

Objectives:

1. Joy - Educate the community to see the fun in recreation.
2. Relief from Strain.
 - a. Living
 - b. Working
 - c. Modern conditions. Get people who have men in service to help in recreation. Have things for service men to do when they come back to help keep them busy.
 - d. Marriage
 - e. Middle Age
 - f. Boredom (Homesickness)

RECREATION

- A. Physical
 1. Individual Games
 2. Team Games
 3. Group Games
- B. Creative
 1. Drama
 2. Music
 3. Hobbies
 4. Art
 5. Art and Crafts
 6. Conversation
- C. Mental
 1. Library
 2. Debates
 3. Writing
 4. Lectures
- D. Social
 1. Picnics
 2. Parties
 3. Entertainment
 4. Dances
- E. Service
 1. Clubs
 2. Organizations

ACTIVITIES

1. LIL LIZA JANE * Action Song

I've got a gal and you've got none,
Lil Liza Jane
Come my honey and be my own,
Lil Liza Jane.
Oh! Lil Liza, Lil Liza Jane,
Oh! Lil Liza, Lil Liza Jane.

Action:

Verse: Stamp and clap on Lil Liza Jane

Chorus: Rise on Oh! and sit on Lil Liza

2. MY BONNIE - Action Song

My Bonnie lies over the ocean

Point to yourself on my. Fingers in B and then hands on knee for Bonnie.
Head resting on hands on lies. Point over shoulder on over. Hand in
Waving motion for ocean.

My Bonnie lies over the sea

Same as above except make C with hand on sea.

My Bonnie lies over the ocean

Same as above

Oh! Bring back my Bonnie to me.

Make O with hand on Oh! Hand in beckoning motion on Bring. Touch back on
back. Point to yourself on my. B - on - knee. Two fingers up on to.
Point to yourself on me.

Bring back, bring back Oh! Bring back my Bonnie to me, to me.

Motions for wards same as above.

Bring back, bring bac, Oh! Bring back my Bonnie to me.

Same as above.

3. BIRTHDAY TEAMS

Winter

January

February

March

Spring

April

May

June

Summer

July

August

September

Fall

October

~~December~~ November

December

Start yelling your season until all of that season are together.

Dramatize song of the season and stunt of the season.

4. ALLITERATION

Take letters of alphabet. Name all words beginning with that letter. Have
someone keep track of number of words. Act out different words. Others try
to guess what it is. Count number of words that are guessed, in a certain
length of time.

5. SALESMANSHIP

Make speeches on topics of interest to that age group.

Food

Movies

Nursery Rhymes

Branch of Service

Songs

Books

Sports

Dance Bands

Plays

Airplanes

Pets

Authors

6. PAUL JONES FIGURES

a. Gentleman to center, and back to place

Ladies to center, and back to place

Gentleman to center, turn around, get a lady and take her for a walk.

Point in firection you want them to walk. Get a couple couples
started in direction you want.

b. Gentlemen to center and back

Ladies to center, join hands, circle to the left

Gentle to center, join hands, circle to the right

Dance with lady in front of you, on signal.

c. Grand Right and Left

d. Circle left, circle right, up to center - Yell and go back to place. To get them used to moving to music. Don't tell them to yell until they are on their way to the center.

7. RED RIVER VALLEY

Music: Same

Formation:

Couple facing a couple. Lady on Gentleman's right.

Words:

- 1 - And we lead right on down the valley.
- 2 - And we circle to the left and to the right.
- 3 - Then you swing with the girl in the valley.
- 4 - Then you swing with your Red River Girl.

Action:

- 1 - Couples pass, leading to right to meet approaching couple. Step, Bow, and join hands.
 - 2 - Circle 4 steps to the left, circle 4 steps to the right.
 - 3 - Swing your opposite lady.
 - 4 - Swing your own partner
- Repeat until exhausted.

8. DEEP IN THE HEART OF TEXAS

Music: Same

Formation:

Double circle facing counterclockwise. Lady on Gentleman's right.

Action:

Walk 7 steps forward in line of direction. (Ask gentleman to look at lady in front of him, ask lady to look at gentleman in back of her as they are to be partners next. Or, have partners face each other, then face diagonal left forward.)

Face partners and clap 4 times.

Change partners and swing once around. (Deep in the heart of Texas)

Continue indefinitely.

9. BACK-TO-BACK TAG

Individuals walk around the room until signal is given, then find a partner and hook elbows with them. (Backs together)

10. HUMAN CHECKERS

Seven chairs - 3 men and 3 women on each end. Object is to move men to opposite end, and women to opposite end in 15 moves, without jumping over more than one person at a time.

0 - ooo xxx
1 - ooox xx
2 - oo xoxx
3 - o oxoxx
4 - oxo oxk
5 - oxoxo x
6 - oxoxox
7 - oxox xo
8 - ox xoxo
9 - xoxoxo

10 - x oxoxo
11 - xxo oxo
12 - xoxo o
13 - xnox oo
14 - xx xooo
15 - xxx ooo

Solution:

Move man, Lady jumps, Lady moves, Three men move, Three ladies move, Three men move, Two ladies move, One man moves.

RECREATION INSTITUTE

National Recreation Association
 135 315 Fourth Avenue
 New York 10, N.Y.

Books and Pamphlets:

Parties:

- *Plans and Programs
- *Musical Mixers and Square Dance
 Special Days of the Year
- *Fun for Threesomes (Too many boys or girls)
- *Let's Plan a Party
 Stunts and Entertainments

Games for Children
 Games for Quiet Hours and Small Spaces
 Make Your Own Games
 Make Your Own Puzzles
 Mental Games
 Stunts, Contests, and Relays
 Action Songs

Recreation Magazine - Contribute \$5.00 per year.

