

Houston Parks and Recreation Department

Youth and Family Engagement

Activities

Week of July 13 – July 17, 2020

Hoopers

On the ground, place 1/2 as many hoops as the number of participants. Participants stand outside the hoops. On the command "Run" the participants run around the area without touching anyone or the hoops. On the command "Hoopers" each participant must find the nearest hoop to jump inside.

Pool Painting

Make art outside! Turn a kiddie pool into a fun outdoor game for kids with white paper, plastic balls, and tempera paint. Tape your paper to the bottom of the pool. Dip balls in paint and drop them into the pool. Have each artist swirl the pool to create their design.

Fundamental Running Lings (Instructional Soccer)

Gather your teammates in a straight line and have them run a few laps before practice around the field. Take turns calling out specific player names and have them sprint to the front of the line. You'll be able to see their form and make comments to help them run faster and more efficiently.

Cup to Cup

Put one full bucket of water in the grass and have one player sit right behind the bucket. Have the rest of the team sit in a straight line right behind the first player. Have the last person in the line turn and face the other way so the last two players are back to back instead of one after another. Put another either smaller bucket or a bucket with a marked halfway line in front of the last player. Give the first player an empty cup. They must dip the cup in the full bucket of water and pass it backwards over their head to the next player. The second player must then pass it over to the third and so on until the final player on the team dumps the water in the cup into the empty bucket. Then pass the empty cup back up to the front. The first team to fill their bucket wins.

Deck of Cards

There are so many games to play with a deck of cards, from the one-player solitaire to large games of Go Fish, and this opportunity could also allow participants to create their own game to play with cards while practicing social distancing.

Concentration

Concentration is a hand-clapping game that challenges participants' ability to keep rhythm and think on their feet. Two or more players sit in a circle and start the rhythm by slapping their knees, clapping their hands or snapping their fingers in a pattern. The player who is the leader chooses a category, such as names or animals, and on his turn, each player must call out something that fits this category in time with the rhythm or he is "out." The last remaining player wins.