

# **Houston Parks and Recreation Department**

## **Youth and Family Engagement**

### **Activities**

**Week of May 4 – May 8, 2020**

#### **All About Me Collage**

Give each participant a piece of paper. Have each participant write his/her name in the middle of the paper. Have participants go through magazines and cut out pictures that represent them (i.e. favorite color, food, sports, music what they want to be when they grow up and other things they like). When they have all their pictures cut out have them glue them to the paper around their name. Make sure that participants are gluing their pictures, so they almost overlap leaving not blank spots on their paper. Have participants explain their collage to the family.

#### **Leadership Dance (Family Fun)**

In this creative and high energy warm-up, participants will learn (in a playful way) that sometimes in life you must become a leader and at other times a follower. Prior to leading this activity, pre-record a variety of music (different types & styles of music, upbeat tempo, slow tempo, etc.) that you know your group will relate to and you're ready to "Rock" this leadership dance. Begin by dividing your group into smaller teams of 6 to 10 participants, instructing each group to form a circle and then to number off. Call out a number and explain that this person becomes the group's leader and when the first track of music starts, they will lead their group in dance (in any appropriate way they like) to the beat of the music being played. After about 30 seconds, stop the music, call out a different number and play the next track of music. This new leader now picks up the beat of the music and takes lead of the group. This process continues until all participants in the circle have had a chance to lead the others. Shared leadership is a skill that needs to be learned and taught to all . . . so why not teach it in a FUN way!

#### **Cardboard Binoculars**

All you'll need is: A length of string/ribbon (long enough to hang around your child's neck), 2 toilet rolls, stapler, tape, paint (and paintbrushes) or stickers to decorate your binoculars. Line up the toilet rolls parallel to one another and staple them together (on the inside) at one end. The toilet rolls should now be fastened together to resemble binoculars. Tape each end of the length of string to the inside of the combined toilet rolls (your child can use this to hang the binoculars from their neck). Now it's time to explore!

#### **10-Minute Birdwatching Walk (Hands-on Nature)**

Grab your cardboard binoculars and family for 10 minutes of exploration. The most important thing is to get outside and observe what you see and hear. The more you pay attention to the birds, the more you'll notice.

#### **Shadow Tag**

In this fun version of Tag, you tag each other's shadow with your feet instead of tagging their body. Thus, it must be played on a sunny day.

#### **The Concentration Game**

Place random objects in front of participants for 15 seconds, then remove the objects and see how many they can remember. Start out with five and keep increasing the number as they master the task.