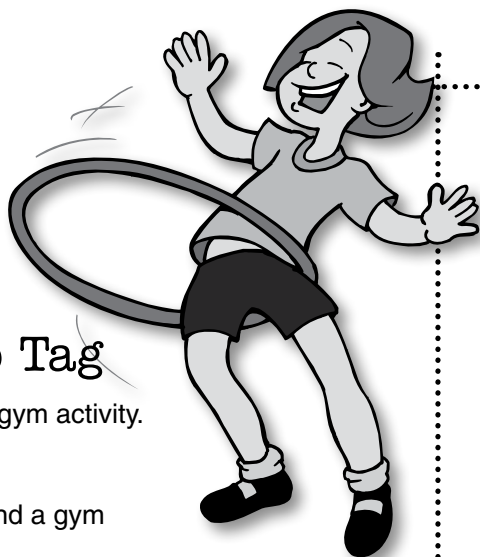
### Supplies

(depending on which relay you are playing)

Potato and spoon for each team, balloon and paper plate for each team, balloon or ball, adult PJ's

### Let's get started!

- Potato relay (potato and spoon or balloon and paper plate)
- Knee ball relay (balloon or ball between the knees, walk to finish line, run with balloon/ball in hands and give to next player)
- Crab walk
- Inch worm
- PJ relay (adult PJ's or shirt and sweat pants: first player races to the clothes, puts them on and races back to his/her line and takes them off; second plays put on the cloths and races to the first spot for the clothes and takes them off and then races back to touch the third player, who races to the clothes, etc.)
- Hopping relay (hop on right foot to a certain spot and hop back on your left foot)



## Hula Hoop Tag

This is a great indoor gym activity.

### Supplies

Multiple hula hoops and a gym

### Let's get started!

To begin, pick two to four players (even number) to roll hula hoops that will be positioned across both sides of the playing area or gym floor. Have the rest of the players line up across the width of the gym floor (the perpendicular side of where the hula hoop throwers are standing). Players will run from one end to the other trying to avoid getting touched or be tagged by the rolling hula hoops from the players on the side. As the players are tagged, they must join the hula hoop throwers until the last person is left.

(New Mexico State University, 2009)

## Stoop and Stretch Relay

Toss, reach, toss, reach, toss, reach ...

### Supplies

Bean bag, ball, or any similar object

### Let's get started!

Form relay teams and have them line up in single-file lines about 2 feet apart from one another. The player in the front of each line has a bean bag, ball, or shoe, etc., that he/she passes over his/her head and drops directly behind him/her. Using both hands, the second player picks it up, reaches over his/her head, and drops it behind him/her. The bag continues to be dropped in this order until the last player picks it up. He/she comes to the front of the line and starts dropping the bag back down the line. Each player in turn comes to the front of the line until everyone has had a chance to be at the head of the line. The relay is over when everyone returns to his/her original starting spot. (Buchele, 2008)

## Shoe Relay

Be the first team to complete the relay.

### Supplies

None

### Let's get started!

One at a time, each player runs to a certain point, takes off one shoe, leaves it there and hops back, holding the shoeless foot up. When the last team member gets back, the whole can run down to their shoes, put them on and race back into their line.

## Pass and Duck Relay

Quickness and accuracy are key!

### Supplies

A ball or any object to be thrown for each team participating

### Let's get started!

Divide the group into teams of five or more. Teams line up in single file. Choose a thrower for each team. The thrower will stand facing the first person in line about 10 feet away. Give each thrower a ball for the team. On the start signal, each leader will toss the ball to the first teammate in line. The first person immediately throws the ball back to the leader, ducks down and stays down. The leader then throws the ball to the second person in line and each person continues the sequence until the last person throws the ball back to the leader (over the heads of the team). The first team to be ducked down entirely wins.

You also may play a version where the last player to catch the ball from the leader becomes the new thrower. Send the old thrower to the front of the line while the rest of the team stands up again and the activity continues until everyone has been a thrower. The first team to work through its whole line wins. (Buchele, 2008)

## Give and Take

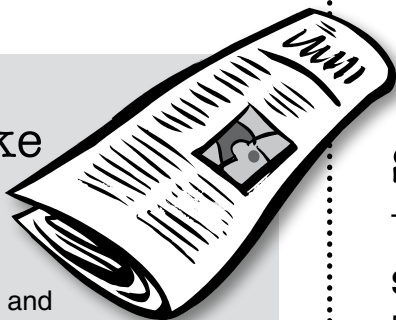
Quickness is the key.

