

# Houston Parks and Recreation Department

## Youth and Family Engagement

### Activities

**Week of July 6 – July 10, 2020**

#### Caterpillar Race

Form equally sized teams with three to seven players, and have the teams line up behind the starting line in single file, with hands on each other's shoulders. The teams must race to the finish by doing the following: the first person in line hops one hop forward and each person subsequently hops one hop until it gets to the last person who yells the team name. When the rest of the team hears the team name yelled, the whole team then hops forward all together. Have them try to hop quickly after each other to keep hands attached to the shoulders in front of them. Repeat this pattern of individual hop then team hop to move down the playing area, caterpillar style, toward the finish line.

#### Meet My Friend (Walking Field Trip) (Hands-on Nature)

Players are taken on a short hike during which time each person collects something from the natural environment (nothing may be broken or picked from any living thing. The item must be either lying on the ground or resting on another object (e.g. stump or log). Everyone keeps his object hidden from all other players. Following the hike, each person is given the opportunity to build a small home for his 'friend'. He is also asked to give his friend a name, and to think of one way in which he could take care of his friend, if it was still out in its natural environment.

#### The Bucket Drill (Instructional Baseball)

Following a grounder into your glove takes patience and focus. This is a developed skill for youth. One of the more fun baseball drills for youth uses a bright colored bucket. Place the bucket at second base and line your team up to the right and left of the bucket. They should be in two lines stretching to the outfield. Hit ground balls toward second base. As each player fields a ball, he tosses it in the bucket and runs to the end of the opposite line. Mix up the placement of the grounders to keep them guessing.

#### Sponge Toss

Place a bucket full of water on one side of the play area and place an empty bucket on the other. Have teams line up their players anywhere between the two buckets but once they're lined up, they are frozen in place and cannot change their placement. One player on each team should be next to the full bucket and one next to the empty bucket. The first player must dunk the sponge in the full bucket of water trying to soak up as much water as possible. The player must toss the sponge to their next teammate who tosses it to the next and so on until it reaches the final player by the empty bucket. That player wrings out the sponge and passes the empty sponge back down the line. First team to fill up their bucket to the marked line wins.

#### 3 Stars and a Wish (Social Emotional Learning)

Have participants come up with 3 "Stars" or things they do well. This can be anything from running fast to comforting a friend when they're feeling sad. Have participants come up with a 'Wish.' The 'Wish' is something that participants need or want to work on (a goal).

#### Animal Races

Some races the kids need to hop like a frog. Or run on all fours like a dog. Or maybe crawl on the ground like a lizard! Make it more fun with costumes! Which animal is fastest?