

# Houston Parks and Recreation Department

## Youth and Family Engagement

### Activities

**Week of November 2 – November 6, 2020**

#### V Marches with Arm Extensions (Fun Fitness)

This exercise will incorporate arm movements to help raise the heart rate. Start by sitting in your chair with your hands on your waist. As you march, you will move your legs to each side and bring them back in. As each leg goes out to the side, extend the arm out to the side. When your leg comes in for the march, bring your arm in to your waist. Repeat and continue for three to four minutes.

#### Crescent Moon Pose (Youth Yoga)

From Mountain Pose, reach your arms up high over your head, bringing your palms together. Tilt your upper body to one side. Come back to center. Tilt your body to the other side.

#### Silent Ball (6ft Social Distancing Fun)

Get everyone to stand around the room in random places. Then it's as simple as telling everyone to be quiet! Basically, the game involves the players throwing the ball to each other. A player is eliminated by any of the following rules:

- Drop the ball when trying to catch it
- Do a bad throw
- Talking or making a sound (thus, silent ball)

You can add in your own rules as the game goes on, maybe everyone has to stand on one leg, or throw with their left hand, or catch the ball with one hand. Be creative!

#### Busy Beavers (Hands-on Nature)

This is a classic relay race game where two or more teams are racing to collect as many sticks for their beaver lodge as possible in the time they are given. Have each set of team members spread out along given routes. Each team has a pile of sticks at the beginning of the race and is racing to move the sticks one at a time to the other end of the relay race. The sticks are passed on from one beaver family member to another and then piled up to make a "lodge." For a competitive spin on the game, the first beaver team to build their lodge wins. For a cooperative spin, when all the lodges are built everyone wins.

#### Tag Team Drawings (Family Engagement)

Have each player sit around a table with their own paper and colored marker. At the start signal, each player gets 30 seconds to begin a drawing. When time is up, each player moves left to the next seat, rotates the paper at that position a quarter turn and adds to the drawing at the next start signal. Play continues in 30-second intervals until everyone has drawn on all the papers and seen the crazy designs that result.