

# Houston Parks and Recreation Department

## Youth and Family Engagement

### Activities

Week of July 2 – July 8, 2022

#### Have a Picnic

Parks are excellent spaces where families and friends can gather to enjoy fresh air and scenery. Picnics are great social activities that people of all ages can enjoy and adapt to their wants. People can settle in a grassy field with a blanket next to some natural scenery for a quiet, peaceful afternoon, or they can sit down at a picnic table in a more populated area with access to other park amenities. Many people seek parks for picnics because they are natural social gathering places.

#### Hike a Trail

Many parks include hiking trails where visitors can explore the local ecosystems or exercise outdoors. Houston Parks and Recreation Department parks provide various paths for visitors to choose from; they can select the one that best fits their difficulty level and length. Hiking trails are an excellent opportunity to interact with local flora and fauna. Visitors can use the trails to seek out local wildlife through bird-watching and other activities, or they can enjoy the time outside surrounded by greenery. Users can enjoy alone time in nature or enjoy the scenery with friends.

#### Hunt for Bugs

Interacting with wildlife in parks lets people learn about ecosystems. Many adults and children enjoy interacting with bugs, and the park is a space where many people feel safe and comfortable exploring the environment to find cool bugs. Visitors may look in the trees or under rocks to find bugs, whether they have a specific one in mind or want to see any bug.