

# **Houston Parks and Recreation Department**

## **Youth and Family Engagement**

### **Activities**

**Week of April 20 – April 24, 2020**

#### **Boundaries Poster**

Have youth create an "If I Set the Rules!" Poster. Display the poster in your home. Parents and youth will cut out several of their favorite shapes on colorful construction paper. What words or symbols help you remember your house rules? Could a picture of a clock set at a certain time remind you not to be late? What symbol would tell you no running in the house? Some famous symbols, such as Mr. Yuck, remind us "It may look pretty, it may smell good, but before I taste, I need to ask if I should." Decorate your poster around the shapes. Hang your "If I Set the Rules!" Poster in a place where you're sure to see it!

#### **Make Your Move (Family Fun)**

Parents and youth, your challenge is to take an old board game and recycle it. The board, the game pieces, and all the accessories into something new. You can remake it into something totally different and unexpected or perhaps even make it into a new game altogether. Whatever you're inspired to do with the board game you choose! Parents and youth are encouraged to be creative and have lots of fun.

#### **10- Minute Walk; Nature's Collage (Hands-on Nature)**

Before you start this project, have youth go on a scavenger hunt for the items to use in the collage. Then have youth spread out glue over construction paper and arrange all the nature items that they found right on top.

#### **Balloon Soccer Skills**

Each participant is given one balloon and will be allowed to find personal space and begin to use their feet to juggle the balloon. The participants can juggle with one foot, both feet, their knees, and head. They can keep track of how many times they hit the balloon before it hits the ground. The objective of this activity is for the participants to understand the basic legal hits of soccer and practice in a controlled setting. The major advantages of a balloon over a soccer ball for children is that it floats, isn't as hard, and will not go far when hit, which is essential for control.

#### **Time Capsule**

Instruct participants to decorate any container or box as a "Time Capsule." Each participant will fill out a short interest inventory including; a handwriting sample, a tracing of their hand, a self-portrait and any other objects that may be desired to be included. Participants will place their sheets into their time capsule and have a ceremony to put them away until a designated timeframe. At the end participants complete the same sheets and then open their time capsule to compare how they have changed during this timeframe.

#### **Recyclable Sculpture Art**

Allow participants time to collect recyclable items, such as toilet paper rolls, paper towel rolls, gift wrap rolls, empty tissue boxes, and any small cardboard containers. Have participants create their own work of art out of recyclable items collected from around the house.