

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 Animal Races

Pick a boundary or finish line for your child to complete the animal races below. To make this more challenging you can time your child and see if they can improve their next race time!

Cheetah: Run as fast as you can!



Frog: Get down low in the squatting position and hop up & forward. Repeat.



Duck: Squat down low and waddle forward one step at a time.



Bear: Get down on all fours & lift your knees so they're at a 90 degree angle from the floor. Move one hand and the opposite foot forward while staying low. Repeat.



Crab: Sit on the ground with your knees bent and your feet flat. Lift your body up off the floor a few inches using your arms and legs. Using your arms & legs, walk forward.



Mindfulness Mindful Walking

Go on a walk this week and designate some time to be mindful during your watchful walk. Pick a place for your walk (neighborhood, local trail, etc.) As you walk, ask your child to describe their senses (see sample questions below). After your child shares their senses you can share your own senses and feelings. Discuss how you feel after trying the watchful walk. Did your senses change as you walked?



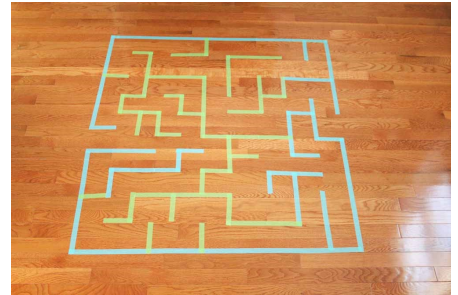
What do you see? What do you hear? What do you smell?

Source: <https://www.mindfulmazing.com/15-mindfulness-exercises-for-kids/>

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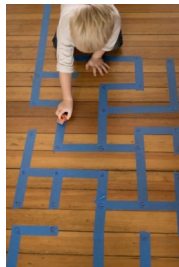
Fun!

Tape Maze



Supplies Needed:

- Painters tape
- A small ball or object
- Space on a hard floor surface
- Paper/pencil for planning out your maze



How to make a maze:

- Clear a space on a hard floor surface (this could be done on carpet too if needed)
- Draw a few small mazes on paper with pencil so you can plan out the shape, the entrance point, and the exit point. Depending on your child's age you can make this more challenging by creating a larger maze with more "dead ends".
- After you decide on your maze shape, use the tape to make your maze lines on the floor surface. Make your maze lines large enough for the ball or object your child will use to try to get through the maze.
- Try the maze! Time your child and see if they can improve their time!

DIY Science

Make your own ice cream!



Materials:

- 4 oz milk
- 4 oz cream
- 1/4 tsp vanilla
- 4 tsp sugar
- Lots of ice
- 1/2 cup rock salt
- Quart size zip lock freezer bag
- Gallon size zip lock freezer bag

Steps:

1. Add the milk, cream, vanilla, and sugar into the small quart size zip lock bag. Zip the bag shut, make sure it's closed completely.
2. Place approximately 1 cup of ice into the gallon size zip lock bag. Cover the ice with a handful of the rock salt.
3. Place your small zip lock bag with your ingredients into the large zip lock bag.
4. Now add more ice on top following by another handful of rock salt. Repeat this step until the large zip lock bag is almost full.
5. Zip the large bag shut (make sure it's tight!). Shake the large bag back and forth for approximately 5-8 minutes. Try the ice cream!

Source: <https://sciencebob.com/easy-to-make-ice-cream-in-a-plastic-bag/>

RECspiration!!

Music



Paper Plate Tambourine

Materials:

- 2 paper plates (recommend using a heavy-duty paper plate)
- Hole punch (You could try using scissors and make a small x to create an opening)
- String or yarn
- Small jingle bells
- Markers, crayons, or colored pencils

Steps:

- Decorate the bottom of your plates as desired.
- Hold the paper plates face to face (bottoms facing out) & punch holes around the perimeter of the plate (don't punch the holes too close to the edge, you want them about 1/2"). Punch holes all around the perimeter approximately 1-1 1/2 inches apart.
- Weave the yarn through the holes. As you weave the yarn, string the jingle bells around the paper plate. When you get to the last hole, secure the plates together by tying a knot.
- Play your tambourine!!

Source: <https://www.sheknows.com/parenting/articles/993639/diy-homemade-instruments-for-kids/>



Outdoor DIY Clothesline Tent

What kid doesn't love playing in a tent?! If you don't have a tent on hand, you can make your own this summer for the backyard! After you assemble this tent your child can decorate it or set up the inside with toys to keep them entertained. Please note this DIY tent is not designed to keep the rain or bugs out.

To assemble the tent you'll need clothesline rope, a large sheet, and a blanket or tarp. You'll also need to be able to secure both ends of the rope to a tree, pole, etc. so that you can drape the sheet over it. Tightly tie one end of the rope to a tree or pole (at least 5 feet high). Your tent height may vary depending on how tall the tree is or how tall your child is. Now secure the other end of the rope to a tree or pole adjacent to the other tree. Try to choose another tree approximately 10+ feet away if you can. Make sure the rope is as tight as you can get it. Now drape your blanket over the rope to create your tent structure. We suggest using rocks or similar objects on top of the sheet touching the ground to secure it from moving. Lastly, put your blanket or tarp underneath your tent. Now you're ready to play!!

Source: <https://lifestyle.howstuffworks.com/family/activities/10-forts-to-build-with-kids6.htm>