

Houston Parks and Recreation Department

Youth and Family Engagement

Activities

Week of July 20 – July 24, 2020

Balance Beam

Very easy to set up! Masking tape is all you really need to make a line on the ground and have some fitness fun. Ask your child to walk to the end only on the line. Try more lines at different angles, spirals, and zig-zags.

Natural Bracelet (Hands-on Nature)

Before going for a walk, wrap a piece of masking tape to your child's wrist with the sticky side up. While exploring the wonders of nature attach colorful leaves, flowers, and other interesting discoveries to their bracelet. After the walk, use a scissors to trim and your natural bracelet is ready.

Back Pedal (Instructional Soccer)

Start with your players facing towards a point, or cone. Have them backpedal in a "V" shape, away from the original point at 45 degrees. Once they've backpedaled far enough, have them run forward, and repeat the process in the opposite direction.

Duck, Duck, Splash

Grab a pitcher or bucket of water and set it aside. Have three or more children (and adults!) sit in a circle. Pick a person to be "it". Hand them a cup with water in it; it is up to you how much you want to get wet. It can be a splash or a soak. The person that is "it" goes around the circle tapping the people sitting on the head and saying, "Duck". But instead of saying "Goose!", the person that is "it" pours the cup of water onto the seated persons head and runs for it! The person that got soaked jumps up to chase the person that is "it". If the person that poured the water makes it all the way around the circle and back to the empty spot, they are safe and the person that got soaked is now "it". If they are tagged, then they continue as being the person that is "it" and go around the circle to soak another person.

I See A Rhyme

Taking turns, complete the sentence "I see a ____." Each player must rhyme the last word with the previous player's word. For example, "I see a bat", "No, I see a hat", "But I see a cat!" When you've exhausted one rhyme, start with a new word!

Museum

Select one person from your group to be the museum night guard. This person will stand facing the wall while the rest of the group is on the other side of the room, with a hand or foot touching the wall. The goal of the game is for the museum to "come alive" and try to sneak up and tag the guard. At any point, the guard can turn around and everyone must freeze. If the guard catches anyone moving, the whole museum returns to start. You can also split the group in half to see who can reach the night guard first or let it be an individual challenge. If done as a large group, it's a good lead-in to talking about the consequences of group-think or being influenced by others.