

# Houston Parks and Recreation Department

## Youth and Family Engagement

### Activities

**Week of June 22 – June 26, 2020**

#### Protect the Cone

Everyone gathers in a circle around a cone. One person is chosen to protect the cone only using their waist down. They cannot stand on the cone or prevent it from falling over. A ball is then given to the participants in the circle. The participants must work together to try and throw the ball to knock over the cone. Once the cone is knocked over a new protector may enter.

#### Silly Symphony (Hands-on Nature)

Each player is given 10- 15 minutes to find objects in nature that make a noise when banged together, or blown on, or rubbed together. Players bring back their 'instruments' and a conductor is chosen, who organizes the group into a semi -circular orchestra. Each musician can 'tune' his instrument, so the rest of the group can hear the different sounds. If a player can play more than one instrument at the same time, he is welcome to do so. The conductor can then choose a familiar tune with an easy rhythm and lead his orchestra in song. Let the players make requests for songs they would like to play; give musicians the opportunity to work on 'solos' that they can perform for everyone.

#### Charge/Drop Drill (Instructional Baseball)

Coach alternates between throwing the ball in front of the player so that he must charge in and make the shoestring catch and throwing it deep so that he must turn his shoulders and run back to catch it.

#### Liquid Limbo

This game is a wet 'n wild take on limbo. Just take a hose and turn the water on full blast. Use the stream of water as the limbo stick. See who can limbo the lowest without getting wet.

#### Imaginary Traveler (Social Emotional Learning)

Taking turns, and continuing with consecutive letters of the alphabet, participants imagine where they might go and what object they want to take along on their trip. For example, "I'm going to Aunt Amanda's and I'm taking my Aardvark." "I'm going to Bermuda and I'm taking my Blue Balloon." Encourage participants to be as silly as possible.

#### Coffee Filter Flowers (STEAM)

**You will need:** coffee filters, markers, scissors, gallon size zipper bag or metal baking sheet pan, water spray bottle, clear tape and pipe cleaners

Flatten round coffee filters, and draw colors in circles, patterns, or even scribbles. Make a rainbow on one with all the colors or stick with just complimentary colors. Place the colored coffee filters on a gallon size zipper bag or metal baking sheet pan and then mist with a water spray bottle. Watch the magic as the colors blend and swirl. Set aside to dry. The last step in your coffee filter flower is a stem. Once they are dry, fold them back up and round the corners if desired. Pull the center together just a touch and tape with clear tape to make a flower. Wrap a pipe cleaner around the tape and leave the remaining pipe cleaner for a stem.