

Houston Parks and Recreation Department

Youth and Family Engagement

Activities

Week of October 5 – October 9, 2020

Running Workout (Fun Fitness)

Change things up while running: Vary movement patterns by having kids switch from running to skipping or try running in place with feet very close to the ground (this is called "fast feet"). Kids can also run with high knees (lifting alternating knees toward the chest with each step) or "butt kicks" (kicking alternating heels toward buttocks with each step). Changes of direction (side-to-side or reverse) work both muscles and brains, improving kids' coordination.

Boat Pose (Youth Yoga)

Balance on your buttocks with your legs up. Then rock in the water like a boat.

Slow Motions (6ft Social Distancing Fun)

Players line up standing 6 feet away from each other. Players are all going to be racing one another...slowly! Each player stands on the starting line! The finish line is the opposite end of the play space. The leader will be the starter and the judge. He or she will give players a motion to do, and players will attempt to do it as slowly as possible while moving to the finish line. Players keep moving but not too quickly! If a player moves too quickly for the judge, stops moving, or loses balance, he or she will be asked to freeze and do an activity in place for 5 seconds. The first player to cross the finish line is the winner!

Fire Tender (Hands-on Nature)

Have one participant sit blindfolded with lots of sticks around him (either from outside or popsicle sticks). The rest of the participants, one or two at a time, attempt to creep up and steal a stick from him and return safely. If the blindfolded participant hears a noise, he points in that direction and the stick must be returned to the original spot. It's best to split participants into two teams and one from each group goes up at a time. When all the sticks are gone, you can count them up from each team to declare a winner.

Geocaching (Family Engagement)

Geocaching is a real-world outdoor treasure hunt where the goal is to find caches (or containers) filled with objects that other people have hidden. Check out Geocaching.com, the official website, to find cache locations near you. Then use your smartphones (most have GPS tracking) to track the treasures, often stashed behind rocks, in the hollow of a tree, or under a bench. The caches hold trinkets and logbooks for the finders to document when they made the discovery and where they're from. They should always be put back.