

Houston Parks and Recreation Department

Youth and Family Engagement Activities

Week of July 9 – July 15, 2022

Learn a New Sport

Many families and kids come to your park to teach themselves a new sport. Open fields allow visitors to play group sports, including:

- **Soccer:** Open fields are great places for kids and adults to play soccer together. Visitors can bring balls from home and use open spaces to play on. Soccer is an excellent sport for kids to play together to socialize and exercise and using their legs to kick can help improve muscle coordination and overall dexterity.
- **Football:** Like with soccer, visitors of all ages can come to play football. Football is a game people can play anywhere they have the space; all you need to do is determine where end zones are and how much of the field you are using. Visitors can also use different versions of football, like flag football.
- **Kickball:** Another group sport that people can play is kickball. Visitors can also play this in other fields by using bases they brought from home or other markers they find around the park, testing their creativity and resourcefulness.
- **Flying discs:** Flying discs are an excellent park activity because of their adaptability. Visitors can play with just a couple of people tossing a disc around, or they can divide larger groups into teams and play competitively. Flying discs are also popular with dog owners, encouraging them to bring their dogs to the park.

Use Sidewalk Chalk

Visitors can bring sidewalk chalk to play staple outdoor games, like hopscotch. Kids love to use bright colors to express their creativity and draw whatever their hearts desire.

Visitors can use sidewalk chalk for various games, including:

- **Word games:** Visitors can draw pictures on the pavement and guess which words their friends are thinking of, or children can try to make long lists of rhyming words. If they can write it, they can play it with chalk.
- **Tic-tac-toe:** Another classic game kids and adults can bring to the sidewalk is tic-tac-toe. Kids can cover the pavement with endless rounds of tic-tac-toe. Because it is an easy game, kids of all ages will have fun participating.
- **Four square:** Four square is a great ball game visitors can play after drawing squares on the pavement. People can enjoy the game for days since the chalk will remain until it rains.