### Supplies

One rolled-up newspaper and either a stool or box

### Let's get started!

Players are all seated in a circle with a box or stool in the center. A wand (rolled-up newspaper) is placed on top of the stool. The player who is "it" stands in the center, takes the wand, taps any person in the circle on the knee, and places the wand back on the stool. The player tapped recovers the wand from the stool and tries to tap "it" before he or she can sit down in the empty spot. If he succeeds, he places the wand on the stool and sits down before "it" can tap him again. If he does not succeed, he takes the place of "it". (Buchele, 2008)



## Signs

This is a suspicious guessing game.

### Supplies

Preferably a group of six or more

### Let's get started!

Players stand in a circle and pick a sign that is unique to them. The "sign" should be easily recognizable but not overly exaggerated, such as a thumbs up or other hand, foot, or head motion. Players associate themselves with each other's signs. Play begins with a player around the circle (P1). P1 "has" the sign, and the goal is to "pass" the sign on to another player (P2) as quickly as possible without being caught by the person in the middle. To do so, P1 will perform P2's sign. P1 "has" the sign until P2 "receives" it by performing his/her own sign. P2 then "passes" the sign on to another player as quickly as possible. The person in the center (P3) must try to catch a player "with" the sign. P3 looks around the circle, searching for movement. If P3 correctly identifies the player that "has" the sign, the players trade places. Changing who you are passing the sign to is against the rules.

## Catch the Wand or Catch the Cane

Don't let it fall!

### Supplies

A cane, broom, or long stick

### Let's get started!

Have the players form a circle. Have one person stand in the center of the circle with his/her right forefinger holding the top of a cane perpendicular to the floor (a stick or broom would work well, too). He/she numbers off all the players. Whenever the person in the center calls off a number, he/she lets go of the cane and the person whose number is called must run forward and catch the cane before it falls to the floor. If he/she fails, he/she is in the middle now holding onto the cane. If the wand is caught, the center player tries again with a new number until he/she gets to join the circle. Players must keep the same number throughout the game. (Buchele, 2008)

## Tangled Get Up

This takes team work.

### Supplies

Determined individuals

### Let's get started!

Pair the group off and have the partners sit down back-to-back and then lock elbows. The object is to try to stand up in this same position. The first pair up wins. You also may want to have the pairs form groups of four and try again. To make the activity even more interesting, try groups of eight. (Buchele, 2008)

## How Do You Like Your Neighbors?

Stay on everyone's good side!

### Supplies

Chairs for everyone

### Let's get started!

Form a circle with chairs for 10 to 20 people. One person is chosen "it" and stands in the center of the circle. "It" walks up to someone in the circle and asks, "How do you like your neighbors?" The person asked responds in one of two ways: "I like them fine" or "I want new ones." If the answer is "I like them fine," then everyone else in the circle except for the person asked and his neighbors must move and find a new chair. "It" tries to get a seat while everyone else is scrambling to find a new chair. If the answer is "I want new ones," the person names two others in the circle whom he would like to have as his neighbors. The two neighbors and the two named people must change places. Again the "it" person tries to get a seat. The person left standing after all the changes is the new "it" and starts the game over again by going to a new person and asking, "How do you like your neighbors?" (Buchele, 2008)

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## Face to Face

Find a partner!

### Supplies

None

### Let's get started!

Divide the group into partners. The partners stand facing each other in one large circle. One player is chosen to stand in the center to call "face to face," "back to back," or "side to side," with players taking their positions accordingly. When the player in the center calls "all change," the players must take new partners. The center player tries to get a partner, too. If successful, the person left without a partner must go into the center and give the commands.

## Growing Line Relay

This is a very active game, so be careful!

### Supplies

Energy

### Let's get started!

Form teams of about five people and have each player line up one behind another behind the starting point. Establish starting and turning points about 20 to 25 feet apart. The first player runs to and around the turning point (such as a tree or bucket) and back to the group, then takes the second person by the hand. He/she repeats the trip with the second player around the turning point and back. When the two reach the team again, the second player takes the hand of the third person. This is repeated until, on the last trip, the entire group will run around the turning point and finish over the starting line. The first team to completely cross the starting line first wins. The most energetic person should start since he or she will be making five trips to the turning point and back. (Buchele, 2008)

## Balloon Football

Hit the balloon across the line to score a point.

