



Ohio 4-H
*Recreation
Leader's
Record Book*

Name _____

Year _____ Age (as of January 1) _____

County _____

Club Name _____

4-H Advisor _____



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



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References

So You Are Recreation Leader of Your Club . . . (2005), adapted from Kansas State University, Agricultural Experiment Station and Cooperative Extension Service.

Recreation Leader, Ohio 4-H Club Officer's Guide.

Huron County 4-H Recreation Leader Manual, Bonnie Malone, Extension Educator.

How to Lead Games, Dr. Bill Michaelis.

Is this your first year serving as recreation leader? More information is in the *Recreation Leader's Resource Guide* available at ohio4h.org/officerresources.

Recreation Leader

Welcome

Congratulations on your new role as your 4-H club's recreation leader! Your club members have bestowed upon you both an honor and a responsibility, and an interesting and fun job! You are being given the opportunity to raise awareness about the 4-H program in your county—the fun your club members are having, the work your members are doing, and the help your members are giving to the community. And, as a 4-H club officer, you represent your club, your county, and the 4-H program throughout Ohio. Good luck!

What is Recreation?

Recreation is doing activities that are fun. They may be active games (moving games) or passive games (sitting games). A good recreation leader uses a variety of active and passive games. Sometimes recreation has a specific purpose, like getting acquainted. Other times recreation can simply provide an opportunity to have fun. Recreation is also a very effective educational tool and gives members a chance to be creative.

What Does Recreation Provide?

- FUN in a club program
- Interest in club meetings
- A chance to learn cooperation
- A healthy outlet for competition
- Mental stimulation
- Opportunities for physical development
- A chance to practice leadership and social skills

Your Role as Recreation Leader

As the club recreation leader, you will:

- Make recreation an important part of your club's meetings.
- Serve as chairperson of the recreation committee, if your club has one. If not, and your club has enough members, it is a good idea to talk to your advisor about organizing one at the beginning of the 4-H year.
- Based on the interests of club members, prepare games or activities for each meeting and lead those games or activities.
- Practice each game or activity before using it at a meeting.
- Teach your fellow club members how to learn from teamwork activities.
- Make sure to have all "equipment" needed.
- Teach the rules of a game or activity.
- Encourage everyone to participate.
- Be sure that all members have FUN!
- Make sure that all facilities are cleaned up following a recreation game or activity.

My Officer Goals

After reviewing this record book and the resource guide, develop a plan for what you will do as recreation leader this year. Select activities from the items listed below. Feel free to be creative and add your own activities.

Activities	Plan to Do (✓)	Plan to Complete By	Date Completed
Plan a recreation activity for each meeting.			
Understand the games you are playing and practice giving the directions to others.			
Plan for a variety of recreational activities, including icebreakers, mixers, active games, or quiet games.			
Plan activities that everyone can do in the space available.			
Discuss with your advisor/officer team the importance of recreation at club meetings to ensure there is enough time allotted before or after the meeting for planned activities.			

Things to Do on Your Own	Plan to Do (✓)	Plan to Complete By	Date Completed
Attend an officer training program.			
Make a poster or exhibit for the club booth.			
Give a speech at a county speaking contest.			
Give a demonstration at a county demonstration contest.			

Recreation Leader Activity Planning Sheet

To make leading activities easier, use this planning sheet for every activity at every meeting. Copy this page as needed. Be sure to practice leading the activity with your parent/guardian or club leader.

Activity leader(s): _____ Date: _____

Step 1. Decide on and describe an activity.

Step 2. If necessary, figure out teams or groups.

Number of members: _____ ÷ Number of members per team: _____ = Number of teams needed: _____

Step 3. Identify and gather necessary equipment.

- _____
- _____
- _____

Step 4. Write down the instructions.

Step 5. Practice giving directions and doing the game/activity.

Step 6. Lead the game/ activity.

Step 7. Evaluate response.

Did members enjoy the game? _____

Did members understand your instructions? _____

If I could change anything to make it easier, what would it be? _____

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Recreation Plan

(Insert year)

Use this form to develop your recreation plan for the entire year.

Name _____ Club _____

Meeting Date or Special Event Type and Date: _____

Games or Activities Planned	Active/ Passive	Equipment Needed	Time Needed	Space Needed	Date Used

Meeting Date or Special Event Type and Date: _____

Games or Activities Planned	Active/ Passive	Equipment Needed	Time Needed	Space Needed	Date Used

Meeting Date or Special Event Type and Date: _____

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Meeting Date or Special Event Type and Date: _____

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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,
my country, and my world.

ohio4h.org

This publication and other officer resources can be found at **ohio4h.org/officerresources**. For other Ohio State University Extension, 4-H Youth Development publications, contact your local OSU Extension office or purchase online at **extensionpubs.osu.edu**. Ohio residents get the best price when they order and pick up their purchases through local Extension offices.