



4-H PERFORMING ARTS/RECREATION ACTIVITY PAGE

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Beginning

Your 4-H PERFORMING ARTS/ RECREATION Project



Recreation is what we do to have fun or pass the time. How we spend our free time tells a lot about our interests, talents and personality. You might like sports, music, nature, collecting, exploring, performing arts, horseback riding or something even more exciting. You'll be surprised at how you can improve your physical fitness, learn new skills and challenge yourself to do things you didn't think you could do. Think about how you want to spend your free time, try something new and make every minute count.

This 4-H project can help you explore your interests and try some new activities. Some of the skills you can learn and activities you can do this year are listed below. Check your favorites. Then, work with your 4-H leaders and parents to make a 4-H project plan for what you want to do and learn this year.

- Participate in a team or individual sport.
- Increase skills in music or performing arts.
- Start or add to a collection.
- Plan an outdoor adventure—hiking, spelunking (cave exploring), rock climbing.
- Observe and record natural objects—birds, butterflies, wild flowers.
- Visit places you have never been to—museums, parks, historic sites, gardens.
- Learn more about the areas that interest you, such as history, science or technology.
- Give a demonstration related to how you spend your free time.
- Make and share an exhibit about your free-time activities.
- Other _____



Life Skill
Positive
Self-esteem

My Favorite Activities

On a separate sheet of paper, write about your favorite things to do in your free time. Be sure to include why you like these activities, who does them with you (if anyone) and how the activities benefit you. Include photos of you and your friends and family doing these things if you like. Share your story with others and keep it in your 4-H project folder.

What I Want To Do

You will be more successful at your free-time activities if you have a plan and purpose. Pick a free-time activity you would like to learn more about and answer the following questions:



- ◆ What activity are you interested in doing?
- ◆ What are your resources? Do you have money, transportation, adult or teen leaders, equipment, materials or other resources?
- ◆ What skills do you need for this activity? Have you done it before, or are you trying something new? If it's a new activity, how will you learn the skills you need?



Try This—Recreation Reflection

Sometimes trying a new activity is challenging. You might have to use new skills, meet new people or do other things you've never done before. But don't let that stop you from trying something new! It's fun to try out new games, sports, hobbies or other activities. After you do the new activity, **reflect** on it. Here's how:

1. Tell about your activity through pictures, a written story, a video, a journal or a scrapbook.
2. Include how you felt about the activity, what challenges you faced and something you learned through the activity.
3. Make future plans related to the activity. Will you do it again? What other activities do you want to try?
4. Share your recreation reflection in a 4-H meeting.

- ◆ What risk is involved with the activity you would like to try? How can you reduce this risk and do the activity safely?
- ◆ What is your motivation? Why are you interested in this particular activity?
- ◆ Who are you going to do it with or will you do it on your own?
- ◆ What would you like to be able to do after you have completed your activity?

Share your recreation plan with your family or friends. They can help you put your plan into action.



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Service Ideas

- ◆ Entertain friends, family and community members with your talent, skill or interest.
- ◆ Teach others your skill or talent.
- ◆ Display your hobby or collection in libraries or other public places.

Exploring Recreation

You have an almost unlimited list of things you can do in your spare time. You can read, play games, go camping or collect things—just to name a few. Everyone has different skills and interests, so you may enjoy some activities more than others. Sometimes you have to try a new activity before you know if you like it.



Choose at least three of the options listed below to try. Learn how to do the activity, try it and share your experience with others through a demonstration, exhibit, speech or the "recreation reflection" activity on the first page.

- ◇ Make a collection of stamps, coins or other objects.
- ◇ Sing songs or play a musical instrument.
- ◇ Go bird watching or observe other things in nature.
- ◇ Give a dramatic reading or tell a story.
- ◇ Play active group games with your friends.
- ◇ Take a trip.
- ◇ Play sports.
- ◇ Learn a new dance.

Don't forget to submit your project report to your 4-H leader.

Additional Resources

In the performing arts & recreation project you've learned more about who you are and what you like to do. This activity sheet has encouraged you to learn more about the things you like to do for fun and the resources you need to do them. But this is just the beginning! Use the resources listed below to continue learning about performing arts & recreation.

- School & public libraries
- Craft and hobby stores and Web sites
- Sporting goods and outdoor adventure stores and Web sites
- People who are good at what you want to try
- Recreation centers
- The 4-H performing arts & recreation Web site:

www.utextension.utk.edu/4h/projects/perf-arts-rec.htm

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Career Scavenger Hunt

By asking others, researching on the Internet, or reading a book or magazine—search for a job that uses performing arts and recreation skills and knowledge. Here's what you are looking for.

1. Job Title _____
2. Job Description _____

3. Education Required _____

Word Scramble

Here are some recreational activities or equipment used for recreation. See if you can figure out what they are. Then, choose at least one of the words and make a poster about it to share in a 4-H meeting.

A C O L O Y A R C H G – the study of spiders

A L E B Y – rock-climbing equipment

R O G P – a high-energy snack food

N G S P U E L I G K – cave exploring

W T A E K A N O D – a Korean method of self-defense

I E M M – dramatic acting without words

I R A Y V A – a place where birds are kept



Other 4-H Recreation Activities

Fair exhibits
4-H camps & conferences
Talent shows

For more ideas, contact your 4-H office.