

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

Simon Says Fitness

Get your children excited about fitness by turning it into a game this week! To play this game you will need space to perform the exercises safely and you will need to designate someone to be "Simon". Simon will call out commands for players to do. Players should only obey commands when Simon starts by saying "Simon says" followed by the command or suggested exercise. For example, "Simon Says do 10 jumping jacks". If Simon states "do 10 jumping jacks" than players will wait until another command is called using Simon Says first. Below are some examples of exercise commands you can use or come up with your own! Try to keep the game fast-paced and fun!

- Do 15 jumping jacks
- Do 10 push-ups
- Run in place
- Do 5 jump squats
- Bust a dance move!
- Do 20 arm circles
- Balance on right/left foot
- Touch your toes 10 times
- Pretend jump rope
- Hop like a frog
- Army crawl
- Walk like a crab
- Do 15 sit-ups
- High knees in place
- Reach up to the sky
- Wall sit
- Do 10 air punches
- Right kick/left kick
- Spin around 5 times
- Butt kicks in place

Mindfulness

Family Gratitude Wall

This fun project will get your family thinking about all the things you're grateful for. Choose a space in your house that will serve as your family gratitude wall. You can use a wall, refrigerator, large mirror, cork board, etc. You will want to leave a stack of sticky notes and pens for your family members to fill out when they think of something they're grateful for. After you write down on the sticky note, stick it up on the wall for the whole family to see. Encourage family members to add to wall as they think of more things they're grateful for. You can also add photos or draw pictures to add to your wall. Snap a photo of your family gratitude wall once it's complete!



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!

Balloon Tennis!

This fun rendition of tennis will keep your kids active while having a blast! To play balloon tennis you will need to assemble your homemade tennis racquets & blow up the balloon (or several). Find a spot to play your game and get ready for some fun! You don't need a net, you can draw a line with chalk, use rope, or just play keep the balloon in the air.



Supplies Needed:

- Balloons
- Paper Plates (1 per person)
- Paint Sticks (1 per person)
- Duct Tape
- *Optional:* Markers for decorating

How to Make a Racquet:

Secure the paint stick to the paper plate using the duct tape. You will want to secure 1 end of the stick to the bottom portion of the plate. The stick will be your handle so be sure to leave enough room for your hand to hold. If you don't have paint sticks you could also try using large popsicle sticks. You can also decorate your paper plate using markers.



DIY Science Homemade Bubbles

Materials:

- 1 cup liquid dish Soap (try to find one without the word "Ultra")
- 6 cups distilled water (you can use tap water but distilled is preferred)
- 1 tsp glycerin **OR** 1/4 cup light corn syrup
- Clean container & lid
- Bubble wands (or make your own!)

Steps:

- Add distilled water (or tap water) into the large container.
- Slowly stir dish soap into the water (try not to let bubbles or foam form while stirring)
- Add the glycerin or light corn syrup to the container. Stir the solution until it's well mixed.
- The solution is ready to try **OR** you can put the lid on the container and let the bubble mixture sit overnight to strengthen.
- Grab your bubble wands & try to make some bubbles!

Source: <https://www.homesciencetools.com/article/how-to-make-super-bubbles-science-project/>

RECSpiration!!

Music



First, assemble your ribbon dance wands (see below) and then turn on your favorite music and dance around with your wand! Your child will love dancing, twirling, jumping, and running around while they watch their ribbon dance wand swirl around.

DIY Ribbon Dance Wands

Materials:

- Sticks (you want them to be at least 12" long) OR you can use a wooden dowel, paint stick, etc.
- Ribbon or crepe paper (you want your ribbon to be approximately 24-48" long, depending on how tall your child is. You can use various colors, widths, & textures if you like)
- Scissors

How to Make:

- After you gather your materials ask your child to pick out the ribbon they would like to use for their dance wand. We suggest choosing between 5-8 ribbons to attached to your stick.
- Cut your ribbons to the desired length.
- Attach the ribbons to your stick by either tying one end tightly with a couple knots or lay the ribbon out and place the stick in the center and tie a couple knots in the center so the ribbon falls on both sides.

Source: <https://happyhooligans.ca/homemade-twirling-ribbon-sticks/>

Outdoor Frozen toy challenge



Let your kiddos cool off with this exciting frozen toy challenge! You will need small toys or objects that can fit inside an ice cube tray slot (choose toys or objects that can get wet). You will also need empty ice cube trays and water to fill it. Tell your child to find 12 small toys or objects that can fit inside the ice cube tray slots. Have them place the toys in each slot and then fill each slot with water. Put the ice cube tray in the freezer and allow the water to freeze. Once the ice cubes are formed bring them outside and tell your child to unfreeze their toy as fast as they can! (try 1 at a time and improve your time or try them all at once) Time your child if they want to make it a game or competition. See how fast you can unfreeze the toys. You could also freeze toys into a larger block of water if they really like the game. The block of ice will make it more challenging and will take more time to unfreeze!

Ideas for toys to freeze: small animal figurines, Lego people or pieces, marbles, etc.