Free: Hints for Hostesses
 Fun Enroute

Continuation of RECREATION CHART

1. Fundamental Skills - Bowling and skating
2. Carry-over Activities - Home, Church, School, Community
3. Thrill of Success
4. Give them Praise
5. Companionship and Sociability
6. Character and citizenship
7. Community spirit and loyalty
8. Democracy ~~in~~ and sportsmanship
9. Moral and spiritual help
10. Feeling of being needed and belonging
11. Family fun and Co-recreation

Recreation worker works with

1. Physical health
2. Mental health
3. Emotional stability

Stages of Adolescence

Girl

1. "I" stage, Selfish stage
2. "WE" stage, Pals
3. "THEY" stage, Ready to cooperate. This is the best stage.
4. "HE" stage

Boy

1. "ME" stage, selfish stage
2. "WE" stage, gangs
3. "SHE" stage,
4. "THEY" stage

Stages of sex development (In trying to figure out why they do as they do)

1. Sex indifference - Sweet stage
2. Sex antagonistic - Mean stage. Need mixed sports.
3. Sex conscious stage - Still don't want to be partners but are conscious of other sex. Boy likes to show off. Girl giggles.
4. Sex attracted stage - Boys cleans up and girl wants to look attractive.

ACTIVITIES

1. Swing-A-Long

Music: It Ain't Going to Rain No More

Formation:

Hollow square. Lady on gentleman's right. Number couples 1, 2, 3, and 4.

Words:

First couple to the right and swing four hands around
The two ladies turn around and swing four hands around
The two men turn around and swing four hands around
All four turn around and swing four hands around.

On to the next and six hands - swing six hands around
The three ladies turn around and swing six hands around
The three men turn around and swing six hands around
All six turn around and swing six hands around.

On to the next and eight hands - swing eight hands around
Etc.

Command: Go home and swing your partner.

Change call:

Allemande on your coerner,
Right hands to your partner
First your Right, then your left,
Right and left around.
Go on till you get back home
And then you swing your own
Swing around and round and round. Tra, la, la, la, la, la.

2. THREE BLIND MICE

Three blind mice, three blind mice.

Three fingers up on three. Point to eyes on blind. Fingers running out on mice.

See how they run, see how they run,

Shade eyes with hand on see. Fingers running out on they run.

They all ran after the farmer's wife,

Fingers of both hands running out.

She cut off their tails with a carving knife.

Slap hands together on Cut.

Did you ever see such a sight in your life?

Raise arms over head and lean back. Return to normal.

As three blind mice.

Same as three blind mice above.

3. HONEY YOU CAN'T LOVE ONE

Honey you can't love one
Honey you can't love one
You can't love one and have any fun
Honey you can't love one.

Honey you can't love two
Honey you can't love two
You can't love two and still be true
Honey you can't love two.

Honey you can't love three
Honey you can't love three
You can't love three and still love me
Honey you can't love three.

Song used to get in groups of 2's, 3's, 4's, etc.
Have them make up their own words for different numbers.

4. MUSICAL CIRCLES (Threes)

Formation:

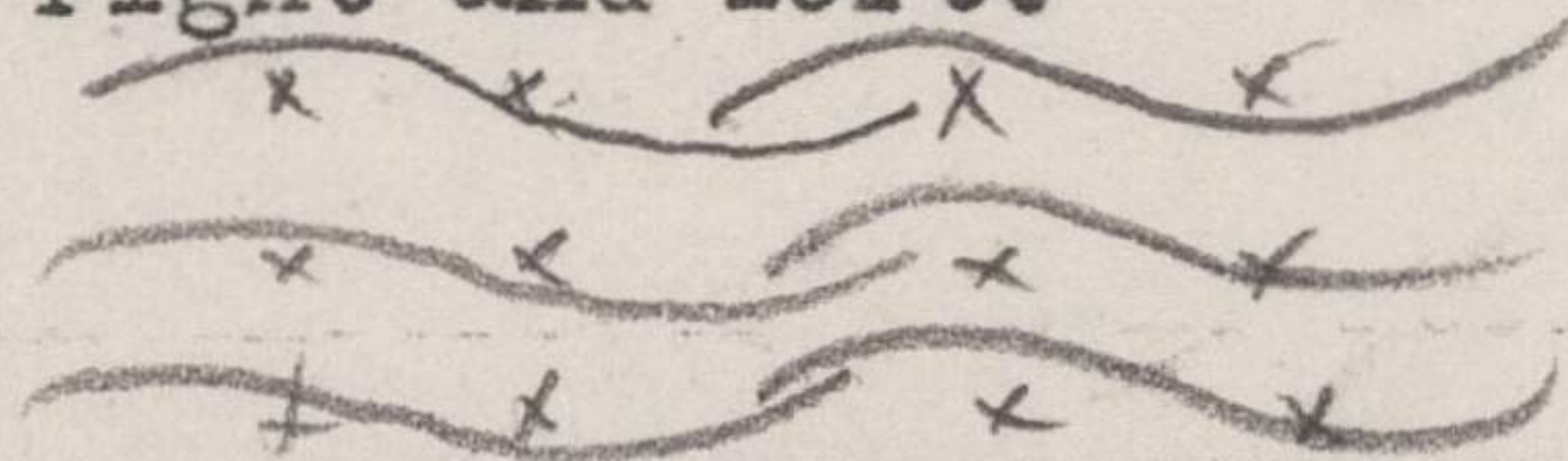
Circle of 3's facing counterclockwise.

Action:

Trios march around in circle. On signal, middle partner turns and marches in opposite direction. When music stops - get in 3's. Continue indefinitely.

