

Houston Parks and Recreation Department

Youth and Family Engagement

Activities

Week of February 7 – February 11, 2022

Chinese New Year 3D Lantern

Supplies: Construction Paper (Red, Yellow), Scissors, Glue, Tape, Pens, Crayons, Pencils, Markers, Glitter (If you want), and some string.

First, take a red and a yellow sheet of paper and glue the edges together. Do not put glue in the middle of the paper. Let the paper dry, then fold the paper in half, the hot dog way. Next, cut a 2-inch-wide fringe, starting at the fold, up to the open side, stopping about 2 inches from the end of the paper. Twist the paper a little and glue both ends to each other. Lastly, add on the handle using the string.

Dragon Pose

Start laying on the floor, face to the ground. Bring one leg up and place your foot on the ground. Keep the other leg flat, behind you. If you are unable to do this, lift your body up as if you are in a deep lunge. Hold this pose for 30 seconds.

Confetti Launcher

Supplies: Empty Toilet Paper Roll, Markers, a Balloon, Scissors, a Rubber Band, and some Confetti (store bought or handmade.)

First decorate the toilet paper roll. Next, cut a medium sized hole in the top of the balloon. Then tie a knot in the end of the balloon. After that, stretch the open side of the balloon over the toilet roll. Secure the balloon with a rubber band. Lastly, fill the toilet paper roll up with confetti, then hold onto the rubber band, and pull the knot at the end of the balloon.

The confetti is launched! If you want to make it into a contest, try to see who can launch the confetti the farthest.