

# Houston Parks and Recreation Department

## Youth and Family Engagement

### Activities

Week of July 12 – July 16, 2021

#### 100 Ab Challenge (Fun Fitness)

Lie on your back with your knees bent and up in the air, your knees and hips forming 90-degree angles. Reach your arms straight up to the sky. As you reach your arms back down to the floor, lift your head and roll up with your shoulder blades just off the floor. Move your arms up and down as if you're slapping the floor and start counting!

#### Keep the Ball Close (Instructional Sports)

Material(s) needed: soccer ball

Don't kick the ball away, keep it close to yourself. Practice protecting the ball by pulling the ball back with both left and right soles of the feet. Keeping it close keeps things in the house from getting broken!

#### Dream Chalk (Just for Fun)

Go out to the driveway, patio or other cement surface and have your children use sidewalk chalk to draw what they want to be when they grow up. Have your child talk about why they think this would be a fun or rewarding job or career. When the drawings are complete, take a picture of each child by his or her creation. If you do this activity every year, you can look back at the photos with your kids and talk about how their "dreams" and interests stayed the same or changed from summer to summer. This is a good tool to start discussions with your children about pursuing dreams and what it takes to make them a reality. Talk about what they can do today (get good grades in school, practice the piano every day, read about a certain career or profession) to help get them to reach their dreams in the future.

#### Nature Walk Sound Safari (Hands-on Nature)

Materials needed: construction paper, plain paper, markers, a ruler, scissors, stickers and glue or double stick tape.

Make a simple chart, one space for the sound you are searching for and a small box for a sticker or a check mark. Add things you hear often hear in nature that include wind, wildlife, insects, birds, trees, etc....Tape or glue the paper on the construction paper and head off on your walk.

#### Have the Kids Plan a Holiday (Family Engagement)

For the Fourth of July, Father's Day, or Labor Day, let the kids plan the festivities. Give them instructions to build a day for the whole family and include activities that each family member will enjoy. Take NO part in the planning. It will be fun to see what they come up with, and the holiday is guaranteed to be a fun day. If you have more than one child, this is a good way to teach them to work as a team and practice their leadership skills. Who knows, maybe you'll start a new holiday tradition.