



Healthy Living Wordplay

OBJECTIVE

Youth will learn that healthy living encompasses many different types of wellness, including physical, emotional and social health.

TIME

20-45 minutes

MATERIALS

Wordplay game cards
File folder
Letter-sized envelope
Markers
One-minute timer
Buzzer or noise maker
Flip chart paper (optional)


PARTICIPANTS

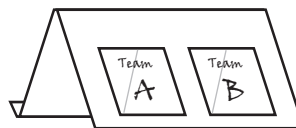
4 minimum

BACKGROUND

4-H has a long history of promoting healthy living among youth and their families. 4-H Healthy Living encompasses a holistic approach including healthy eating habits, physical fitness, the capacity to recognize and direct emotions, and the ability to develop and maintain positive social relationships. In this activity, youth will broaden their definition of healthy living to include physical, emotional and social wellness.

GETTING READY

1. Print the attached sheets on durable paper, such as card stock.
2. Cut the paper into equal sized cards.
3. Shuffle the cards and place them in a small container.
4. Place a file folder upside down, partially opened, on a table.
5. Bend the tab upwards to create a shelf to hold the cards.
6. Seal a business-sized envelope. Cut the envelope in half. 
7. On the opposite side of the file folder shelf, tape both halves of the envelope side-by-side, to create a pocket for awarded cards.
8. Write “Team A” on one envelope half, and “Team B” on the other.



EXPERIENCING THE ACTIVITY

Step 1

Write “Healthy Living” in large words on a whiteboard or tear sheet. Ask youth to share how they would define the term.

Step 2

Tell youth that today we will investigate “healthy living” and how it applies to youth in 4-H. To do this, we will be playing an activity called “Wordplay.” This game is similar to the game “Taboo,” where each team tries to correctly guess the most words, while not saying any forbidden words listed on each card.

Step 3

Explain the following directions for “Wordplay.”

1. Divide the players into two teams.
2. Choose one person from a team to be the first clue giver. The clue giver sits

HELPFUL HINT

For larger groups, do not divide into teams and give everyone a chance to be the clue giver. Do not keep score.

DEVELOPED BY

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opposite their team and draws a card, placing it on the file folder shelf. The card should be hidden from her team but visible to at least one of the clue giver's opponents. That opponent should hold the buzzer.

3. Flip the timer when the clue giver begins speaking.
4. The clue giver will give clues to the players on their team. The clues can be single words or sentences. The clue giver cannot use any word from the list printed on the card. Any parts of those words or forms of those words are also forbidden. For example, if the forbidden word is "birthday," the clue giver cannot use "birth" or "day." Do not use gestures.
5. Hit the buzzer if the clue giver uses a forbidden word. Then the clue giver moves onto a new word.
6. After one minute, score one point for the clue giver's team for each word they guess correctly. There is no penalty for wrong answers. Place all correctly guessed cards in the envelope marked "Team A".
7. Award one point to the clue giver's opponents each time a forbidden word is used, and each time the clue giver passes on a word. Place any skipped or disqualified cards in the envelope marked "Team B".

Step 4

Play the game, adjusting the length of play based on your group's time restrictions.

Step 5

Review all the game cards. As a group, identify different ways you could sort the cards into different groups. Youth can also determine the "best" way and decide what rules they use while categorizing. You may use as many groups as needed, but all cards need to be sorted.

SHARE

What happened in this activity?
How did you feel as the clue giver?
How did you feel as a guesser?
Which words were the most challenging to guess? Which were the easiest?

PROCESS

While playing the game, did you notice any similarities among words?
How did the group decide to sort the cards?
What other ways could you have sorted the cards?
Do you think any of the cards have a weak association to healthy living?
Do you think any of the cards have a strong association to healthy living?

GENERALIZE AND APPLY

Did your personal definition of healthy living change during this activity?
How does a more comprehensive definition relate to your personal experience with a healthy life?
In what area of your life would you like to improve your health?

