

Houston Parks and Recreation Department

Youth and Family Engagement Activities

Week of January 31 – February 4, 2022

Love Bugs

Supplies: Pom Poms, Pipe Cleaners, Googly Eyes, Construction Paper (White, Red, Pink), Glue Stick.

Cut one pipe cleaner into 4 equal pieces. Each Love Bug gets two pieces for their antennas. Curl the ends of the pipe cleaner a third of the way down and set it aside. Choose a color of paper and cut out a small heart. This will be the bug's feet. Next glue a pom-pom to the heart with the curves of the heart facing you. Then take the two pipe cleaners and glue them to the top of the pom-pom. After that, glue the googly eyes on and your love bug is complete.

Happy Baby Pose

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.