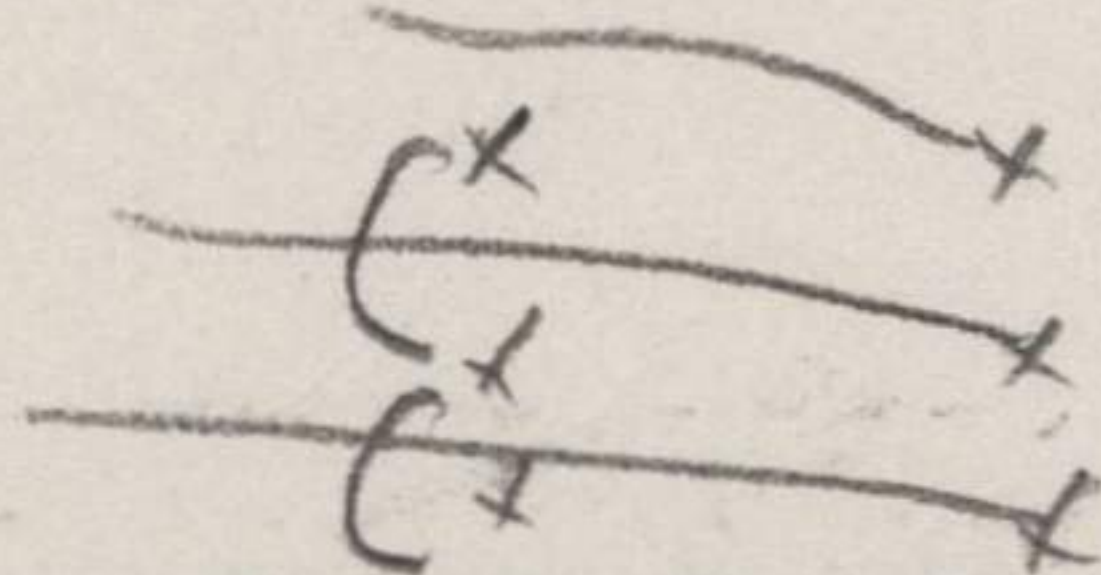
5. GRAND MARCH FIGURES (Threes) (Mixer)

- Down center in 3's. Always stay in contact with leaders.
- 3's right and 3's left.
- Grand right and left.



In your groups of 3's at foot of march when come to face each other. Continue in the direction you are going and grand right and left with the column opposite you.

