

Houston Parks and Recreation Department

Youth and Family Engagement Activities

Week of March 15 – March 19, 2021

Family Fun Run (Fun Fitness)

Enjoy the beautiful weather that spring brings with a run around your neighborhood as a family. Invite neighbors to encourage your community to stay active and practice healthy habits.

Water Lily Paper Plate (Spring Crafts)

Materials Needed: paper plate, green acrylic paint, paintbrush, scissors, pencil, glue stick, rose and yellow papers

- Start by gathering all your materials to make this Water Lily Paper Plate Craft. Draw the shape of the water lily leaf on a paper plate and cut it out. Make a circle on the pink paper. Cut out the circle. Cut out the leaf's template. Draw around several times on the pink paper. Cut everything out. Pull the petals with the edge of the scissors to curl. Keep curling the leaves with the scissors. Glue them to the circle in several rows. Keep gluing. Keep going until the flower is complete. It should look like a curly flower when you are done! Cut a long strip of the yellow paper. Fold in half and cut with scissors from beginning to end. Go ahead and wrap the yellow piece of paper up. Glue it together. Gluing this together is going to give the flower an amazing real look! Go ahead and add it to the center of the flower. Look at how beautiful the yellow POP of the center is. Place the flower on the lily pad. Now you have a complete Water Lily Paper Plate Craft.

The Martha Game (Cultural Arts)

Group stands outside a designated performance space. One person runs into the space, forms her body into a statue and announces what she is, as in "I'm a tree." Instantly the next person runs on and forms something else in the same picture. "I'm a bench under the tree." The next person further adds to the picture. "I'm a bum on the bench." "I'm the newspaper the bum is sleeping under." Etc., until the whole group is part of the picture. Start again. And again. Coach this to go very, very fast. There is no time to think--just go! If there are two teams, they alternate.

Mindful Listening (Nature Walk)

Mindful listening is being fully present and aware of yourself and the sounds around you. Through mindful listening, youth will notice and feel gratitude for the sounds of wind, birds, babbling brooks, leaves, and crackling twigs. Invite youth to close their eyes, press their face towards the sun, and listen to the sounds of nature.

Uno Color Walk (Family Engagement)

For a fun and healthy home-adventure, take your kids on an Uno Color Walk around the neighborhood. With a deck of Uno Cards allow youth to choose a card one at a time to reveal a color to start spotting items as you walk, let them “collect” things of that color by shouting out the object’s name (kind of like ‘I spy’). The first to spot 5 items will be allowed to pull the next card.