

Houston Parks and Recreation Department

Youth and Family Engagement

Activities

Week of November 30 – December 4, 2020

Corners (Fun Fitness)

Divide your children up, so everyone gets to have their very own corner. Once everyone has picked out their corner, instruct them to run in circles around the room. When you call time, the children will run back to their corner and do a simple exercise. For example, three jumping jacks or four push-ups. It's important that you let your children decide which exercise they want to do in their corner. That will give them some control over their game and make it fun for them.

Eagle Pose (Youth Yoga)

Stand tall in Mountain Pose, wrap one leg around the other, bring your bent arms out in front of you, wrap your arms together the opposite way, and slightly bend your knees. Perch on a tree like an eagle.

Sensory Autumn Leaf Painting (6ft Social Distancing Fun)

Supplies:

- Black Cardstock
- Small Zip Lock Bags
- Paint
- Sticky Tape

Cut out a leaf design in the middle of your black cardstock being careful to leave the frame whole. Squirt some paint into your zip lock bag. The more paint you put in the more easily the colors will mix and the squishier and more tactile the experience is for the children. Squash the air out of your zip lock bag and zip it up. If you want to you can add extra tape around the zip as well to help prevent leaks. Then tape your paint filled bag to the table top. Be sure to tape all four corners. Create the leaf shape by taping the black cardstock cut out on top of the zip lock bag. Now kids can squish and squash the paint around to fill the leaf with colors. Each time they touch and move the paint the picture in front of them will change. Kids can enjoy watching the colors mix and blend. This engages their sight and touch.

Backyard Camping (Hands-on Nature)

Set up a tent in the backyard and spend the night there for a great way to transform your space (even a small one) into a new and exciting adventure. Spend the evening cooking dinner together (something you'd do when camping), telling stories, and staying off screens. If it's too chilly to camp outside, set up a tent in your living room. Don't have a tent? Make a fort instead!

Cafeteria (Family Engagement)

Lay pictures of food on a table like food in a cafeteria (salads, main dishes, vegetables, breads, desserts and beverages). Each family member must pick up the foods he/ she would like for dinner. Purpose is to see if they can select a nutritious meal. As a family agree upon one of the nutritious meals selected and begin to prepare together.