

# Houston Parks and Recreation Department

## Youth and Family Engagement Activities

**Week of October 26 – October 30, 2020**

### Crossing the Stream (Fun Fitness)

If your child plays basketball or another sport that requires jumping ability, let them play Crossing the Stream to strengthen their leg muscles. On your driveway or blacktop, begin drawing two chalk lines to stand for a stream. Widen and narrow the distance between the two lines but do not draw the lines farther than 4 feet apart. Designate crossing points and ask your child to jump from one side of the "stream" to the next. Have them jump with both feet together, as well as take large leaps across.

### Cobra Pose (Youth Yoga)

Lie on your tummy, place palms flat next to your shoulders, press into hands, lift head and shoulders off ground, and hiss like a snake.

### Invisible Anything (6ft Social Distancing Fun)

In some cases, you may not have space or be allowed to use equipment for safety reasons. Thus, a child's imagination is a great tool to tap into for these situations. You can have kids do things like invisible jump rope for a quick warm-up or as part of a bigger circuit. You can mimic practicing skills without equipment such as shooting or passing a basketball. Thus, you do not always need equipment to stay distanced and have fun.

### Naturalist Scategories (Hands-on Nature)

Everyone gets in a circle. Someone comes up with a category (example: types of trees). Each person has ten seconds to come up with an answer that fits into that category. Going around the circle each person says their answer when it's their turn. Each answer may only be called out once. The group counts down for each player. If they can't come up with an answer, then they are out of the game. The last player remaining wins.

### Story Map (Family Engagement)

Take a walk around your neighborhood or in a park. As you go draw the path that you take. Take breaks to draw the natural observations you make on your walk.