

Houston Parks and Recreation Department

Youth and Family Engagement

Activities

Week of April 5 – April 9, 2021

Chickæ Hands (Arts & Crafts)

Supplies: Yellow and White Construction Paper, Scissors, Googly Eyes, Glue, Yellow Feathers, and a Black Pen or Maker.

First trace your hand onto the yellow paper and cut it out. Place white paper over the bottom half of your hand and trace a half circle across the bottom then zig zag cut across the top half. Fold the white paper at the bottom of the eggshell and cut it out. You should have 2 matching pieces of eggshell. Glue one half of the eggshell to the front bottom of your handprint, and then glue the feathers in between the eggshell and the back of the Chickæ. Lastly glue on googly eyes and add the rest of the face.

Spring Forward Challenge (Fun Fitness)

S: Scissor Kicks (4X20)

P: Pushups (4X10)

R: Russian Twists (2X40)

I: Ice Skates (4X20)

N: Negatives (Eccentric) (2X10)

G: Goblet Squats (4X10)

Baby Bunny Pose (Youth Yoga)

Start laying on the floor, back on the ground, slowly bringing your knees to your chest. Next extend your legs to the ceiling/sky, hold for 30 seconds, then bring your knees back to your chest, this time grabbing your feet and holding for 30+ seconds. You will feel this stretch in your entire back, in your tail bone, as well as in your arms and shoulder blades.

Use Your Imagination! (Nature)

For this activity, all you need is a camera or a cellphone. Take a walk in your neighborhood or take a trip to your local park. Look around and take photos of objects in nature that look like objects in your home. These objects could be leaves, flowers, rocks, designs on houses or buildings, and on signs. Use your imagination and your eyes to see the world around you and find these oddities!

Turn Your Passion into Your Future (Book Club)

Visit your local Library and find a book that will teach you more about what you love. If you have a passion for swimming, find a book that teaches you about being a lifeguard. If you have a passion for animals, find a book about being a Veterinarian. Use these books to turn your passion into your future career! Go online and find your library here: <https://houstonlibrary.org/find-it/find-library-location>