

Houston Parks and Recreation Department

Youth and Family Engagement

Activities

Week of June 13 – June 17, 2022

Obstacle Courses

These activities are fun fitness activities. Have groups challenge each other on different obstacle courses. These can be as simple as running over dirt mounds, doing 10 seconds of jump-roping, kicking a soccer ball around some cones, throwing a ball through a hanging tire and running back to the start.

Print Painting

Help participants to collect a range of flowers, leaves and objects of different shapes and textures. Use a paint brush or roller to coat the object with paint and then press onto a sheet of paper to create an imprint. Create a piece of art to display.

Water Relay

For this game, split participants into two teams. Each team has two buckets and an extra-large sponge. Fill one of the buckets with water and put it a few yards in front of the empty bucket. The point of this game is that one player from each team takes their sponge, runs down to the full bucket, fills the sponge with water and runs back to squeeze as much water as possible into the empty bucket. Then the next player goes and so forth, like a relay. The team with the most water in their bucket (the one that started out empty) wins.