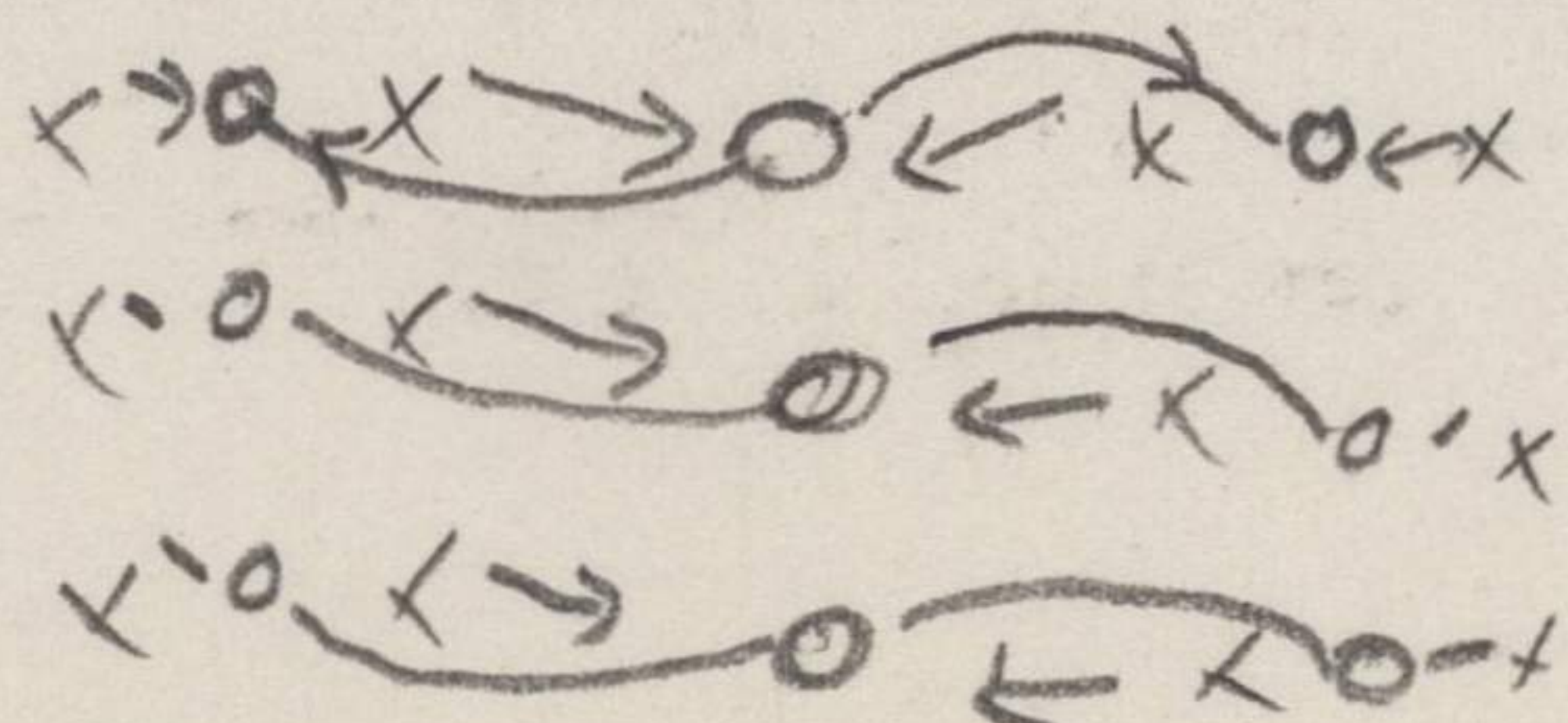
- Arches



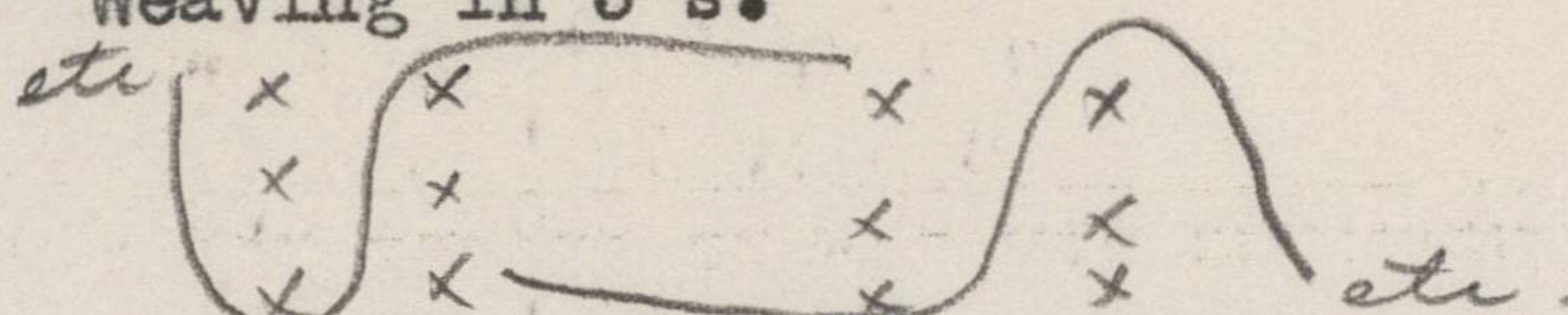
When meet at foot, one side makes arch. Other side all walk to left so that one person walks on the inside not under an arch. Next time they meet, other side makes the arch.

- Complete Wheel

Continuing in line of direction, lock R elbows and go clear around. Lock L. elbows with next person and clear around. Etc.

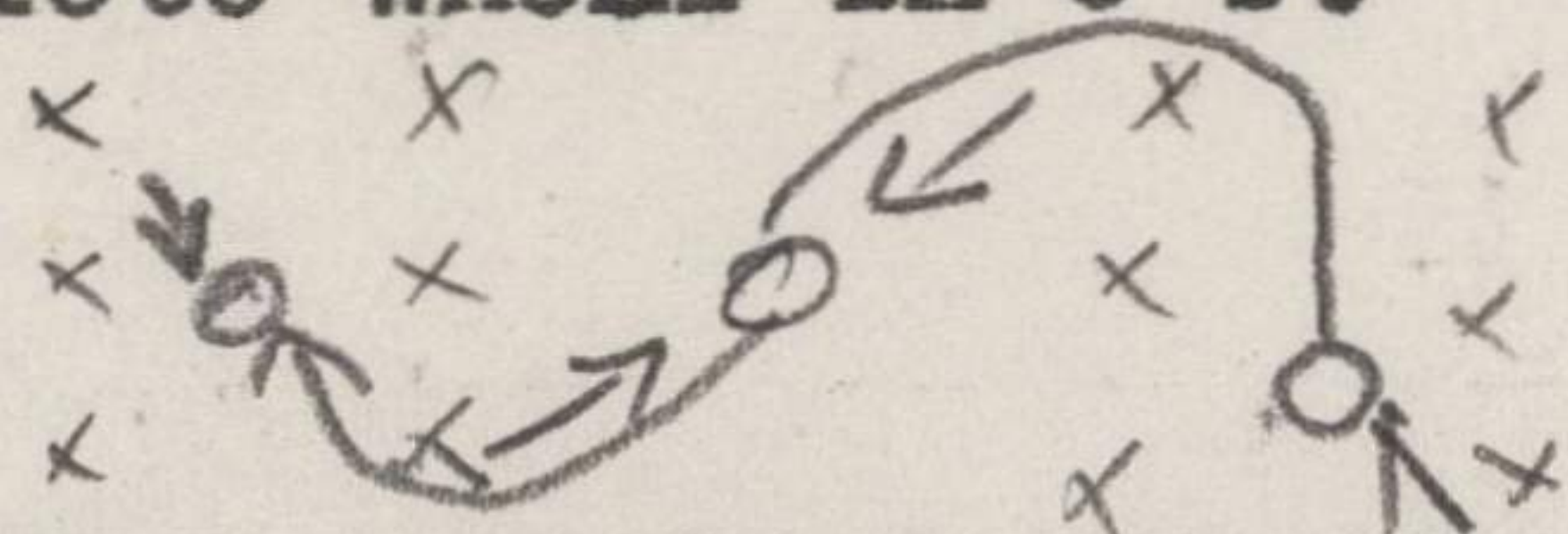


f. Weaving in 3's.



Lock elbows in 3's and weave as in diagram.

g. Complete wheel in 6's.



Continue in line of direction. Same as in wheel above.

h. Down the center in 6's. (Work with bottle caps to work out formations)

l. 6 right and 6 left.

j. Down the center in 12's.

6. ROW, ROW, ROW YOUR BOAT

Music: Same

Formation:

In 12's., as finish grand march. Outside group of 3 take 2 steps out. Inside groups of 3 take 1 step out.

Action:

4 steps forward. 4 steps back. Have all do it together first, then sing and take steps in rounds. Looks like rowing a boat.

7. PASS THE AMMUNITION

Music: Same.

Formation:

Groups of 3's around circle. Inside elbows locked.

Action:

Start on Left foot.

2 taps, 3 steps forward in line of direction.

Repeat twice - alternating starting feet.

Wheel to face opposite direction with 8 steps. Go to right. Middle person determines the right direction.

Repeat all.

4 slides to center

4 slides back to place

2 taps, 3 steps forward

Repeat twice, alternating starting feet.

Middle person steps forward and joins couple in front. 8 steps.

(May change two on outside for variety)

Can be done to Anchors Aweigh - 4 slides in and 4 slides out, repeated, or 8 slides in and 8 slides out.

8. RHYTHMIC CLAPPING

Stamp 4

Slap knees 4

Clap 4

Pound fists 2R & 2L

Hit elbows 2R & 2L

Both hands out from shoulder 2R & 2L

One hand out from shoulder 2R & 2L

9. WALKING LINE

Each person walks across in a different way.

