

Houston Parks and Recreation Department

Youth and Family Engagement

Activities

Week of January 3 – January 7, 2022

Make Your Own Rainbow

Materials: Big bowl full of water in a clear container, small mirror, sheet of white paper, sunlit window

Directions:

1. Place the bowl in front of the window.
2. Place the mirror part-way into the water facing the light.
3. Hold the piece of paper up to intercept the reflection.
4. A rainbow should appear on the paper in bands of color.

Guess the Resolutions

Make each participant write down resolutions, each on its own slip of paper. Pull one slip of paper out of a basket at a time and read it out loud. Everyone must write down who they think made each resolution. At the end of the readings, the person who guessed the most correctly wins a prize.

Ring Toss

Glue an empty paper towel roll to the center of a paper plate. Grab a handful of paper plates and cut out the middle to make a ring. Take turns tossing and see how many you can land! You can also turn it into arts and craft exercise and decorate the rings with crayons, paint, or markers.