

# Houston Parks and Recreation Department

## Youth and Family Engagement

### Activities

Week of June 6 – June 10, 2022

#### The Crab Walk Workout

Start by sitting on the ground with your hands and feet flat on the ground. Make sure your fingers are pointing away from your body or else you will put too much pressure on your wrists. Now, raise your torso up towards the sky, about level with your shoulders. Then start to walk with your hands and feet. Let's see how long you and the kids can keep this up!

#### Cherry Blossom Painting

Because this cherry blossom painting is more of a branch than a whole tree, you want to cut your paper in half for a horizontal painting. Mix up your paints. If you have a nice sky blue and two shades of pink already, great! If not, you will need to mix your colors. Paint the entire canvas with blue for the sky. Allow the sky to dry completely. Draw in your branch with a pencil and use black paint to fill in your branch. Allow the branch to completely dry. Now the fun part! The kids will make paint brushes using clothespins and cotton balls. Using two shades of pink, one light and one dark, have the kids paint in the cherry blossom flowers with their cotton ball paintbrushes. Start with the darker shade first, then add the lighter pink.

#### Story Telling Bag

Put many different small objects in a bag. Sit in a circle and begin your story with "Once upon a time...". Take turns drawing an item from the bag without looking and fitting it into the story. Pass the bag around the circle to continue the story until you run out of items.