

Houston Parks and Recreation Department

Youth and Family Engagement Activities

Week of July 16 – July 22, 2022

Jump Rope

Jumping rope is a great way to have fun in the park. Whether visitors choose to use jump-ropes as a group game with other children or as a form of exercise, jumping rope is a great way to enjoy the fresh air while getting some aerobic exercise.

Learn About Nature

Are you interested in some close encounters of the natural kind? You can expose your children to the wonder of nature and learn about native plant and animal species that inhabit various environments. Take along your camera to capture the weird and wonderful things you find. Later, you can make a scrapbook detailing your discoveries.

Family Field Day Challenge

Bring a few simple props and set up your own family field day. Here are some examples:

- Hula-hoops or jump ropes for an endurance challenge
- Eggs and spoons for a balance testing relay challenge
- Soccer ball for a dribbling challenge
- Plastic cups and water for a balance testing on the head race challenge
- Rope for tug-of-war challenge