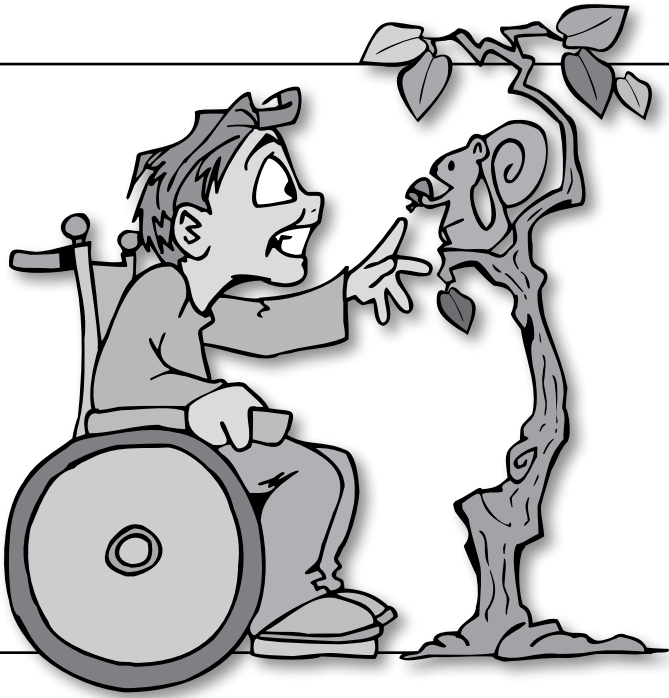
### Supplies

Balloons and chairs

### Let's get started!

Two teams are seated on chairs facing each other in lines about four feet apart. Each person places one hand on his/her chair seat. The balloon is tossed in the air and players attempt to bat it over the heads of the opposing team and behind them. Whenever that balloon lands on the floor behind one team, the opposing team scores. If teams have more than five members, use more balloons.

Note: Players can move all around the chairs but always must keep one hand on their chair.



## Up Jenkins – Down Jenkins

Work together to trick the other team.

### Supplies

Small object such as a button or coin

### Let's get started!

Have two teams of six or fewer players each sit on opposite sides of the table. Have each team pick a team captain. An object such as a coin or button is given to one team. The members of that group put their hands beneath the table and pass the object back and forth among them. At the command "Up Jenkins" given by the captain of the other team, the team members who were passing the object must close their fists and raise their hands above the table, resting their elbows on the table. The same captain then gives the command "Down Jenkins." The players who have their elbows on the table must lower their hands to the table, and as their hands hit the table, they must open their hands, palms down and flat against the table. This works best if everyone does this in unison so the noise of the object hitting the table is muffled. The captain, with help from his teammates, tries to guess which hand has the object under it. He/she only gets one guess. If he/she guesses correctly, the team gets a point, and if he/she guesses incorrectly, the team with the object gets a point. When the object is found, the opposing team repeats the process. Change captains each round so everyone gets a turn. (Buchele, 2008)

## Squirrels in a Tree

It's not just a game of cat and mouse anymore!

### Supplies

At least 15 4-H's

### Let's get started!

Form several small circles of three to five people who will serve as trees. Include one person in the center of each circle who will be the squirrel. Make sure you have one squirrel without a tree that will be out in the open. Then designate one person to be a hound. The hound will chase around the squirrel that doesn't have a tree, but if that squirrel enters a tree, the squirrel already in that tree must leave and find safety in a different tree without getting caught by the hound. If the squirrel is caught, it becomes the hound and the hound becomes the new squirrel, and the chase continues. (Buchele, 2008)

## Speed Rabbit

Use gestures to keep from becoming "It."

### Supplies

None

### Let's get started!

The group needs to form a circle. The group decides on three animals and their gestures. One person is the lead and should step into the middle. The leader turns around and around and stops to point at someone. Then the leader calls out a character. The person pointed at makes the middle gesture. The people on each side help finish making the animal with the appropriate gestures. If anyone of the three individuals does not make a gesture or makes the wrong gesture, he or she exchanges places with the person in the middle.

