

Houston Parks and Recreation Department

Youth and Family Engagement Activities

Week of September 20 – September 24, 2021

Leaf Wreath

Supplies: Paper Plates, Scissors, Glue, String or Ribbon and Dry Leaves.

First gather a pile of leaves. You can pick them up from your yard or take a walk to your local park and gather them there. Make sure the leaves are dry. Next, cut the middle out of one paper plate, keeping the outer ring intact and at least two inches wide. Cut a piece of string or ribbon twelve inches long and tie it around the paper ring. This will be how it is hung up. After that, take the leaves you have gathered and glue them around the ring, making sure no paper is showing. You can mix the sizes and colors of the leaves, as well as layer the leaves to make the wreath stand out.

Fall Back into Fitness

25 Walking Lunges

10 Pushups

25 Mountain Climbers

10 Squats

25 V Sits

10 Jumping Jacks

Rest for 2 mins then follow with another set.

Bird Identification

For this activity, all you need is a camera or a cellphone and the internet. Take a walk in your neighborhood or take a trip to your local park. Look around and take photos of the birds in your area. During this time, the weather is changing, and birds are migrating from different parts of the world. Once you get home, try to Google the origins of the birds you saw. You'll be amazed to find out how far some birds have traveled.

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Activities

Week of September 27 – October 1, 2021

DIY Bird Feeder

Supplies: Apples, Bird Seeds, Scissors, String, a Plastic Knife and Toothpicks.

First, using the plastic knife, cut off the top of an apple and core it, leaving the base intact. Next, cut two 24-inch pieces of string, and tie them together at the middles of the strings. This will make an X or 4 sides. After that, take some toothpicks and place them all around the apple, making sure they are securely embedded halfway in. Then place the apple on top of the string, where the knot is underneath the middle of the apple's base. Fill the hollow apple with bird seed. Take the four strings and tie them together, at least 3 to 4 inches above the opening of the apple. Lastly, take your feeders outside and tie them on the tree branches. You will see birds in no time!

Pom Pom Pumpkin Launcher

Supplies: Empty Toilet Paper Roll, Markers, a Balloon, Scissors, a Rubber Band, and some Orange Pom Pom Balls.

First decorate the toilet paper roll with seasonal colors. 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 the orange pom pom balls, then hold onto the rubber band, and pull the knot at the end of the balloon. The pumpkins are launched! If you want to make it into a contest, try to see who can launch the pumpkins the farthest.

All About Autumn

Your local Library is back open, and this is a great time to learn about the next season we're entering, autumn. There are many books that will explain why the leaves change colors, why it starts getting darker earlier, and how this season got its name! You *could* Google these questions, but tangible books are easier for younger kids to absorb the information. Go online and find your local library here: <https://houstonlibrary.org/find-it/find-library-location>.