

Houston Parks and Recreation Department

Youth and Family Engagement

Activities

Week of November 8 – November 12, 2021

X-Circuit

Choose any six fitness activities (planks, lunges, pushups, curls, jumping jacks, etc.). Set up the “X” circuit using any kind of numbered markers to design an “X” on the floor. For two minutes, participants run through the circuit, completing everything in numerical order. Go through as many times as possible in the two minutes. However, emphasize that proper form and technique is more important than speed. After the two minutes, take a quick break and then go again. Repeat as desired.

Non-moving Ball

Material(s) needed: soccer ball

Put the bottom (sole) of the right foot on top; switch to left foot on top; switch to right and add hop; switch to left and add hop; switch to right and toe tap; switch to left and toe tap.

Pressed Flowers

Materials needed: 2 sheets of printer paper, heavy book, or flower press

Preserve a little piece of your outdoor adventure by pressing flowers. Take a walk with youth to flowers to press. Flat-faced flowers, such as violets and daisies, and leaves that aren't too thick and juicy are best for preserving. If you have a flower press, you can use that; otherwise, just use a heavy book or phonebook.

Open to the middle of the book and lay a piece of paper towel over the page, followed by a sheet of absorbent paper like printer paper. Arrange the flowers and leaves on the sheet of paper then cover with another sheet of paper and piece of paper towel. Close the book and weigh it down with a stack of books to flatten the flower arrangement. Depending of the type of flower it can take a few weeks to fully dry out. Once the pressed flowers are dry, youth can use them in a college or other craft projects.