

# Houston Parks and Recreation Department

## Youth and Family Engagement

### Activities

Week of July 23 – July 31, 2022

#### Activities to Do at the Playground

If you want to find new activities to do at the park, the playground is a great place to start. Playgrounds are spaces where kids can stay active and practice essential social and physical skills.

#### Complete a Fitness Challenge

While many people target playground equipment for kids, adults can use playgrounds with outdoor fitness equipment to complete exercises. Kids use playtime to stay active, keeping their bodies and minds healthy, but adults can use equipment like benches and bars for various endurance and strength exercises.

#### Play Hide and Seek

Hide and seek is a classic kid's game. Kids can use equipment and surrounding scenery as spaces to hide. Just be sure to establish clear boundaries when playing your game.