

Houston Parks and Recreation Department

Youth and Family Engagement

Activities

Week of July 5 – July 9, 2021

Sidewalk Chalk Obstacle Course (Fun Fitness)

Good chalk and a sidewalk are only two things you will basically need for this obstacle course. Make a start point and work your way around the sidewalk (or wherever you are making the obstacle course) by drawing different activities. Include many different tasks such as dancing, jumping, hopping, turning around, jumping on 1 foot, clapping, going backwards, etc. You could even include rocks or other objects and create a task around it. It's a good idea to squeeze in some "break" activities such as make a wish, give high five to the sky, say your name, empty your pockets, etc.. It makes the obstacle course more fun.

Use "Bottom of the Foot" For Ball Mastery (Instructional Sports)

Material(s) needed: soccer ball

Teach the child to maneuver the ball between both feet using the soles of the foot. Open the stance up and place the ball on the inside of either foot to start. Then take the opposite sole of the foot and slide it over to the opposite side. Continue doing this with both feet and find a rhythm.

What's Cookin'? (Just for Fun)

This week have your kids take turns picking their favorite meal for dinner. Have them help you cook the meal and write down the recipe and cooking instructions for each dish on a notecard. Then collect all the cards and have the kids start pasting them into a photo album. This is the start of your new family cookbook!

Make Nature Faces (Hands-on Nature)

Materials needed: various natural materials, sidewalk chalk (optional)

Gather natural materials. A paper gift bag is a handy way to carry around your natural treasures. Choose all kinds of different items, such as: leaves, flowers, moss, grass, rocks, pinecones, and acorns. Get more than one of each item, if possible. Two matching items can be used for eyes or ears, or a handful of the same item can become hair or other accessories. Spread out your materials so they're easy to see. Clear off a spot on the ground and create faces! It might be helpful for some kids if a chalk circle is drawn on the ground so they will have a starting point for their face creations.

Non-traditional Materials Kite (Family Engagement)

Let your kids unleash their creativity by challenging them to build a kite out of non-traditional materials they find around the house. Before they start the project, talk about what a kite needs to fly. They'll need materials that are light and have good "air-catching" abilities. Who knows, you could end up with a kite made out of pillowcases,

wrapping paper tubes and a popcorn string tail! This can be done as a family project, with each member contributing a material. Or, everyone can build their own kite. Either way, it's a fun way for all family members to get involved. (This is also a great opportunity to have your kids practice the skills of following instructions, sharing, working together, and asking for help.)