

Houston Parks and Recreation Department

Youth and Family Engagement

Activities

Week of October 19 – October 23, 2020

Neuron Jump Rope (Fun Fitness)

Jumping rope is more difficult than it looks. Working your legs and arms to jump and turn the rope at the same time is a good form of exercise. Give your child a jump rope and teach them to play Neuron Jump Rope. After they chant the following rhyme, count the number of times they jump quickly without missing. Chant, "Neuron, neuron in my brain. How many neurons will I gain?" Have your child jump as fast as possible to see how many neurons they get. Challenge their friends to a contest and see which child gets the highest score.

Butterfly Pose (Youth Yoga)

Sit on your buttocks with a tall spine, bend your legs, place the soles of your feet together, and gently flap your legs like the wings of a butterfly.

Freeze Dance Party (6ft Social Distancing Fun)

This activity is what it sounds like: a freeze dance party. You play music, and when the music stops, participants freeze. You can mark off personal space using floor tape or cones, so participants have properly distanced boundaries. Fun, simple, and easy to do, you can use this to teach about heart rates, effects of exercise, and dance. Also, any dance unit is excellent for social distancing, especially line dance, because you can easily keep participants spaced out and moving and learning at the same time.

Nature Photographer (Hands-on Nature)

Start by pairing players up. One person is the photographer, while the other is the camera and blindfolded. The photographer chooses something in nature that they want to take a picture of. Once they have chosen their picture, they take their camera, their blindfolded partner, over to take a picture by positioning them exactly as they would a camera, then removing the blindfold for just ten seconds while the camera savors the beauty of the image. This game helps bring players to a greater awareness of the beauty of nature so often missed by busy lives.

Scream Race (Family Engagement)

A scream race is simple. Find an open space, start everyone at the same spot (with everyone six feet apart of course) and take a deep breath. When the race master says go, everyone starts screaming and running. The only rule is you can't take a second breath, so the person who gets the furthest on one breath wins. Repeat until you are all ready to return home and rest!