10. OLD SAYINGS RACE

Line of trios facing line of trios. Inside elbows locked. Two chairs half way between lines. (Back to side).
Give names to each group of threes. Name opposite corners on tech team the same.

Sayings such as:

Hard as a rock.

Cold as ice.

White as snow;

Big as an elephant.

Hot as fire.

Sweet as honey.

Heavy as lead.

Fat as a pig.

Mean as a bear.

Pretty as a picture.

Black as a crow.

Sharp as a razor.

Light as a feather.

Sour as a lemon.

11. BIRDIE IN A CAGE

Formation:

Single circle. Lady on man's right. Number couples even and odd all the way around the circle.

Calls:

All join hands and circle left.

Circle to the right - you're going wrong

Swing your corner lady

Swing you partner

Even couples out and lead to right

With a birdie in a cage and 6 hands round

Birdie hops out and crow hops in,

Swing your opposite lady

Swing your partner

On to the next with birdie in the cage.

RECREATION INSTITUTE

ORGANIZING JUNIOR AND SENIOR COUNCILS

Senior Councils

This is made up of citizens of the town who are community minded. They stay in the background.

Junior Councils

The recreation idea leader selects three boys and three girls whom she believes will be good leaders. She talks to them informally about the work and asks them to select three more boys and three more girls. This makes a total of 12 on the Junior Council. It is important to select good workers. Use the council for three months and then elect another. If some of the first proved good, re-elect them, if they weren't good, elect new ones.

Leaders needed on the Council:

1. A Master of Ceremonies - preferably a boy.
2. Pianist - one that can play anything and who just starts playing.
3. A person who likes to do carpentry work.
4. A person who likes to fool with lights - Lights have a great effect on people.
5. A person who likes to bother with food.
6. A Musical Games leader.
7. A leader for quiet games.
8. A secretary.
9. A business person.
10. An active games leader.
11. An artist in charge of the decorating committee.
12. In service center - have fruits, flowers, and leaves from that locality labeled.
12. A square dance caller.

- * Let youth do its own planning - do not try to give them too much advice, as they will not appreciate, it. They need only supervision and suggestions. It gives them training in leadership to plan their own programs. Try to get a variety of activities - square dance clubs, jitterbugging, and old time dance clubs.

At parties - give guests something to do with their hands. (Straws, putting little balls in hole games, jig-saw puzzles. Just little things, not big things that will take them away from other activities.

ACTIVITIES

L. NURSERY RHYMES - for adults or children.

MUSIC: Old King Cole

Divide people into two groups, with a leader for each one. Let each group choose a nursery rhyme and sing to the others.

Words:

Mary had a little lamb, it's fleese was white as snow,
And everywhere that Mary went, She threw it out the window,
The window, the window, she threw it out the window,
And everywhere that Mary went, she threw it out the window.

Rhymes:

Mary, Mary Quite Contrary, Little Bo Peep, Jack and Jill, Little Miss Muffett, Humpty Dumpty, Jack Sprat, Little Jack Horner, Rock-a-by Baby, Old Mother Hubbard, Three Little Kittens, Old Woman in the Shoe, London Bridge, Peter, Peter, Pumpkin Eater, Three Blind Mice, Georgie Porgie, Peas, Porridge Hot, Sing a Song of Six-Pence, Polly Put the Kettle on,

Ding, Dong Bell, Jack Be Nimble, Hi Diddle Diddle, Little Boy Blue, Hickory Dickory CBoek, See-Saw Marjorie Daw, Simple Simon, Tom, Tom the Piper's Sons, A Diller a Dollar, and Baa, Baa Black Sheep.

2. SONG CONTESTS

Divide group into 2 or 4 smaller groups. Have each group choose a leader. Everyone does not have to sing, may whistle or hum. Sing songs of a certain type. Object to see which team can think of the most songs.

Suggested Groupings:

Songs of Gay Nineties
Western Songs
Transportation
State Songs
College Songs for college groups
Marching songs
Around the world in Songs
Sweetheart Songs
Color Songs
Moon Songs
Hymns.
Spirituals for church programs
Flower Songs
City Songs

3. WAY OF GETTING CHAIRS AWAY FROM CENTER OF FLOOR.

Tell a little story and have people act it out. Make up anything you wish.

Mary was going to have a party. She was all excited. (Have everyone get excited).
She looked at her watch and shook it. (Act it out)
She stood up and looked out the window to see if anyone was coming. (Act it out)
Then she sat down and fixed herself. (Act)
Then she heard them coming. So she picked up her chair and put it to the wall, as the party was about to begin. (Have everyone put their chairs around side of room.)

4. GUESS THE TITLE

Everyone draws a title, then goes around and tries to see if anyone can guess what it is. Make a list of all that you guess so that you can tell how many were correct. Put down the person's name and the guessed book title. This is good to start party or for pure recreation.

Suggested topics:

Airplanes
Songs
Motion Pictures
Actors

LEADERSHIP

Leader's Preparation

I Physical Preparation

1. Clothes - Must be comfortable, suitable and modest. Must hold up high standards.
2. Grooming - No gum, sweet breath.
3. Sleep
4. Eat lightly, before strenuous program.
5. Not too violent personal exercise.

II Mental Preparation

1. No conflicts, no worries. (Hang them on a bush)
2. Enthusiasm
3. Cooperation with workers
4. Friendliness with participants, but not emotional or sentimental.
5. Constructive attitude.
6. Self improvement, or vision, or growth.
7. Be builder-uppers.

III Professional Preparation

1. Make a plan and try to make it work.
2. Be flexible.
3. Have emergency material.
4. Read, clip, file and keep a scrapbook.
5. Build a library.
6. Take short courses.
7. Take public speaking, radio, and sociology.
8. College courses.
9. Attend conventions.
10. Visit other centers for ideas.
11. Experiment and create.

