

# Houston Parks and Recreation Department

# Youth and Family Engagement

# Activities

Week of February 28 – March 4, 2022

## Fitness Shuffle

This is a great indoor game that doesn't require a lot of room or equipment, and everyone can enjoy it. Each person receives a small bean bag or coin to put on the tops of their feet. Keeping feet together, the players "shuffle" their feet forward a little at a time letting the object fall off their feet. Create a finish line and have each player race to the end. Try racing an adult against a child or to have a tag team event if you have several children.

## Musical Freeze Improvisations

Play several snippets of music. Each will be different in character, and participants are encouraged to move "the way the music sounds." Stress the importance of freezing INSTANTLY, in whatever position you find yourself in. After the group has got the hang of it, start adding instructions during the freeze. After the music stops and everyone freezes, say, "Go!" and each participant launches immediately into a spontaneous improvisation, suggested by the position in which he or she is frozen. Only let the improvisation go for a few seconds, then yell, "stop!" Start the next piece of music, and once again participants move to the music.

## Heads, Bodies and Tails

This old-fashioned parlor game requires two or more people, a piece of paper and at least one pencil. In Heads, Bodies and Tails the first player draws a hat and then folds the paper over to reveal only the brim. The next player, without looking at the first picture, draws a head, leaving only the neck. Player 3 (or the first player again) draws the body, leaving the waist. The next person draws the legs, and then finally someone draws the shoes.