

Houston Parks and Recreation Department

Youth and Family Engagement

Activities

Week of April 25 – April 29, 2022

The Crab Walk Workout

Start by sitting on the ground with your hands and feet flat on the ground. Make sure your fingers are pointing away from your body or else you will put too much pressure on your wrists. Now, raise your torso up towards the sky, about level with your shoulders. Then start to walk with your hands and feet. Let's see how long you and the kids can keep this up!

Touch and Feel Boxes

Start by putting interesting objects into containers that a child must reach into and identify by touch. Shoe boxes work well as they are usually readily available, can be easily cut with scissors, and do not let light through. Making the boxes is part of the fun, have the kids decorate them, just make sure to cut out a child-sized hand hole on the side of the box beforehand. Place an item in each box and have your kids take turns guessing what the items are. Encourage questions and offer clues as needed.

Sock Bean Bag Toss

A great use for that large cardboard box you were about to recycle. Cut holes of various widths and shapes and assign point values to each one. Flip the box upside down and you've got an instant carnival-style bean bag toss. You can use soft socks to toss or small balls such as ping-pong balls. Little prizes are totally optional as a fun incentive.