

Houston Parks and Recreation Department

Youth and Family Engagement

Activities

Week of April 4 – April 8, 2022

Gratitude Journal

Write or draw about things that you are grateful for. Share your gratitude with members of your immediate family!

All About Me Collage

Give each participant a piece of paper. Have each participant write his/her name in the middle of the paper. Have participants go through magazines and cut out pictures that represent them (e.g. favorite color, food, sports, music what they want to be when they grow up and other things they like). When they have all their pictures cut out have them glue them to the paper around their name. Make sure that participants are gluing their pictures, so they almost overlap leaving not blank spots on their paper. Have participants explain their collage to the family.

Fortunately, Unfortunately – Thinking Game

One player starts a story with a sentence such as “Fortunately, the bus is coming.” The next player counters with a sentence such as, “Unfortunately, it turned into an airplane and flew away!” The next player starts again with “Fortunately...”