

# **Houston Parks and Recreation Department**

## **Youth and Family Engagement**

### **Activities**

**Week of May 18 – May 22, 2020**

#### **Audio Artists**

Listen to the music. Listen especially to the feelings in the music. How does this music make you feel? What do you think it is about? As you listen to the music, begin to draw what you hear. Some of you will draw pictures, but some of you will probably just draw colors and shapes. Whatever you hear is what you should draw. Really listen! Listen to the changes in the music. Listen for characters and listen for events. Whatever you hear, that's what you draw.

#### **Sound Map (Hands-on Nature)**

Choose an area next to several habitats. Provide participants with a pen and a piece of paper with an X marked in the center. This X represents where the youth is sitting. Then have them mark the sounds they hear, judging the distance and direction. Use "fox ears" (cupping your hands behind your ears) to locate even more sounds. After five or ten minutes, compare how many sounds each youth heard and where they put them on the map.

#### **Hula Hoop Jump Rope Relay (Fitness)**

A hula hoop can be used just like a jump rope. Have your kids hold the hoop vertically in front of their body. From there they can flip it down toward their feet, jump over it, and bring it back behind and overhead. Divide participants into 2 equal groups and perform a relay competition.

#### **Reverse Charades (Family Fun)**

Reverse Charades is a hilarious twist on the classic game of charades. Instead of one person acting out a clue for a team to guess, in Reverse Charades, a team acts out clues for one person to guess.

#### **Sports Center**

Three players, and an everyday activity (brushing your teeth, washing your car, etc.). In this game, the everyday activity is performed as if it were done at the Olympics or at a world championship. One player is the athlete, and the two others are in a TV studio - one is the interviewer who interviews the athlete's trainer, as the athlete performs the task.

#### **Hand Hockey**

Partners face each other in the "up" position of a push-up. They are spaced one to six feet apart. Each participant tries to maintain the "up" position and score a goal by using one hand to push a "puck" (beanbag or newspaper wad) between his partner's hands. A goal is scored each time the puck slides between the other participant's hands.