

Houston Parks and Recreation Department

Youth and Family Engagement Activities

Week of December 28, 2020 – January 1, 2021

Ho-Ho-Ho Breathing (Fun Fitness)

Sit tall on your bottom with your legs crossed. Place your hands on stomach. Breathe in and feel your stomach rise. Breathe out and feel stomach go in. Repeat the in and out breathing and relax.

Angel Pose (Youth Yoga)

Lay flat on your back. Raise your arms above your head while spreading your legs. Bring your arms back to your side while closing your legs. Repeat. * Think of making snow angels!*

Two Truths and a Resolution (6ft Social Distancing Fun)

An interesting variation of Two Truths and a Lie is “Two Truths and a Resolution.” Instead of telling a lie, a person says a New Year’s Resolution that is, something that is not true, yet something that the person wishes to be true. For example, someone that has never been to Europe might say: “I often travel to Europe for vacation,” or someone who wants to be a successful fashion designer might say: “I am a successful fashion designer in Paris” (not yet true, but something they dream to be true). This interesting spin on the icebreaker can often lead to unexpected, fascinating results, as people often share touching wishes about themselves. It’s a deeper version of the game that can lead to a better understanding of goals and wishes for the new year.

Winter Nature Scavenger Hunt (Hands-on Nature)

Make a list of items commonly found in nature in your neighborhood in the winter. It could be pine cones, icicles, or acorns left on the ground. The list is only limited by your geography and imagination! Reward them when they’re done with hot cocoa or cider to warm those cold little hands.

Candy Jar Guessing Game (Family Engagement)

Count and put wrapped chocolate balls or candy kisses into a big jar. Players guess how many candies are in the jar and write their guesses on slips of paper with their names. The player with the guess that comes the closest gets to keep the candy!