

# Houston Parks and Recreation Department

## Youth and Family Engagement

### Activities

**Week of November 9 – November 13, 2020**

#### Balloon Volleyball (Fun Fitness)

Yes, volleyball usually takes more than one person. No, you don't have to play this version. Why? The whole fun of this game is for your child to play both sides. Blow up a balloon, set up the sofa or a chair as the center line, and have your child run back and forth to hit the balloon before it lands on the ground. See if he can keep it aloft for 21 turns, the usual winning score in volleyball.

#### Dancer's Pose (Youth Yoga)

Stand tall in Mountain Pose, stand on one leg, reach the opposite leg out behind you, place the outside of your foot into your hand, bend your torso forward with your arm out in front for balance, and arch your leg up behind you.

#### The Scribble Game (6ft Social Distancing Fun)

Grab three pieces of paper and two pencils. Have your kid scribble for a minute on one of the papers, nothing specific, just a scribble. After a few seconds, stop! Look at the scribble. Now you have three minutes to write a story about the scribble!

This game relies on imagination! A scribble of a blob could be anything from a monster coming down from the sky to a magical spell cast by a fairy. Once your stories are ready, read them out loud, are they similar to each other, or different?

#### Deer Walk (Hands-on Nature)

The goal is to walk on your knees an established distance until you reach the next person on your team and then touch them which sets them to go forward and walk on their knees until they reach the next person on their team and so on. The game ends once everyone has walked on their knees a determined distance to the finish line.

#### Stained Glass Window Art (Family Engagement)

Don't stress, we're not suggesting you ruin your windows with paint or glue. This craft only requires colorful transparency sheets, water, and an imagination. You can find multi-colored transparency sheets at any arts and crafts store. With a pair of safety scissors, a small water cup, and a window, your kid(s) can cut the sheets into various shapes and sizes, dip them into the water, and stick them onto the window. And, yes, they will come right off.