

# Houston Parks and Recreation Department

## Youth and Family Engagement

### Activities

Week of February 21 – February 25, 2022

#### Madame C.J. Walker's Relay

**Background Information:** Madame C.J. Walker was the first black woman millionaire in North America, but her passion was to improve the lives of impoverished women by developing hair care products. Although she grew up poor, she showed the world that anyone with determination and good work ethics could improve one's life and the lives of others.

**Supplies:** Equal number of hair care items for each group (comb, brush, travel size shampoo and conditioner, hair ornaments such as headbands), two buckets or hoops for each group.

Divide youth into equal teams, no more than three or four on a team. The teams will stand at one end of the play area next to their bucket or hoop, run to the other end of the play area to retrieve an item from the bucket and return to teammates to place the item in the "home" bucket. The next person will run to the other end of the play area and retrieve the next item, and the game continues until all items are retrieved.

#### Garrett Morgan's Traffic Light

**Background Information:** Garrett Morgan is famous for his invention of the traffic light. Many lives were saved through using a traffic light to control the flow of traffic.

Two lines are established at opposite ends of the playing area. One line is the goal line, the other is the starting line. One player is "It" and stands on the goal line and closes his eyes. The rest of the players are at the start line. When "It" calls "green light," players move toward him. When "It" calls "red light" he opens his/her eyes, and all the players must stop moving. Any player who is caught in motion must return to the starting line. Keep playing until a player reaches the goal line, then select another person to be "It".