Animal suggestions: Rabbit (middle uses hands by the face to make whiskers, sides use a hand above the middle person's head to make ears), elephant (middle uses arms to make the trunk, sides make large C's for ears), dog (middle lets his/her tongue hang out, and side people each put up one hand in front of the middle person as a paw), etc.



## Island Relay

The first to cross the river wins.

### Supplies

Per team: two sheets of newspapers, pieces of tag board, or anything flat that can be stepped on and moved

### Let's get started!

Form several even teams and have everyone line up in a single file line behind the leader. The leader is given two sheets of newspaper. (You also may consider using tag board; it will hold up a lot better). Everyone is told he/she must cross a dangerous river and only has the islands (newspapers) to use to get across. He/she must lay the papers down, step, pick one up, move it, step, pick one up, move it, step, etc., until he/she passes a point ten feet away. Then he/she must go back over the river in the same fashion to his/her teammates. Then the next person will cross the river. The first team who finishes is the winner. NOTE: You cannot just shuffle the papers along. (Buchele, 2008)

## Human Jigsaw Puzzle

Untangle a human mess.

### Supplies

4-H'ers with a mission to succeed

### Let's get started!

Form groups of 10 to 12 people. The group sends someone out of the circle to be "it." While "it" is away, the group selects one person as the leader and joins hands to form a line following the leader. The leader marches across the circle with everyone following with hands clasped. The leader ducks in and out under the arms of the players until everyone is intertwined and tangled. Then "it" comes back and tries to untangle the players without disengaging the clasp of anyone's hands. (Buchele, 2008)

## Telephone

Listen carefully!

### Supplies

Superb listening skills

### Let's get started!

Have everyone sit in a circle or row with players one foot or more away from each other. Choose one person to start. The person comes up with a phrase or sentence, silly or serious. It doesn't matter! He/she leans over and whispers the phrase in the ear of the person next to him/her. That person whispers what he/she heard into the ear of the next player, and that continues around the circle. When the last person has whispered the phrase in the ear of the first person, he/she repeats it aloud. After the laughter dies down, he/she can tell everyone what the original sentence or phrase was (Wonder Time, 2010). Wrap up by asking: What did we learn from this activity? How can we listen and communicate more effectively at our club meetings?



## Alphabet Back Game

Pay attention to your senses!

### Supplies

Pen and paper

### Let's get started!

Split everyone into pairs and ask one person, the volunteer, from each pair to come up to the front of the room. The leader will write down a letter from the alphabet on a piece of paper and then show the volunteers what it is. The volunteers are not allowed to speak, say the letter, or give any hints to their partner. When the leader says "GO!" the volunteers trace the letter on the back of their partner. If the partner figures out the letter, the partner must raise his or her hand and share what the letter is. If the letter is correct, the pair receives one point. If the letter is incorrect, keep guessing until one pair guesses the letter correctly. The group with the most points at the end wins. For variation, you may write down a group of letters or a word instead of one letter to make the game more difficult. (The Alphabet Back Game, 2010)



It's not what you really think!

### Supplies

Paper, bubble gum, coins

### Let's get started!

Divide everyone into groups of four or five. Everyone has to participate at least once. The group leader will be announcing a contest category for the group (example: the tallest). Each group must select one of its members who it thinks will win the category. A category contest will be held after each initial category, and if the selected person has "the best" within the category, his or her team gains a point. Once each group has its selected people out in the middle, the leader will reveal the specific action or measurement the selected people have to do to win the contest (example: whoever has "the tallest" thumb). The person with the tallest thumb wins and gains a point for his/her team! Whichever team has the most points at the end of the categories wins. Feel free to come up with more categories than the ones provided. (The Best Game, 2010)

The tallest thumb \_\_\_\_\_

The fastest crab walker \_\_\_\_\_

The highest jumper \_\_\_\_\_

The longest stare in a staring contest \_\_\_\_\_

The fastest alphabet song singer \_\_\_\_\_

The smallest shoe size \_\_\_\_\_

The farthest length to throw a paper airplane \_\_\_\_\_

The largest bubble blown with bubble gum \_\_\_\_\_

The strongest thumb for a thumb war \_\_\_\_\_

The fastest person to do a somersault \_\_\_\_\_





# For the Younger Ones

## Simon Says

This is an old-fashioned game of copycat, but with elimination.

