

Houston Parks and Recreation Department

Youth and Family Engagement

Activities

Week of July 19 – July 23, 2021

The Fast and the Furious (Fun Fitness)

A four-minute-high intensity interval workout. It alternates 20 second bursts of working out as hard as you can with a quick 10 second rest to build cardiovascular fitness and muscle.

1. Do as many jumping jacks as you can for 20 seconds
2. Rest for 10 seconds
3. Complete 8 rounds

Changing Direction (Instructional Sports)

Material(s) needed: soccer ball

Learning to change direction with the ball is another essential skill needed to play the game. We do this by using both the insides of both feet to manipulate changing direction by turning and cutting with the ball.

Family Spelling or Geography Bee (Just for Fun)

Whether it's spelling words or naming the capitals of countries around the world, it's fun for kids to quiz their parents and for parents to quiz their kids. Most importantly, it's a time when families can enjoy learning together. The more you can model this kind of behavior for your children, the more likely they are to learn one of the best lessons of all, that learning can be fun!

Acorn Nature Collage (Hands-on Nature)

Materials needed: 1-2 paper grocery bags, scissors, crayons, glue and a yard, park or forest to explore.

Start by handing each child a bag and heading outside. Let your child lead the way. Put everything they find and want to glue to the collage in the bag. Once all items have been collected head back to your work area to sort items. Allow your child to draw an outline of an acorn on their grocery bag and cut it out, this will be the base of their art project. Next cover the acorn outline with glue in all places your child wants to place the natural materials. Place your natural materials and allow time to dry.

It's Show Time? (Family Engagement)

Pop a movie on Netflix or Disney+. After the movie, let the kids be "movie reviewers" and talk about what they liked or didn't like about the movie. Encourage a discussion about the story, acting, animations or soundtrack. Ask your kids to re-enact their favorite scenes.