

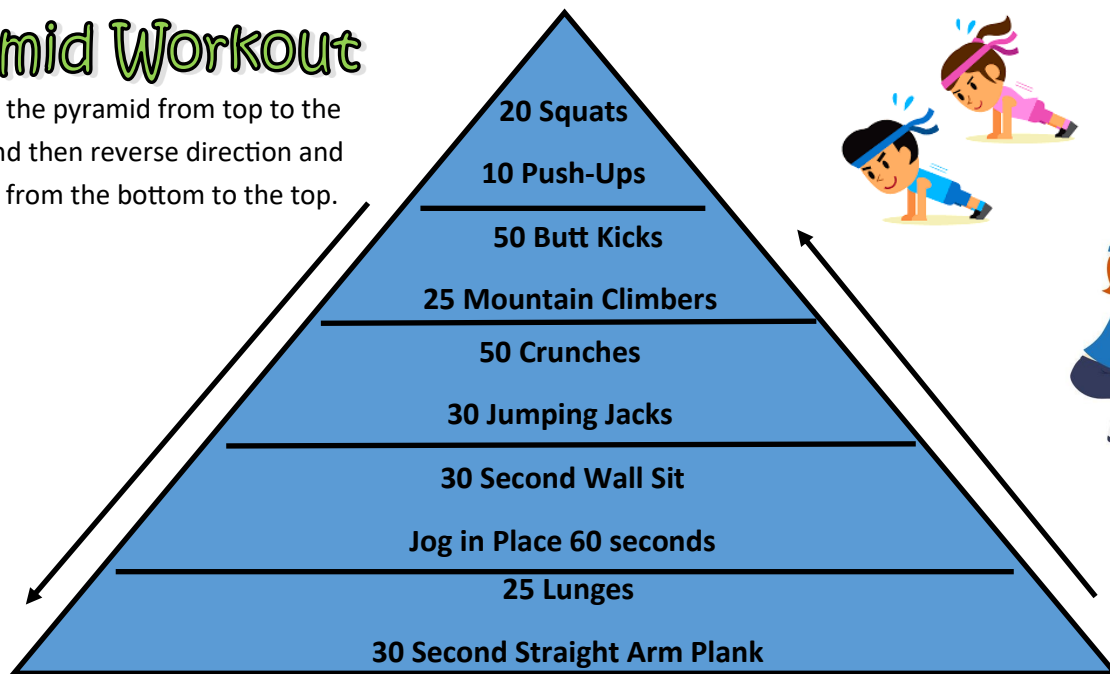
Somersworth Recreation RECspiration!!

Join Somersworth Recreation for our weekly RECspiration to help you get through these challenging times. Please understand that these activities are provided as ideas and there is no requirement to participate; additionally, participants should refrain from activities beyond their capabilities to safely complete.

Physical Fitness

Pyramid Workout

Complete the pyramid from top to the bottom and then reverse direction and complete from the bottom to the top.



Mindfulness

Mandala Art

How to make your own Mandala Art:

1. Find a place with enough space that will allow you to keep adding to your mandala art circle.
2. Gather all the materials you want to include in your Mandala circle. If you're struggling to get started or need an idea, we suggest starting your idea with a theme and then collecting small items that fit within your theme to use. Example: Beach theme- 1 large rock, sand dollar, or seashell for the center of the mandala. 4-5 different items to create 4-5 rings around your center such as small rocks, small seashells, etc.
3. Choose 1 item to be the central piece for your artwork. We suggest using an item that is larger than the other items you will be incorporating in your art or if you only have 1 piece of an item you can use that.
4. Choose a collection of different small items to create your rings around the center. Create your first ring around your center. Carefully place your items until you complete the first ring. Repeat this step and continue adding several rings to your artwork using different items. There should be a minimum of 5 rings completed but you can make the mandala as big as you want.
5. Snap a photo of your creation!



Source: <https://www.playfullearning.net/resource/making-mandala-art-with-kids/>

RECspiration!!

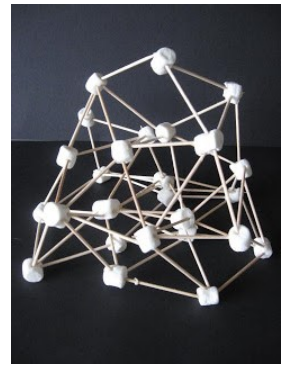
Fun!

Don't forget to take time out of your day to have some fun and be creative! Share your creations on social media so your friends can see and join the fun!

Marshmallow Toothpick Challenge

This week, break out the mini marshmallows and toothpicks and let your children get creative! There are several different challenges you can give them depending on their age and creative ability. Below are some examples of building challenges you can give your child. You can give them unlimited supplies to use or make it more challenging by giving them a certain number of marshmallows and toothpicks to complete the challenge. You can also turn this into a friendly competition between family members by allowing a set time to complete the challenge such as build the tallest tower or longest bridge using the materials you have.

- Basic Shapes
- 3-D Shapes
- Bridge
- Tower
- House
- Castle
- Pyramid
- Sculpture
- Constellation
- Animal
- Letters
- Abstract Art



Source: <http://brainbrigade.org/11-creative-marshmallow-and-toothpick-stem-challenges/>



DIY Science Frozen Chalk Recipe



Materials:

- 1 Cup Corn starch
- 1 Cup Water
- Food Coloring
- Empty Ice Cube Tray or popsicle mold
- Large Bowl
- Toothpicks

Steps:

1. Mix the corn starch and water in a large bowl until the corn starch is dissolved.
2. Add 3-4 drops of food coloring to either each individual cube in the ice cube tray.
3. Now pour the cornstarch and water mixture into each cube area. Fill the cube area approximately 75-80 percent full (leave some room at the top). It may be easier to fill the cubes if you pour the mixture into a measuring cup first.
4. Use a toothpick to stir the color and cornstarch mixture together in each cube. Place the cube tray and allow mixture to completely freeze before using.

Source: <https://fabulesslyfrugal.com/diy/summer-fun-with-ice-chalk-recipe/>

RECspiration!!



Music

Lip Sync Battle!

Everyone sounds great when they lip sync! This week have some fun with the family and get ready to perform your favorite songs. You will need access to a music player for this activity. Have your children make a pretend microphone for the battle or use a real one if you have it! Have each family member choose 1-2 songs they will perform while lip syncing the lyrics. Allow everyone to practice their songs prior to starting the battle. No worries if you forget any lyrics during your performance! Once everyone has had a chance to practice, gather in a room and begin the battle. Allow 1 song at a time and family members can vote for their favorite performance at the end. Bonus points if you add dance moves and a costume! Try to come up with a fun prize for the winner like a special dinner, activity, etc. You can also have fun lip syncing the same song as a family if you just want to be silly and have fun! Or you can partner up with someone in your family to perform.

Outdoor Sun Melted Crayons



SUPPLIES:

- Broken crayons
- Cookie Cutter Shapes
- Cookie Sheet or Plate
- Aluminum Foil



STEPS:

- Place the cookie cutter shapes on the cookie sheet or plate.
- Peel off any remaining paper from the crayons.
- Break crayons into very small pieces (if not already) and place the crayons pieces inside the cookie cutter shapes. The smaller the pieces are the better the results will be.
- Cover the cookie sheet or plate tightly with aluminum foil.
- Place the cookie sheet in the direct sunlight and allow the sun to melt your crayons!
- Remove from the sun and allow crayons to harden before using.