### Supplies

Group of three or more

### Let's get started!

Line up the group across from the leader "Simon" about 10 to 20 feet away. Tell the players they all should obey whatever Simon says if you first say the words "Simon says." Then tell them that they are out of the game if they follow an order that doesn't begin with "Simon says," or if they don't follow correctly what Simon said to do. Begin by saying something such as, "Simon says put your hands on your head." Look to make sure everyone followed instructions correctly. Give more orders similar to that and mix it up by all of a sudden saying, "Raise your left hand" without saying "Simon says." Anyone who raises his/her left hand should be called out and he/she is out. The last person left who has obeyed all of Simon's directions correctly gets to be the new Simon.

(How to Play Simon Says, 2010)

## Duck, Duck, Goose

This also is called Duck, Duck, Grey Duck.

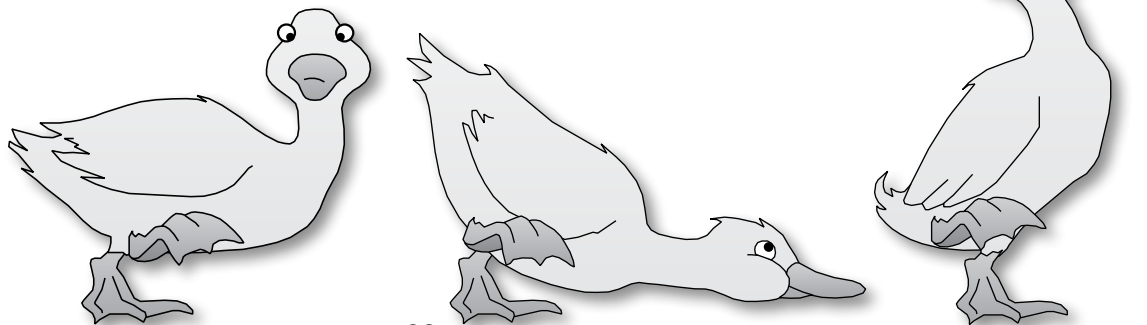
### Supplies

Six to twenty players or more

### Let's get started!

Begin by sitting in a circle with all players facing inward. One person should be chosen "it." The "it" person will walk around the circle tapping each person he/she passes lightly on the head. As "it" taps each person, he/she should say the word "duck." Those who are designated as ducks remain seated. Sooner or later the "it" person must decide who he/she wants to be "goose" so he/she taps that person on the head and say "goose!" The goose must jump up and chase the "it" person around the circle. If the "it" person reaches the former seating spot of the goose and sits down, he/she is safe, but if the goose catches the "it" person, the "it" person must sit in the middle of the circle and remain there until someone else is tagged out. That person then takes the place in the middle, and the former person sitting in the middle gets to join the circle again.

(How to Play Duck Duck Goose, 2010)



## Heads Up Seven Up

Try to use all your senses to make a correct guess.

### Supplies

A room full of people (15 or more)

### Let's get started!

Begin by having seven 4-H'ers stand in front of the room. The remaining 4-H'ers stay seated in their chairs, on the floor, or in desks. Have them all close their eyes, stick out their hands with their thumb up, and keep their heads down, no peaking! The seven chosen ones walk around the room and tap one person each. The 4-H'ers who got tapped are to put their thumb down. When the seven chosen ones each have picked a person, they head back to the front of the room and say "heads up seven up!" Each 4-H'er who got tapped gets one chance to guess who tapped him/her, and if he/she guesses correctly, then he/she gets to take his/her place in front, and if he/she guesses incorrectly, the same person remains in front.

(Carr)

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## Button Button

Who's got the button?

### Supplies

A button or similar small object

### Let's get started!

Gather everyone and form a circle with an "it" person in the middle. The participants put their hands in front of them, palms touching. "It" in the center holds his/her hands in the same way, except he/she is holding the button. To make an exchange, "it" walks around the circle gently putting his/her hands over the hands of each person in a way that makes the button easy to pass. This can be repeated until "it" finds the set of palms that he/she wants to drop the button into and does so. "It" should continue this motion a few more times to be tricky and then finds a spot in the circle and hold hands with those around. The children then say, "Button, Button Who's Got the Button?" If a child thinks he/she knows who has the button, he/she may say so. If he/she is correct, he/she wins and is the next "it" person. If no one is able to guess correctly in an allotted time, the person who is holding the button becomes the next "it" person (Where is it?).

