

Houston Parks and Recreation Department

Youth and Family Engagement

Activities

Week of April 12 – April 16, 2021

3D Lantern (Arts & Crafts)

Supplies: Construction Paper (any color), Scissors, Glue, Tape, Pens, Crayons, Pencils, Markers, Glitter (If you want), and some string.

First, take two different colored sheets of paper and glue the edges together. Do not put glue in the middle of the paper. Let the paper dry, then fold the paper in half the hot dog way. Next, cut a 2-inch-wide fringe, starting at the fold, up to the open side, stopping about 2 inches from the end of the paper. Twist the paper a little and glue both ends to each other. Lastly, add on the handle, using the string.

Froggy Leap (Fun Fitness)

Take 6 sheets of green construction paper and cut out large circles (Leap Pads). Place all 6 circles on the floor, 1 foot apart. Stand on the 1st Leap pad and leap to the next. While standing on the 2nd pad, turn around and pick up the 1st one. Then jump to the 3rd and pick up the 2nd. Continue this until you have gotten to the 6th Leap Pad and have 5 circles in your hand. Now you will try and place down one of the pads on the ground, without falling into the “pond”. Try to make it across the room or if outside, see how far you can go without falling!

Dragon Pose (Youth Yoga)

Start laying on the floor, face to the ground. Bring one leg up and place your foot on the ground. Keep the other leg flat, behind you. If you are unable to do this, lift your body up as if you are in a deep lunge. Hold this pose for 30 seconds.

Confetti Launcher (STEM)

Supplies: Empty Toilet Paper Roll, Markers, a Balloon, Scissors, a Rubber Band, and some Confetti (store bought or handmade.)

First decorate the toilet paper roll. Next, cut a medium sized hole in the top of the balloon. Then tie a knot in the end of the balloon, where you would usually tie it off at. After that, stretch the open side of the balloon over the toilet roll. Secure the balloon with a rubber band. Lastly, fill the toilet paper roll up with confetti, then hold onto the rubber band, and pull the knot at the end of the balloon. The confetti is launched! If you want to make it into a contest, try to see who can launch the confetti the farthest.

Guess What? (Family Engagement)

Grab some paper, a jar or bucket, and a marker.

First tear the paper into long strips. Next pass out the strips and ask everyone to write down what they are thinking, on the paper. Once you have finished writing, put the paper into the jar or bucket and shake it around. Close your eyes and pick out a piece. Have each person act of what the person was thinking, without saying anything.