

# Houston Parks and Recreation Department

## Youth and Family Engagement Activities

Week of July 26 – July 30, 2021

### Circuit Run (Fun Fitness)

Social distancing doesn't mean distancing yourself from outside! If you can be outside without being too close to others, try this run/walk workout that totals up to 20 minutes:

1. Walk for 5 minutes to warm up
2. Then do 6 rounds of:
  - a. Run 1 minute
  - b. Walk 1 ½ minutes

### Practice with Both Feet (Instructional Sports)

Material(s) needed: soccer ball

Starting with basic skills, encourage the child to try each skill with both feet. This not only improves ball mastery, it improves coordination and agility, and engages different parts of the child's brain.

### The Story Goes Like This... (Just for Fun)

Take 10 sheets of printer paper, fold them over and staple the edge to create a "book." Make one for each family member. Then get the whole family together (after dinner?) and give each person his or her book to work on. Have a good supply of pencils, markers, and crayons so everyone can draw a cover, come up with a title, and write a story on the inside pages. The "authors" also can illustrate their books with drawings. Listen to some music as you work and tell everyone to let their imaginations run wild. When the books are completed, pass them around so everyone can enjoy the family's new homemade library or have each person read his or her book to the rest of the family.

### Bird Feather Scavenger Hunt (Hands-on Nature)

Head out in search of feathers in your backyard, in your neighborhood, or a nature hunt into the great outdoors. Record the types of bird feathers that you find and attempt to discover the species of bird. This is a great way to explore nature in your own backyard.

### Get into the Act (Family Engagement)

Have your kids write a play that you must act out. Then hand them a play you've written that they must present. It may be a little scary for your kids to get up in front of you, but this is a great way for them to learn how to role-play. The more comfortable they are with role-playing, the easier it will be for them to focus on what you are teaching. Also, when you are presenting the play your kids wrote, you can model the skill of role-playing and then reinforce it as your kids use it when they "take the stage."