

# ILLINOIS

## Extension

# 4-H Club GO TO Resources



Month Year

### Lesson Objectives:

### Club members and parents will:

- Learn to appreciate differences.
- Engage in a fun activity to emphasize the importance of inclusion and diversity

**Time:** 20 Minutes

### Equipment and

#### Supplies Needed:

- Deck of cards (large size preferred)
- Bandanas or strips of material to tie around participants heads to hold cards in place.

### Preparations:

- Review Lesson & Debriefing Questions
- Gather equipment and supplies

## Accepting Everyone

In all our 4-H clubs we most likely have a variety of individuals with different backgrounds, interests and beliefs. Even within a small community we can discover that people bring different experiences, knowledge and history to a 4-H club. Regardless of what our 4-H members may bring with them to the club atmosphere the overall goal is for everyone to feel valued and welcomed in the 4-H setting. Appreciating differences is key in today's world for all individuals and especially for our 4-H members. We live in a ever changing world where people move to new states, countries and communities. Feeling as though one belongs is important for any and all individuals, and is one of the "4-H Essential Elements of Positive Youth Development."

Belonging within 4-H Essential Elements means that youth are experiencing the following:

- Positive Relationship with a Caring Adult
- An Inclusive Environment (feeling like they fit in and belong)
- A Safe Emotional and Physical Environment (a place where they won't feel threatened, bullied, or hurt)

4-H is a strong believer that youth can achieve a sense of belonging when they are involved in a community club that actively practices the essential elements of "Belonging."

The following activity can be done as a way to recognize biases and to emphasize the importance of appreciating everyone. Debriefing of this activity **MUST** be done in order for participants to understand that everyone is valuable, and brings good things to the group.

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# Pokerface

Type of Activity: Problem-solving, Diversity

Props Needed: Jumbo Deck of Cards and ties or bandanas to wrap around heads to hold cards in place.

Purpose: This activity focuses on inclusion and diversity

Group Size: Plays well with 10 or more

Activity Directions:

- Give each participant a bandana or strip of material to tie around their foreheads.
- Shuffle the deck of cards and give one card to each participant. Ask them to not look at the face of the card. As you explain the directions, ask the participants to hold their card so they are faced away from them and place them under the ties on their foreheads where others will be able to see and read them. (They should not look at their own card, but others should be able to see it.)
- Instruct them that you are going to be intentionally vague with the directions. Figuring out what to do is apart of the game.
- This activity involves the players mingling around the room, with their cards on their foreheads, and treating each other based on the face value of the cards they see. You can plan this game silently or you can allow talking—both ways are powerful. Playing the game silently usually has a more powerful impact. If you choose this option, instruct the group that they do not have the resource of their voice.
- Ask the participants to “Please treat each other based on the face value of the card that you see. Ready, Go.”
- The mingling begins and there might be some confusion at first. Some participants are uncertain how to treat others.
- Some typical behaviors might be:
  - ◆ The royalty cards are usually bowed down to, given high fives, and generally treated very well. Most cards want to “hang out” with the high cards. Usually royalty cards start grouping together.
  - ◆ The middle cards are pretty much ignored. They sometimes get a “so-so” hand motion demonstrated to them or a shrug of the shoulders.
  - ◆ The low cards are treated many different ways. Some get a dismissive hand gesture; some get the letter “L” sign on a forehead depicting “Loser.” Some low cards will get a pretend kick their way, or dirty looks by others. Some will get a thumbs down motion. These behaviors are obvious and can look somewhat severe to on-lookers. Often participants with low cards will form smaller subgroups and begin to back out of the middle of the mingling area.
- After some mingling, ask players to stop talking and stand still—DON’T LOOK AT THE CARDS YET. Ask the group to separate into what group they think they are in, low cards, middle cards, or high cards. Players place themselves based on how they were treated. When everyone is in a group, ask the participants to look around the room at the order of the cards on each player’s forehead, and then at their own card.



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## Sources & Additional Lesson info:

4-H Club GO TO Resources is being offered to 4-H clubs in Boone, DeKalb and Ogle Counties as a way to enrich and enhance 4-H experiences and programming at the club level. It is the goal of the Extension staff to assist 4-H leaders and officers in providing simple hands-on activities on a monthly basis that can broaden the 4-H club experience and as a result heighten positive youth development.

**Resources:** “Pokerface” Lesson provided by *Training Wheels* — “*Playing with a Full Deck.*”  
[www.training-wheels.com](http://www.training-wheels.com)

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