

# Houston Parks and Recreation Department

# Youth and Family Engagement

# Activities

**Week of November 16 – November 20, 2020**

## Single Legged Hops (Fun Fitness)

Perform in place or while moving. In place, hop for 15 seconds on each leg and then rest for 30 seconds. Try and repeat these five to 10 times. It's also fun to use a line and hop down the line and back for 30 seconds to add variety of movement. Try hopping backwards for an added challenge.

## Downhill Skier Pose (Youth Yoga)

Stand tall in Mountain Pose with your feet hip-width apart and then bend your knees. Rest your elbows slightly above your knees, clasp your hands together, keep a straight spine, and look forward, pretending you are skiing down the mountain.

## The Last Word (6ft Social Distancing Fun)

Begin by instructing the participants to form a circle standing 6ft apart. Next, ask the participants to think of just one word that describes the COVID-19 pandemic. Ask for a volunteer to start and after they have shared their word, go around the circle allowing each participant to share their word with the group.

## What's Your Habitat? (Hands-on Nature)

Name the four basic survival needs of humans. Recognize that humans share the same basic needs as all other living things. Create a picture showing how a habitat provides humans with what they need to survive. Compare human and other animal habitats. Identify how animals meet basic needs in habitats.

## Traveling Basketball (Family Engagement)

Place a large bowl or bucket in each room and give each player a rolled-up sock. Have the players stand in the doorway and take aim, trying to get their sock into the bowl. As each player scores, he progresses to the next room. The first person to complete the entire circuit is the winner.