

Houston Parks and Recreation Department

Youth and Family Engagement

Activities

Week of September 8 – September 11, 2020

Shuttle Runs (Fun Fitness)

Place a single marker, such as a cone or tennis ball, on the floor and a set of five markers about 30 feet away. Start at the single marker and run to the set of five markers 30 feet away. Pick up one marker, run back with it, and place it next to the starting marker. Repeat for all markers. Once completed, replace the set of five markers 30 feet away (kids love to help set things back up). To add a little competition, set up two lanes side by side for a race.

Bow Pose (Youth Yoga)

Lie on your tummy, bend your knees, lift your chest, reach your arms back towards your toes, and hold onto your feet.

Mime Yourself (6ft Social Distancing Fun)

Have participants get into pairs at a 6ft distance and mirror each other's actions without talking. Specify who will be the leader to start and tell participants that without talking they should switch back and forth as to who has the lead. This activity should be done in short intervals, (e.g., one minute).

Nature's Hopscotch (Hands-on Nature)

Hopscotch is a simple, traditional outdoor game. It usually requires a piece of chalk and a concrete surface on which to draw the board. This version of the game, however, is inspired by nature, and therefore uses natural elements to form the board.

To start, have the kids collect a bunch of sticks, rocks, and leaves. Help them arrange the materials in the pattern of a hopscotch board. Once the board is done, they can use a rock to toss and play hopscotch as usual.

Grow a Herb Garden (Family Engagement)

All you need is a pot, some herbs (you can grab them from your supermarket), and some soil and you're on your way. Let the kids go crazy. Best of all you get to eat your garden later.