## Red Light, Green Light

Stop and go but don't get caught.

### Supplies

A group of energetic 4-H'ers

### Let's get started!

To begin, a person must be chosen to be the stoplight. He/she will stand across the playing field from the rest of the participants. The stoplight faces away from the line of 4-H'ers and says "green light." At this point, the 4-H'ers are allowed to move toward the stoplight. At any given time, the stoplight may say "red light" and turn around immediately. If the stoplight catches anyone in motion, he/she is out (or has to go back to the starting line). Play resumes as soon as the stoplight turns back around and says "green light." The stoplight wins if all of the 4-H'ers are unable to pass the stoplight without getting out. The stoplight loses when the first player passes the stoplight without being seeing. (Kids Games, 2009)



## Cat's Tail

If you think it's fun watching cats chase their own tail...

### Supplies

A few rolls of toilet paper

### Let's get started!

Rip the toilet paper in lengths (about 1 yard) so that when attached to the back of the children (like a tail), a small portion of it drags on the ground. To begin, have the 4-H'ers run after each other trying to step on each other's tails. Once one loses his/her tail, he/she is out of the game. The last person left wins. (Cat's Tail, 2010)

## Fruit Basket Upset

This has lots of movement

### Supplies

Group of energetic 4-H'ers

### Let's get started!

Divide the group into about four equal groups according to how many people are available. Each group needs a name, such as a type of fruit for the fruit basket. For example, the group names could be apple, banana, pear, and grape. Once everyone knows his/her group name, mix the players all up and have them sit in chairs arranged in a circle. One player is selected to stand in the middle of the circle. The first player in the middle should place his/her chair in the center so the outer circle is minus one space. The player in the middle then calls out one of the group's names, such as "Apple!" Each member of the apple team must move to a different spot while the person in the middle seeks to steal a place in the circle. The player left without a place in the outer circle stands in the middle and play resumes. The sneaky part of this game is if the person in the middle calls out "Fruit basket upset!" all the players must change places. Let the craziness begin. (Fruit Basket)

### Variations:

Thanksgiving Upset (corn-a-copia, pumpkin, Indian corn, turkey)

Halloween Upset (ghost, jack-o-lantern, witch, candy)

Valentine Upset (candy, hearts, chocolate, flowers)





# Outdoor Winter Activities

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## Winter Rainbow Scavenger Hunt

This scavenger hunt will occupy 4-H'ers for a long time.

### Supplies

One ice cube tray per team and food coloring

### Let's get started!

A few hours before the meeting, prepare several ice cube trays filled with water and a few drops of food coloring and freeze. Prepare one ice cube tray per team, with each tray featuring a different color. Hide the ice cubes outside in the yard without the players seeing you. When you begin the scavenger hunt, give each team an empty ice cube tray and let the team members start looking for cubes in their team's color. The first team to bring back a full ice cube tray with the right color of cubes is the winner.

(Marie, 2010)

## Fox and Geese

This is a lively game of tag.

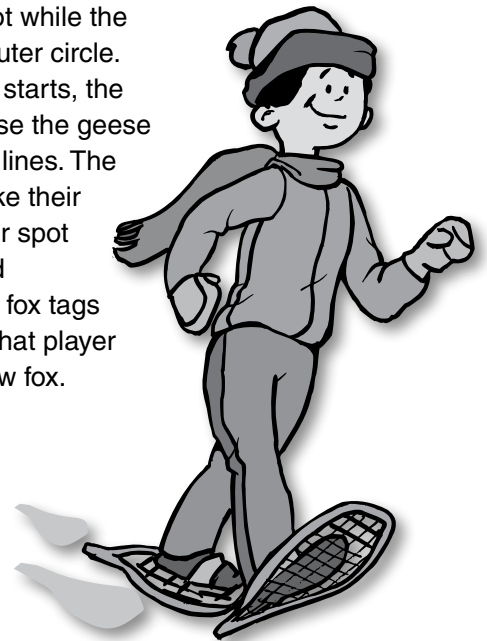
### Supplies

Warm winter clothes and a snow-covered area

### Let's get started!

To begin, one person is designated as the fox and at least three other players are the geese. Before the game starts, players must stamp out a wagon wheel shape into the snow. It must have a center spot and six to eight spokes leading out to a larger circle (about 20 feet across). The fox begins in the center spot while the geese line the outer circle. When the game starts, the fox starts to chase the geese along the wheel lines. The geese try to make their way to the center spot to be considered "safe." When the fox tags another player, that player becomes the new fox.