ACTIVITIES

1. LABYRINTH

A get-acquainted game. Hold hands and make a spiral. First one starts introducing himself to everyone all the way out with others following. The first two people coming out are couples, next two, etc.

2. HOW-DO-YOU-DO AND GOODBYE

Formation:

Single circle, facing center.
One extra person in the center.

Action:

Extra person walks around the inside. Chord is struck and center person stops, introduces himself to person he is in front of, joins hands, and goes around the inside of the circle talking with partner. On discord, he must say good-bye and walk single file. When next chord is struck, each get a partner. Continue until all are walking.

May use whistle: one to get partner, two to say goodbye.

3. GLOW WORM

MUSIC: Same

Formation:

Double circle, facing counter-clockwise.

Action:

Walk, 2, 3, 4, (Face partner)

Back, 2, 3, 4,

Point, 2, 3, 4, (Walk as you point) (Point to partner, then diagonally right to next player)

Turn, 2, 3, 4,

Give directions step by step.

Take it slowly.

Tell the, ask the, and hum the tune.

4. I WANT TO BE HAPPY

MUSIC: Same, Anchors Aweigh, or Sweet Sue.
64 beats - 32 measures

Formation:

Couple facing couple all around circle. Lady on gentleman's right.

Action:

"Circle to left" - 1, 2, 3, 4, 5, 6, 7, 8,

"Circle to right" - 1, 2, 3, 4, 5, 6, 7, 8,

"Right hands across" - 1 - 8

"Left hands across" - 1- 8

"Swing your opposite"

"Swing your partner"

"Forward and back" - 3 steps forward and bow, Back 2, 3, place.

"Forward and through" - 1-8. Those going counterclockwise raise hands.
Those going clockwise pass through.

* Call next figure on 7th and 8th beat.

5. NARCISSUS

MUSIC: Same

Formation:

Open dance position around circle.

Action:

Start with outside feet.

2 slow slides, 3 fast slides in line of direction

Repeat going back to place.

L. step, swing R, R. step, swing L.

Repeat

Step, together, step - 4 times turning in place.

Repeat all.

6. BRAIN TEASERS

Name:

Mary
2000

Mary Overton

Address on Letter:

Hill

John

Mass.

John Underhill

Andover, Mass.

Miscellaneous:

1.

F STANDING F
R miss R
I I
E E
N N
D D
S S

A little misunderstanding between friends.

2. Stand take to taking I understand you undertake to overthrow
I you throw my my undertaking.

3. Capt. BBBB took his CCCC to the **W I D I**.
Capt. Forbes took his forces to the West Indies.

4. Inscription on fireplace in England.

If the B MF put : If the grate be empty, put coal on,
If the B . putting : If the grate be full, stop putting coal on.

5. Relatives:

	Example:
No. of brothers	1
Times 2	2
Plus 3	5
Times 5	25
Plus no. of sisters	25
Times 10	250
Plus living grandparents	250
Minus 150	100

Answer: First number is no. of brothers.
Second number is number of sisters.
Third number is no. of living grandparents.

6. Numerical:

Write any three digits	256
Reverse it	<u>652</u>
Subtract lesser from	
greater	396
Reverse it	<u>693</u>
Add	1089 - Will always be your answer.

7. Numerical:

Write any three digits	256
Reverse it	<u>652</u>
Subtract lesser from greater	396 - Middle number is always nine. Have them give you either of outside numbers, outside numbers always total nine.

8. Numerical:

Write any 5 digits not ending in one or zero	34567
Write answer out to side.	234565
Always begins with 2, 1st four numbers of the five digits , subtract 2 from last number of five digits.	
Have them write 5 more digits	56743
Leader writes 5 digits - totals 9 with line above.	43256
Have them write 5 more digits	67542
Leader writes 5 more digits - total 9 with line above	32457
Add column	<u>234565</u> - Same as above ans.

If they think they know what you are going, do it this way.

Let them write down the first 3 lines.

Leader write last 2 lines, making 4 total with 2, and 5 total with 3.

7. HINKY DINKY PARLEY VOO

MUSIC: Same

Formation:

Hollow square. Number two head couples and 2 side couples.

Words:

1. The two first ladies forward and back, Parley Voo,
2. The two first ladies forward and back Do-si-do,
3. Do-si-do to your corners all
4. Allemande left and heed my call.
5. Hinky Dinky Parley Voo.

Action:

1. The two first ladies meet at center of set, and
2. Bow and walk back to place
2. The two first ladies pass right shoulder to right shoulder, walk backward to place.
3. All face corners and pass right shoulder to right shoulder
4. Join left hands with corners, walk around and finish facing partners. (Allemande Left)
5. Turn partner with right ~~and~~ hand and finish in original position.

Repeat all:

- 2 side ladies
- 2 first gents
- 2 side gents.

8. RED RIVER VALLEY

Formation:

Hollow square. Number couples 1, 2, 3, 4,.

Action:

First couple leads down the valley
Circle to the left and to the right
Swing with girl in the valley
Swing with your Red River Girl.

Change Call:

All circle left in the valley
Back to the Right, don't you see
Up to the center and back again
And swing with your Red River Girl.

Repeat all with 2, 3, 4. Change Call after each.

9. IRISH WASHERWOMAN

MUSIC: Same

Formation:

Hollow square. Couples 1, 2, 3, 4.

Words:

1. First little lady, she steps to the middle and staying right there keeps time with the fiddle.
2. Swing opposite gent around in the middle
3. While all of the circle 6 hands around.

Action:

1. First lady to center of set, any step she wishes.
2. Opposite man to center and swings with her

3. On word circle, other 6 join hands and circle once around. When arrive home, all swing partners. Watch to see when partner is almost home. Go to them.

Older group: Circle on word around. Do not swing partner.

Repeat all: 2nd lady, 3rd, 4th.
1st gent, 2, 3, 4th.

10. RHYTHM BAND

Notes:

Whole note

o

Half note:

d d

Quarter note:

d

4 - Beats to the measure

$\frac{4}{4}$ - Kind of note that gets one beat.

