

# Houston Parks and Recreation Department

## Youth and Family Engagement

### Activities

Week of January 4 – January 8, 2021

#### 15-Minute JALK (Fun Fitness)

A JALK is a combination of JOG and WALK. Begin walking, then lean forward and pick up the speed just a little. It's okay to take short, quick steps. If you can go 1 mile in just under 15 minutes, then you've set a good JALKING pace.

#### Best Foot Forward (Suitable for Social Distancing)

Participants work with partners. Use tape lines to ensure that participants are at least 6' apart. The objective is to try and score 10 points. Decide who is SAME and who is OPPOSITE. Face each other and stay 6' apart! Start with your feet together. Jump in place and count together: "1, 2, 3, SHOW!" On "SHOW," land with 1 foot in front of the other. If both players put their right forward or if both put their left foot forward, the SAME player gets a point. If the players put different feet forward, the OPPOSITE player gets a point. Play to 10 points.

#### My Leaf Walk (Hands-on Nature)

Walk for 10 to 20 minutes. As you walk, collect at least 6 to 12 leaves and put them in a bag or box. It's okay to choose leaves from the same tree or bush. But, be respectful of property and do not pick leaves from plants or flowers in other people's yards. Take the leaves back to your home. Mix them all up in a bag. Next, each person that you walked with will reach into the bag and pick out a leaf. Take a few minutes to look at the leaf. Study its shape. Does it have any unique features? Does it look like it's been damaged in any way?