(Marie, 2010)



## Snow Hurdle Relay

It's a lot harder than it sounds.

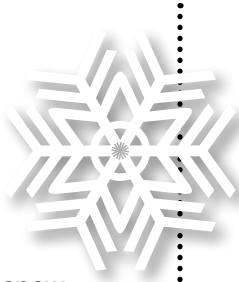
### Supplies

Bucket or shovel

### Let's get started!

Prepare a series of hurdles made out of snow. Pack a bucket full of snow and then carefully overturn it. Make six to eight hurdles about 2 feet apart. When the race begins, the first person must jump over each hurdle and then work his/her way back. This activity is much harder than it looks when the racers are all bundled up in winter clothes! The racer then tags the next player in line, and so on until everyone has had a turn. For variation, prepare two courses so two teams can race each other.

(Marie, 2010)



## Snowball-throwing Contest

Bull's-eye!

### Supplies

Premade bull's-eye in the yard before the meeting

### Let's get started!

Before the meeting, prepare a big bull's-eye target in the snow by creating a flat area in the snow and drawing circles using food coloring solutions of different colors. Each circle represents a certain amount of points, with the innermost circle standing for the most points, just like playing darts. Direct the game participants to make snowballs and take turns throwing them, keeping score for each player as you go along. Make sure you stress the importance of safety. No one should be throwing snowballs at each other. (Bong, 2010)

## Snowball Relay

Gentle hands and quickness will win the race.

### Supplies

Snow balls

### Let's get started!

Separate 4-H'ers into teams of runners. Each team has a snowball that a runner passes to the next team member until the last runner reaches the finish line. At the end of the game, the snowball has to remain relatively intact. Before the meeting, prepare a running course, marking spots where the snowball changes hands using items such as sticks or stones in the snow.

(Bong, 2010)

## Freeze Tag

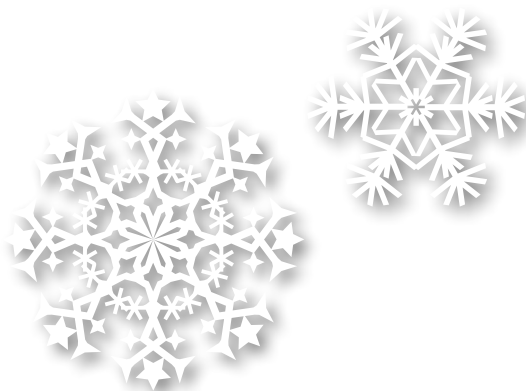
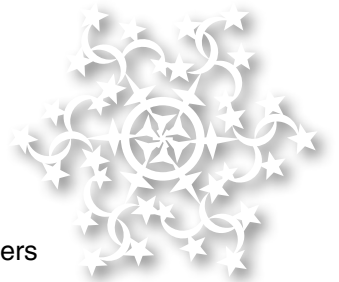
How appropriate for a cold winter day!

### Supplies

Active and determined 4-H'ers

### Let's get started!

This game is a lot like regular tag. Designate one person to be it. He/she runs around tagging as many people as possible. As soon as he/she tags someone, that person must freeze in place instantly and remain frozen in that place until someone who is not frozen tags him/her. Once this takes place, he/she may begin running around avoiding "it" again. The game ends when everyone is "frozen" and then a new game begins. (Hearn, 2010)





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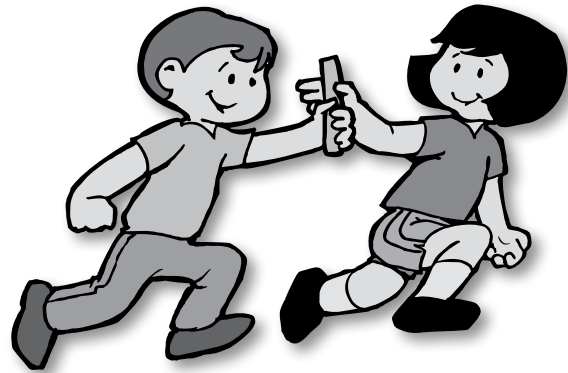
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