Tamborine:

Hit head with heel of hand and won't wear out. Jingle - Hold where no spirals.

Have same kind of instruments together.

Drums and Cymbals

Bells and triangles

Sticks

Triangle:

one note - hit outside

Jingle - hit around inside.

Cymbals:

Hit on top side.

3/4 time:

Drum and cymbals hit on first count.

All other instruments on counts 2 and 3.

Bells and triangles jjan* jingle on uplifted hand of leader.

MUSIC: Andhars Aweigh, Sweet Sue, Onward Christian Soldiers.

$\frac{4}{4}$

o | o | o | o |

d d | d d | d d | d d |

d d d d | d d d d | d d d d | d d d d |

d d | d d d d | d d | d d d d |

1. ACTION SONGS

Lil Liza Jane

Three Blind Mice

My Bonnie Lies over the Ocean

Nursery Rhyme Contest

Little Tommy Tucker

Little Tommy Tucker was late for his supper,

And he began to cry,

Ma, Ma, What a good boy am I?

Action: Up and down on each Ma.

Human Fro g Pond

Group I - say tomatoes- high, fine, voice and fast tempo

Group II - Say potatoes - slow and a little lower

Group III - Say Fry Bacon - deep voice and very slow.

Start all groups at same time.

John Brown's Ford

John Brown's Ford had a puncture in its tire.

Repeat twice

And he patched it with chewing gum.

Action:

Ford - cranking movements

Puncture - psst.

Tire - arms in circle

Patch - clap hands

Chewing - hand out and back from mouth.

2. GET ACQUAINTED GAMES

1. Guess the tittle

2. Human Lotto

3. Jitterbug Lotto

4. Labyrinth

5. Month of Year Formation

3. MEANS OF GETTING PARTNERS

1. Paul Jones Figures

2. Arches - single file

3. How-do-you-do and Goodbye

4. Musical Madness - walking and circling.

5. Labyrinth

4. MUSICAL MIXERS

1. Paul Jones Figures

2. Musical Circles in two's

3. I Want to Be Happy

4. Red River Valley in two's

5. Glow Worm

6. Deep in the Heart of Texas

7. Narcissus

8. Polka

9. ~~Polka~~ Grand March in Two's.

10. Ring Up Four.

11. Weaving the Wadmals (Woolen Material)
12. Betsy Liner
13. Virginia Reel

5. MUSICAL MIXERS IN THREES

1. Grand March
2. Musical Circles
3. Pass the Ammunition
4. Pop Goes the Weasel
5. Lil Liza Jane

6. STUNT SONGS

1. Row, Row, Row your Boat.

7. ACTIVE GAMES

1. Birthday Teams
2. Salesmanship
3. Alliteration
4. Dramatize song of season, stunt of season.
5. Pass the Buck

Make a circle, Pass object around the circle. One holding it when the music stops must get in circle and do some stunt. Sing Pretty Maiden or Handsome Gent as they perform their stunt.

6. Walking Line
7. Alphabets
8. Rhythmic Clapping
9. Relays
 - Old Sayings
 - False and True
 - Endless Chain
 - Broken Down Car
 - Form "A" Relay

10. Back to Back Tag

8/ CHILDREN'S GAMES

1. Farmer in the Dell

9. SQUARE DANCES

1. Swing-a-long
2. Hinky-Dinky
3. Irish Washerwoman
4. Buggalo Girl
5. Grapevine Twist
6. Right Hands Across
7. Duck for the Oyster
8. Red River Valley
9. Birdie in Cage

10. CIRCLE SQUARE DANCES

1. Arch and Shoe Fly Swing
2. Birdie in Cage
3. Right Hands Across

4. Red River Valley
5. Duck for the Oyster
6. Take a Little Peek

ACTIVITIES

1. BETSY LINER

Music: Ten Little Indians

Formation:

Line - Partners facing each other and six feet apart.


Words:


- A. Bow down, Dear Betsy Liner
Repeat twice,
Won't you be my darling?
- B. Right Hand Turn
Repeat as above
- C. Left Hand Turn
- d. Two Hand Turn
- E. Do-si-do
- F. Slide Down
- G. Lead Off
- H. Form That Arch.

Action:

Head Gentleman meets foot lady in center of set, bows, and walks backward back into place. Head Lady and foot gentleman do the same.

Note: On slide down. Join both hands, slide to foot and back to head.

Lead Off - 

Arches - 

2. ARCHES

Formation:

Single circle facing counter clockwise.

Several Couples forming an arch in line of direction. (Can choose people with glasses)

Action:

Circle marches under arches, and when music stops the couple forming arch lower their arms and try to catch someone in the circle. If someone is caught they go to the center and wait for someone else to be their partner. Then they form an arch. Continue until one person is left.

Variation:

Can be played in couples.

3. FARMER IN THE DELL - For Children.

Formation:

Single circle, facing center. One extra person in circle as farmer. Two extra persons outside circle as sun and rain.

Words:

I Sing Old Version

II The Farmer Sows his seed.

(The farmer skips around circle making motions of sowing seed. People in circle stoop and step stooped as if planted.)

III The Sun Begins to Shine

(Sun skips around the outside of circle. Form circle with arms.)

IV The Rain Begins to Fall

(Rain skips around and sprinkles)

V Seed Begins to Grow

(Farmer skips and motions for circle players to rise)

VI The Wind begins to blow

(Circle players sway back and forth)

VII The Farmer Cuts the Weeds

(Circle players stoop and stand immediately)

VIII The Farmer Binds his Sheaves

(As he motions to circle players, they form couples and lock right elbows)

IX The Sheaves begin to Dance

(Couples skip around each other)

End of dance: Farmer, Sun, and Rain choose someone to take their places.

