

Houston Parks and Recreation Department

Youth and Family Engagement

Activities

Week of June 20 – June 24, 2022

Passing Doubles

Pairing up your athletes, have them stand apart from one another at a comfortable distance. Get them to begin to pass to each other using the inside of their feet. This drill teaches how to receive a ball with ease as well as passing it off, so the next person has an easy time stopping the ball and then kicking forward.

Story Time

One participant begins a story with a single sentence. Building upon that sentence the next participant continues the story with his own sentence to continue the story. You can vary this game so that the story is told with alternating words, phrases, sentences or paragraphs.

Painting to the Music

Play the first music track. Listen before you begin to paint. Visualize the music and the colors, gesture and shapes that come to you as you listen. Encourage participants to paint in the air before beginning their art piece. Once you have familiarized yourself with the music style, begin painting or drawing on your paper. Do not stop until the music ends. Choose a music track of a different style. Begin the music track and begin on a new piece of paper. Continue creating new art pieces with every different type of music style you hear. Write the name of the music composer or music work on the back of the art piece.