FRUSTRATION

- Traffic
- Argument
- Aggravated
- Irritated
- Annoyed

ANXIOUS

- Nervous
- Stage-fright
- Worried
- Fretful
- Apprehensive

STRENGTH

- Muscle
- Weights
- Gym
- Training
- Develop

LONELY

- Alone
- Solitary
- Lonesome
- Friend
- Isolated

SPEED

- Slow
- Fast
- Ticket
- Race
- Run

STRESS

- Job
- Money
- Frazzled
- Pressure
- Tension

WORRY

- Nervous
- Bite your nails
- Anxious
- Fretful
- Concerned

HEART BROKEN

- Forlorn
- Love
- Break-up
- Dejected
- Sad

WALK

- Move
- Exercise
- Active
- Motion
- Mile

BALANCE

- Stability
- Weigh
- Equilibrium
- Fall
- Scale

CALORIES

- Measure
- Label
- Number
- Consume
- Energy

COMPASSION

- Sad
- Sympathetic
- Empathetic
- Feel
- Kind

COMPASSIONATE

- Caring
- Sympathetic
- Giving
- Feel
- Kind

HEART

- Muscle
- Pump
- Aorta
- Attack
- Love

LUNGS

- Chest
- Breath
- Smoke
- Air
- Cigarettes

CALM

- Peaceful
- Relaxed
- Stressed
- Cool
- Serene

HELPLESS

- Tragedy
- Disaster
- Powerless
- Vulnerable
- Unable

CONFIDENCE

- Proud
- Head
- Believe
- Poise
- Assurance

FRIENDLY

- People
- Smile
- Hug
- Outgoing
- Social

SHY

- Introverted
- Timid
- Bashful
- Reserved
- Embarrassed

RELATIONSHIP

- Connection
- Friend
- Family
- Date
- Together

TRUST

- Depend
- Believe
- Secret
- Honest
- Friend

SAFE

- Secure
- Lock
- Protected
- Sound
- Harm

FRUIT

- Eat
- Berry
- Food
- Healthy
- Nutrition

VEGETABLE

- Taste
- Eat
- Dinner
- Green
- Fruit

LOVED

- Family
- Friends
- Parents
- Marriage
- Liked

NERVOUS

- Anxious
- Nellie
- Worried
- Uneasy
- Performance

BULLY

- Fear
- Power
- Scared
- Fight
- Harass

RESPECT

- Admire
- Value
- Listen
- Language
- Attitude

ANGRY

- Mad
- Miffed
- Furious
- Livid
- Fight

CRY

- Tears
- Weep
- Sob
- Bawl
- Baby

LAUGH

- Giggle
- Sound
- Ha, ha, ha
- Chuckle
- Comedy

SLEEP

- Night
- Dream
- Awake
- Slumber
- Nap

FITNESS

- Health
- Strength
- Exercise
- Condition
- Gym

HUG

- Embrace
- Body
- Love
- Cuddle
- Arms

AGILITY

- Alert
- Quick
- Speed
- Muscle
- Move

DRUGS

- Prescription
- Medicine
- Marijuana
- Pharmacy
- Depress

ALCOHOL

- Wine
- Beer
- Liquor
- Drink/Drunk
- Bar

MEDITATE

- Pray
- Chant
- Yoga
- Focus
- Calm

MUSCLE

- Strength
- Weight
- Lean
- Heart
- Bicep

EXERCISE

- Work out
- Gym
- Health
- Physical
- Sweat

KISS

- Hugs
- Lips
- Make out
- French
- Love

FEAR

- Panic
- Afraid
- Danger
- Intuition
- Emotion

EMOTION

- Feeling
- Control
- Passion
- Mind
- Cry

SMILE

- Mouth
- Grin
- Happy
- Dentist
- Teeth

AGGRESSION

- Anger
- Punch
- Yell
- Hit
- Stress

DATING

- Restaurant
- Movie
- Boy
- Girl
- Relationship

SWEAT

- Perspire
- Heat
- Nervous
- Exercise
- Palms

ROMANCE

- Date
- Kiss
- Marry
- Dinner
- Love

BODY LANGUAGE

- Hands
- Eyes
- Move
- Mouth
- Face

PRAY

- Religion
- God
- Church
- Meditate
- Hands

WAVE

- Hand
- Hello
- Goodbye
- Gesture
- Ocean

DANCE

- Music
- Move
- Sing
- Boogie
- Ballroom

MEET

- Introduce
- New
- Friend
- Handshake
- Smile

PACE

- Walk
- Back and Forth
- Nervous
- Wait
- Step

EAT

- Binge
- Feast
- Chow down
- Snack
- Food

TALK

- Discuss
- Conversation
- Words
- Chat
- Speak

JEALOUS

- Envy
- Greed
- Want
- Attention
- Money

SYMPATHY

- Compassion
- Kindness
- Understanding
- Death
- Trouble

TOBACCO

- Smoke
- Cigarette
- Lung
- Cancer
- Death