

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

Fitness Flashcards



Do you need some inspiration for workout ideas?! This week, grab some flashcards (or scrap paper) and write down fitness activities to try. Try to get at least 30 minutes of exercise each day. Below are some ideas for your fitness flashcard activities but we encourage you to include activities you love so it will help keep you motivated. You can also include new activities to keep your fitness goals exciting. Each day pick a new flash card and try the activity listed (or try several). Don't forget to drink plenty of water!! Set your fitness goals for the week and make a plan on how you will achieve this goal. Reward yourself for achieving your goals!! If your goal is to be active at least 30 minutes 5 days this week, you could reward yourself after by going out for an ice cream treat, visiting a fun place, etc.

- Walk, Run, Hike
- Bike, Roller Blade, Skateboard (use helmets!!)
- Kickboxing, Zumba, Dance Class, Yoga, Pilates
- Jump rope, hula hoop,
- Practice a sport
- Complete a fitness circuit
- Try a new exercise video
- Use outdoor toys to make an obstacle course

Mindfulness

Positive Thoughts

This week, take some time to reflect on the positive things in your life right now. Use the sample prompts below and record your thoughts in a journal.

1. Name 1 thing you worked hard to achieve.
2. Name 2 subjects you're passionate about and why.
3. Name 3 goals you have.
4. Name 4 things you're really looking forward to.
5. Name 5 people, places, or things that you love.



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Creative Fun!

DIY Laser Maze



Kids love to pretend to be spies, ninjas, and super heroes! This fun activity is a great way to keep them entertained and will have them using their imagination as they navigate through the hallway maze. The goal is to get through the maze without touching the “lasers” or crepe paper. Bonus points if you dress up as a spy, ninja, or super hero!

To create your own hallway laser maze you’ll need a roll of crepe paper, tape, and a hallway. You can design the hallway laser maze yourself or you can have your children help if they’re old enough. To create the maze you will need to attach each end of the crepe paper to the wall using tape. Think about how challenging you want the laser maze to be. For an easier design you can leave room in between the lasers or you can place them closer together for more of a challenge. Think about how you’ll drape the crepe paper across the hall, there’s lots of options. Diagonally, straight, low, high, close together, far apart, etc. Now let your child weave in and out of the laser maze! Can they get through without touching the paper?! Try timing them to see how fast they can get through it!

Source: <http://www.brassyapple.com/2013/05/diy-laser-maze-kids-activity.html>



DIY Science

Make your own moon sand!

All you need to make your own moon sand is 8 cups of flour and 1 cup of baby oil. Mix the ingredients together in a large bowl (there will be some clumps). After you make the moon sand we suggest placing it in a large container or plastic tote and playing with it outside as it can be messy. Now let your kids play with it! See if they can make the moon sand into different shapes and molds. Place action figure, toy cars, or other small objects in the moon sand to make play more fun! You could also use cookie cutters, large blocks, large Legos, seashells, etc. to help create fun molds out of the moon sand.



Source: <https://www.happinessishomemade.net/easy-diy-homemade-moon-sand/#:~:text=The%20recipe%20is%20simple%3A%208,moldable%20just%20like%20Moon%20Sand!>

RECspiration!!

Craft Corner

Marble Paper with Shaving Cream

Materials:

- Shaving cream
- Food coloring
- Wooden skewer
- White card stock paper
- Ruler (or straight edge)
- 9x13 baking pan
- Spatula
- Paper towels
- *Recommended:* Gloves



Steps: (Recommend wearing gloves):

- Spray enough shaving cream to cover the bottom of the baking pan. Use a spatula to spread the shaving cream evenly on the bottom of the pan.
- Squeeze drops of food coloring throughout the shaving cream.
- Use a wooden skewer to draw swirls throughout the shaving cream. Be sure to not over mix so you get the marbled look.
- Place your cardstock paper flat on top of the shaving cream in the pan and gently press down.
- Gently lift up the paper and remove it from the pan. Place the paper shaving cream side up on paper towels to dry.
- Using a ruler, start on one side and scrape the excess shaving cream off the paper & allow to dry.



Source: <https://hip2save.com/2017/02/07/how-to-marble-paper-using-shaving-cream-fun-craft-idea/>

Outdoor

Tie Dye!!

Grab some white t-shirts, socks, sheets, pillowcases, etc. and get ready to add lot's of fun colors to them! Tie Dye is one of our favorite activities we do with the kids in our Summer Camp Programs. It's easy and fun for all ages! In order to make tie dye we suggest buying a tie dye kit and following the instructions provided with your kit (you can also buy just the dye). We suggest using gloves to avoid staining the hands. You may want to check what's included with your kit and buy extra gloves if needed. There's lot of different techniques you can try to achieve different patterns. If your kit doesn't come with examples of how to do the different techniques you can look them up (see sample techniques below). Fun techniques to try are the classic spiral, heart, spider spiral, rainbow, bullseye, sunburst, & more!



Bullseye



Spiral



Heart



Sunburst



Spider Spiral