

Houston Parks and Recreation Department

Youth and Family Engagement

Activities

Week of September 14 – September 18, 2020

Circuit Run (Fun Fitness)

Social distancing doesn't mean distancing yourself from outside. If you are able to be outside without being too close to others, try this run/walk workout that totals up to 20 minutes. Start by walking for 5 minutes to warm up and then do 6 rounds of running for 1 minute and walking for 1 ½ minutes.

Bridge Pose (Youth Yoga)

Lie on your back with your knees bent and your feet flat on the ground. Rest your arms down alongside your body, tuck your chin into your chest, and lift up your buttocks and back to create a bridge.

Bust a Rhyme (6ft Social Distancing Fun)

Ideal for more than five players, start the Bust a Rhyme game by having all participants stand in a circle 6 feet apart. Next, choose a leader to say a word (like "cat"), then have the child to their right say a word that rhymes with it. Continue around the circle until it gets back to the leader. The next person is the leader and the game continues. If someone gets a word wrong, can't think of something or says something not in the dictionary (hey, it happens!) then all participants do five squats.

Camouflage (Hands-on Nature)

One person is IT. IT yells "camouflage" and starts counting to 30, and everyone else tries to run as far away from the IT as possible. At the end of the 30 seconds, everyone must hide as well as possible. The IT then has to find everyone, but can only rotate where they are standing, no taking steps. If the IT can't find anyone, they yell "camouflage" again counting this time to 10, and everyone has to find a new hiding place, but they have to ALWAYS be moving closer to the IT. There are two ways to win, either be the first person to sneak up and tag the IT person, or be the last person for IT to find, depending how long you have to play. Just for fun, to make it a learning moment, have a discussion about how animals camouflage themselves either before or after the game.

High Flying Fun (Family Engagement)

Find two sticks and place them together so they look like a small "t." Using string, show your child how to tie the sticks together where they overlap. Next, form a diamond shape around the outside of the sticks with some more string. As you do this, have your child wrap the string around the ends of each stick a few times and tape the string tightly in place as well. This is the frame of the kite. Now, cut a plastic shopping bag at its seams so that you have a completely flat piece of plastic. Lay the frame on top of the plastic and then cut around it, making sure the plastic is a couple of inches bigger than the frame. Work with your child to put the plastic over the frame and tape it in place. Attach the kite string to where the sticks overlap. Just like that, it's up, up, and away.