

# Houston Parks and Recreation Department

## Youth and Family Engagement

### Activities

**Week of September 28 – October 2, 2020**

#### Fitness Scavenger Hunt (Fun Fitness)

Hide five tennis balls around the house and write five different exercises on four different pieces of paper and place it under each tennis ball, such as 20 jumping jacks or 10 pushups. When the child finds the tennis ball, they must complete the exercise and bring the tennis ball back to “home base”, which is wherever you are. They have five minutes to bring all five tennis balls back to the home base.

#### Chair Pose (Youth Yoga)

Stand tall in Mountain Pose with your feet hip-width apart, bend your knees, and hop like a kangaroo.

#### Water Bottle Bowling (6ft Social Distancing Fun)

Before dragging your empty plastic, water bottles out to the curb on recycling day, give them another go as outdoor bowling pins. Refill any 10 bottles of the same size bottles with water, set them on the ground in triangular formation, and you're ready to rack up strikes. For a fun variation, try soccer-style bowling, kicking the ball to topple the pins.

#### Meet A Tree (Hands-on Nature)

Have participants partner up. Have one person in each pair be blindfolded/eyes shut. The non-blindfolded person acts as a guide and leads his/her partner to a tree. The blindfolded participant tries to find all the details of the tree without using sight. Once the blindfolded partner has a good understanding of the tree, the guide will lead their partner back to the starting point. The blindfolded individual becomes removes the blindfold and goes looking for their tree. Once successfully found, the partners switch roles and start over.

#### Tree Branch Golf (Family Engagement)

Use a long, sturdy tree branch (one already broken off on the ground) for the club, a pine cone for the ball, and small piles of sand to represent golf course holes. Be sure to set up the course using hills and rose bushes as hazards that they want to avoid. Keep track of how many strokes it takes to get from start to finish. Don't forget to scatter the piles of sand once the game is finished.