



Making the Best 4-H Clubs Better –Version 2.0

Building Your 4-H Club Team

Intended Audience:

- 4-H club members

Lesson Objectives:

Club members will:

- Explore group dynamics.
- Learn more about themselves and others in their 4-H club.
- Reach outside their comfort zone to challenge both themselves and others.

Time: 20 minutes

Equipment and supplies:

- 5-7 soft balls or objects. (Example: sock balls, tennis balls, soft dog toys, stuffed toy animals, newspaper balls.)

Do Ahead:

- Review activity instructions and discussion questions.
- Gather equipment and supplies.
- Be prepared to ask the discussion questions and reflect on these with the group.

BACKGROUND

Throughout our lives, we work with a variety of teams in a number of different capacities. Each individual uniquely contributes to the team effort and often behaves differently in each situation. The goal of team building activities is to help participants challenge themselves and each other.

WHAT TO DO

Activity: Group Juggling (A cooperative way to learn names.)

Scenario: The group should form a circle. The leader asks everyone to hold up their hands as if ready to receive an object thrown to them. The leader will begin by passing a ball or object to another person in the group (not the person beside him/her) and saying the person's name they are throwing it to out loud. The person they have thrown the ball to will then throw the ball to a different person in the circle and say that person's name. As each participant catches and throws the first object, they may relax their arms and put their hands down, remembering who they tossed the item to. The last person to receive the object tosses it to the leader to complete the cycle. In this way everyone touches the object only once in a definite pattern. Once this pattern is formed the leader can continue to add more objects into the circle until multiple objects are being juggled.

Object: To work together to juggle as many objects as possible within the circle.

Rules: Throw the balls/objects under-handed. Use soft objects (example: sock balls, tennis balls, soft dog toys, stuffed toy animals, newspaper balls).

Variations: You may have to stop the group in order to “re-group” and come up with a plan for improvement. See how many objects are being “juggled” and try to juggle more objects than you have already accomplished.

Discussion/Questions: What made this task difficult? How did you accomplish the task? What made it easier to catch the ball? (Communication and Eye Contact) Why are



Sources:

- <http://teamworkandteamplay.com>

ADDITIONAL LINKS

- Teamwork & Teamplay: Building unity, community, connection and teamwork through active learning by Dr. Jim Cain at <http://teamworkandteampay.com>
- Ultimate Camp Resource: by Camp People for Camp People at <http://ultimatecampresource.com/site/camp-activities/team-building-activities.html>

Additional lessons in this series can be found online at: go.osu.edu/bestbetter14.



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communication and eye contact important? How are these skills important in other life situations?

Line-Up

Scenario: The group has been asked to complete a task and is being tested for efficiency. They must begin by lining up in the given order in the shortest time possible.

Object: The task they are to complete is to line up in a particular order without talking. This order can be in order of birthdays, in alphabetical order, alphabetical order by their middle names or father/mothers first name, in order by the number of brothers and sisters they have, or anything else you can think of.

Rules: They should complete the task without talking.

Variations: Try different orders. Once they have completed the task, ask them to change orders while still remaining in a line and still without talking.

Discussion/Questions: What made it hard to get in the correct order? How did you communicate with the others? What other ways did you communicate when you were not allowed to talk? Why was this difficult? How did you accomplish the task at hand?

TALK IT OVER

Reflect:

In completing these activities...

- Were everyone's ideas heard?
- Who seemed to take leadership of the group?
- Is it better to be a leader or follower when working with a group? Is it important to have both?
- In what situations do you tend to step up as a leader and when do you tend to follow someone else's lead?

Apply:

- Give an example of a time when you have had to work together as a team?
- What are some ways that you can be a better team player in the future?

PREPARED BY

- Erin Dailey, Extension Educator
4-H Youth Development
OSU Extension Jackson County
740.286.5044 x25
dailey.108@osu.edu