4. VICTORY QUIZZ

- | | |
|------------------------------------------------------------|------------------------------------------------|
| 1. Steam - vapor | 27. General name for spinal column - vertebrae |
| 2. Vacation - recess | 28. Merchant - vendor |
| 3. Inoculate - vaccinate | 29. Heroic, valiant |
| 4. Sight - vision | 30. To offer one's service - volunteer |
| 5. A E I O U - Vowels | 31. Triumph - victory |
| 6. Favorite flavor - vanilla | 32. Indefinite - vague |
| 7. Voracious bird of prey - vulture | 33. Any kind of carriage - vehicle |
| 8. Serpen - viper | 34. Poetry - verse |
| 9. Object of punishment - victim | 35. Harden rubber with sulphur - vulcanize |
| 10. Climbin plants - vines | |
| 11. Bad Habits - vices | |
| 12. Three physical energies - vim, vigor and vitality | |
| 13. Scram - vamoose or vacate | |
| 14. Peas, Beans, etc. - vegetables | |
| 15. One skilled in fie arts - virtuoso | |
| 16. Arched structure over railroad or low ground - viaduct | |
| 17. Refuse assent to - veto | |
| 18. Man's personal attendant - valet | |
| 19. Irritate - vex | |
| 20. Window drapery - valance | |
| 21. Honor Pupil - valedictorian | |
| 22. Fabled blood-sucking demon - vampire | |
| 23. Traveling bag - valise | |
| 24. Silk fabric with silk nap - velvet | |
| 25. Green color - verdent | |
| 26. Red color - vermillion | |

LEADER MUST HAVE

1. Must like his work
2. Plan and practice program diligently
- **3. Have the desire to help others to a richer and fuller life through the wholesome use of leisure time.

HELPS FOR LEADER

1. Understand thoroughly what you want done and make directions brief and clear. Demonstrate when necessary.
2. Stand where you face everyone, speak so you can be heard and don't shout. (Give them a minute to talk if they persist in being noisy)
- ** 3. Go into game without hesitation and arouse group interest from start by choosing familiar game or one that requires little explanation.
4. Play game until it is almost at its best.
5. Play the game yourself. Watch your group with keen interest.
6. Never be a school teacher on a recreation floor.
7. Avoid making a fool of anyone.

PLANNING A PROGRAM

1. Pre-party or get-acquainted activity, or community sing. 20-30 minutes.
Human Lotto - Hand out papers and have them draw 16 squares. Get names of people in each square. Leader has list of all at party. Calls them off and they check the square with that name in it. When have four checks in line, call "Lotto" May continue until they have lines in four different ways. If don't have list of people, good MC can point to people, ask them their names and those having it check it.

Jitterbug Lotto - For teen age. Write 30-40 name bands. Have each write favorite bands in the 16 squares. Play as above.

Human Checkers

Brain Teasers

2. MUSical Mixer - to get into groups

Glow Worm

Red River Valley

3. Active game or relay

4. Quiet Game

Who Am I? Leader chooses to be someone. 3 questions asked from each side. Leader may answer anything except what her name is. See which side can guess who she is. Appoint others to come and pretend they are someone.

5. Semi-active

6. Musical

7. Song or Stunt

8. Refreshments

9. Quiet games - Active for Teen-age.

10. Active game
11. Stunt or Song
12. Musical Game - Send them home singing.

Hints:

Keep in mind the formations.
 Put on side of planned program for emergency use.
 3 quiet games
 3 active games
 3 musical games
 3 square dances
 Have program on small card under watch.
 Have whistle.

ACTIVITIES

1. FORM "A" RELAY

Have a sets of letters of alphabet in two colors if possible. Keep them separate.
 Have an extra set of vowels with each one.

Formation:

2 lines facing each other. Need judges. Heads of lines at opposite ends
 of room.
 Tables with letters on them in center between lines.

Action:

Leader asks them to form word with letters at head of their line. Teams
 that form words first scores a point.

2. ENDLESS CHAIR RELAY

Formation:

Line with baseline 20 feet away.

Action:

First in each line on signal runs and touches the baseline, goes back,
 joins hands with second person, second person goes to baseline and touches,
 goes back and joins hands with three, continue until back in original
 position and all have touched.

3. RIGHT HANDS ACROSS

Call:

First couples out to the couple on the right
 Right hands across
 Back with the left and don't get lost
 Swing your opposite
 Swing your partner and on to the next.

4. TAKE A LITTLE PEEK

MUSIC: Turkey in the Straw

Call:

First couple out and lead to the right (If in one big circle, even couples out)
 Round that couple, take a little peek
 Back to the center and swing your sweet
 And around that couple, you peek once more
 Back to the center and circle four
 Circle four and pass right through
 Go on the same as you used to do.

Name *Louisa Anne*

Fuller

Pos. *Student*

Add. *Lawrence*

Fee *1/2* *experimental*

Nº

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5. DUCK FOR THE OYSTER

MUSIC: Turkey in the Straw or something fast.

Calls:

First couple out and lead to the right
Duck for the oyster, now for the clam
Now for the hole in the old tin can.
Go through, break and swing your opposite
Swing your partner
On to the next.

6. BUFFALO GIRL

MUSIC: Same

Calls:

First little girl runs around the outside, around the outside, around the outside.

Repeat

Swing when you meet your partner.

Swing him around as pretty as you please, pretty as you please, pretty as you please.

Repeat

Repeat with two little girls, three little girls and four little girls, one little gent, two little gents, three little gents, and 4 little gents.

Change call:

All 8 balance and all 8 swing
Left allemande and right hand grand
Meet your partner and promenade 8.
And listen while I tell you.

7. COLONEL POP

I am Colonel Pop for the first time in my life.
I am Colonel Pop for the second time in my life.
I am Colonel Pop for the third time in my life.

First time, use one finger on glass, one sip out of ~~g**~~ glass, hit glass once on table, hip top of table with both hands one at a time with one finger, then underneath in the same manner, one nod of head.

Second time - Same as first only do everything in two's.

Third time - Everything the same except flip over shoulder immediately after taking three sips.