

# Houston Parks and Recreation Department

## Youth and Family Engagement Activities

**Week of April 13 – April 17, 2020**

### Build A Family Tree Together

Building a family tree will give each member of the family a sense of identity as you learn where you came from. Start off by simply drawing a tree that allows you to easily add family members. Give each member of your family meaningful tasks to explore the history of your family with a fun and engaging craft project.

### Charades Relay (Family Fun)

Start a charades race and name the categories such as fast food, electrical appliances or cartoon heroes. Teams compete against each other trying to be the first to guess all items on the list. To start, whisper the first word into the ears of one member from each team. Each person will return to their group and act out the word. Once a member of the group guesses the word correctly, someone new runs to the instructor for the next word. No one can come up twice until everyone has acted out an item from the list. The new member must tell the instructor the word they just guessed to receive the next word from the list. The game is over once a team completes the entire list.

### 10- Minute Walk; Create a Rock Art Gallery (Hands-on Nature)

Take a 10-minute walk hunting for and gathering rocks of different shapes, sizes, textures, and colors. When you get home, pull out the paints, markers, crayons or stickers and decorate them. Encourage everyone to be creative and express themselves through art. Display your masterpieces in an open area of the house creating a Rock Art Gallery for your family to enjoy.

### Gratitude Journal

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

### Ask Fun Questions

Asking participants questions about what they would like to accomplish is a standard component of the goal-setting process. However, you can get creative and make the process more enjoyable with fun questions like:

- What would you do if you won the lottery?
- What is your biggest dream?
- If you had a superpower, how would you use it?
- If you found a genie and could ask for three wishes, what would you wish for?

Of course, some of these questions may prompt unrealistic answers from participants, but you can help tweak them to be more achievable.

### 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...”