

Houston Parks and Recreation Department

Youth and Family Engagement

Activities

Week of November 23 – November 27, 2020

Jumping Jacks (Fun Fitness)

Perform in place for 10 reps and then rest for 30 seconds. Add five reps to your number (15, 20, 25, 30) and rest for 30 seconds in between each set. Try to reach 30 reps in a row for your last set.

Downward Facing Dog Pose (Youth Yoga)

From a standing position, bend down and place your palms flat on the ground. Step your feet back to create an upside-down V shape with your buttocks high in the air. Straighten your legs, relax your head and neck, and look down between your legs.

Flying Fish Relay (6ft Social Distancing Fun)

Distribute the materials and have the kids draw a fish, cut it out, then color it. If they are struggling, have them to just draw an oval with a triangle tail and then draw on a happy face. Once they have made their fish (it's more important that it's cut out, rather than fully decorated), divide them into teams. Have each team line up behind a starting line and designate a finish line. The first player in line from each team must use a paper plate (or something else that works) to propel their fish from the starting line to the finish line. The first to do so earns a point for their team. They cannot touch their fish with their hands or the paper plate, they must only use the wind they can generate by waving the plate. Then have the second player from each line do the same and so on. Encourage teams to cheer on their teammates.

Backyard Plant Identification (Hands-on Nature)

Can your kids find five different kinds plants? How about three different kinds of flowers? Can they tell the difference? Think about the colors of the leaves or petals, the shapes of the branches or stems, and how tall or short they are. Can they find an item that's a circle, a triangle, or another shape? To make this even harder, cut shapes out of a piece of paper and have your kids try to match the shape to something in nature. Find household items that are brightly colored, like parts of cereal boxes, bathroom towels, or running shoes, and have the kids find natural items in those colors. But be sure kids know that when we're looking for different nature, we don't pick them! This is a great chance to tell kids about Leave No Trace.

Indoor Treasure Hunt (Family Engagement)

Whether it's candy or small stocking stuffers you forgot you had in the closet, they'll be motivated to search for them with a treasure hunt around the house. Simply write down age appropriate clues (5-20 clues, depending on their age and how long you want the treasure hunt to last) and place them strategically around the house so that one clue leads to another.

One example would be: "I have four legs, but I don't have feet. I come in handy when it's time to eat!" Hopefully, they'll locate the utensil drawer, looking for a fork. Inside, they'll find their next clue.