

Houston Parks and Recreation Department

Youth and Family Engagement

Activities

Week of July 27 – July 31, 2020

Balloons Up

Be prepared as this will get rambunctious! This can be one of the rowdier physical fitness games. Secure your lamps and pictures on the wall! Simply blow up some balloons and tell the kids to keep the balloons from touching the floor. What fitness fun for the kids!

Summer Memento Wreath (Hands-on Nature)

Make a wreath on cardboard. Paint it with the color of your choice. You can poke a small hole in the top of the wreath with scissors. Through the hole, thread string or yarn and tie the ends. After sliding the string, knot must be hidden behind the wreath. This is the “hanger.” Using the paint brush cover the wreath completely with glue. Next apply a layer of sand over the glue to cover the entire wreath. Leave it to dry. After 10 minutes, gently shake off any sand that hasn't stuck to the glue. Decide the exact position where you want to stick your summer mementos. Glue each of them to the wreath. When the wreath is dry, hang it up to remember your summer fun.

Goal Kicking (Instructional Soccer)

Stand your athletes at a distance and place another adult in the goal. With the inside of their feet, have them practice shooting by “passing” it a short distance in front of themselves, running towards the pass, and then shooting a goal.

Rotation Station

Get into 2 circles. Start with a giant balloon filled with water. Poke a little hole in the balloon and see how many times you can pass the balloon around the circle before all the water leaks out. The team with the most rotations wins!

Countdown

Form a circle, standing 6 feet away from one another. The goal is to count down from 15 to 1. The leader will start the countdown. Another player will say the next lowest number. Each player can only say one number in the countdown. There is no order regarding who should say the next number. If two players say a number at the same time, the group must do 10 jumping jacks, and the game will start over.

The Great Debate

Players line up 6 feet apart from one another. The facilitator is the great debate moderator. The moderator asks questions, and the players debate each other over the answers. For example: Which animal is better – a lion or a tiger? There are two areas with cones/tape that represent either side of the debate. After the moderator asks a question, players have 15 seconds to move to the side they most agree with. Stay 6 feet apart! Teams have 90 seconds to come up with an argument for why their side is correct. Each team will nominate one person to deliver the argument in under 30 seconds. Once the arguments have been made, players will have 15 seconds to vote again. The side with the most votes wins the debate, and the team with fewer votes does 10 jumping jacks, squats, or burpees.