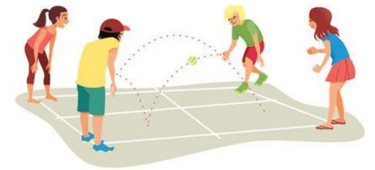


Somersworth Recreation

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.

Fitness Classic Yard Games



Get outside with the family this week and play some classic kid games!! These timeless games are great for all ages and require minimal equipment to play. If you've never played some of these games you can look up the rules on the internet.

- Red Light/ Green Light
- Freeze Tag
- Sharks & Minnows
- Simon Says
- Mother May I
- Monkey in the Middle

- Shadow Tag
- Kick the Can
- Sardines
- Double Dutch
- Four-Square
- Jackpot

- Pickle
- Freeze Dance
- Hopscotch
- Capture the Flag
- Marco Polo
- Ghosts in the Graveyard

Mindfulness Gratitude Scavenger Hunt



Take some time this week to search for things you're grateful for. Use the prompts below or come up with your own.

1. Find something outside you enjoy looking at.
2. Find something that makes you happy.
3. Find something that reminds you of the people you love.
4. Find something that tastes good to you.
5. Find something that smells amazing to you.
6. Find someone you're grateful for.
7. Find something that is unique to you.
8. Find something that makes a beautiful sound.
9. Find something that makes you feel safe.
10. Find something that makes you laugh.

Source: <https://www.naturalbeachliving.com/gratitude-scavenger-hunt/>

RECspiration!!

Creative Fun

Water Balloon Pinata

Supplies:

- Package of water balloons
- Hose or sink faucet
- Bucket or place to hold water balloons as you fill them.
- String (approx. 40-50 feet or measure distance where you will hang the 2 ends.
- Plastic bat, broom handle, etc.



Steps:

- Choose a place outside where you can hang the water balloons above your child's head (they should be able to reach it with the bat). You can hang from trees, playground equipment, swings, deck, etc.
- Fill up your water balloons & tie them (as many as you'd like!) Bring the balloons outside to tie them to the string.
- Cut your string so it will hang from 1 end of a structure to another (or trees). Tie each balloon to the string 1 at a time. Try to tie them about 2 inches apart and be sure to leave approximately 1 foot of string on each end so you can secure it tightly when you hang it.
- After your balloons are up, you're ready to play! See how quickly your child can pop the balloons!

Source: <https://ziggityzoom.com/water-balloon-pinata/>

Summer Snack

Get creative with your snack time this week! Have your children help make these adorable snack creations and then enjoy them outside!

Snails

Ingredients:

- Celery stalks
- Cream cheese or peanut butter
- Sliced oranges, apples, & kiwi
- Sliced cucumber & tomato
- Cashews

Steps:

- Fill the celery stalks with cream cheese or peanut butter. Top with sliced fruit or veggies (the slice will stick up) and place a cashew on one end as the head.



Caterpillars

Ingredients:

- Celery stalks
- Cream cheese or peanut butter
- Grapes
- Blueberries
- Radish matchsticks
- Grape tomatoes

Steps:

- Fill the celery stalks with cream cheese or peanut butter. Top with fruit for the body & head. Use the radish matchstick for the antennae.

Source: <https://www.goodhousekeeping.com/food-recipes/healthy/a44177/critter-crudites/>

RECSpiration!!

Craft Corner Salt Dough Starfish

Materials:

- 2 Cups Flour
- 2 Cups Salt
- 1 Cup Water
- Star cookie cutter (optional)
- Pencil (optional)

Steps:

- Mix all ingredients together in a large bowl. Knead the mixture until the dough becomes soft.
- Use a star cookie cutter to make star shapes out of your dough OR start with a small ball of dough and pinch 5 blobs/points evenly spaced around the dough ball.
- Gently pull on each arm of the starfish to shape it more like a starfish. Starfish come in many shapes & sizes!
- Now customize your starfish creations! You can use a pencil to create small holes on the surface or use extra dough and attach small circles around the starfish.
- You can let the starfish air dry for a few days or bake them on a cookie sheet until they are firm to touch. (Approx. 1 hour for small fish/ 2-3 hours for thicker)



Source: <https://thecraftingchicks.com/salt-dough-starfish-kids-craft/>

Outdoor

Jello Twister!!

Materials:

- Twister Game set
- Jello (Green, Yellow, Blue, & Red for the Twister game colors)
- Flat space outside
- Garden Hose (optional)

Steps:

- First, you'll need to make Jello ahead of time so it has time to set. You'll need 1-2 boxes of each green, yellow, blue, and red to play. You can use a small or large amount on each Twister circle, your choice on how messy you want to get! To make the Jello, follow the instructions on the box.
- Once the Jello is ready to go, scoop the Jello onto the Twister board circles. Make sure you match the Jello color to each Twister circle color.
- Now play some rounds of Twister with the family! We suggest wearing bathing suits or clothes you don't mind getting dirty. Clean-up will be easier if you have access to a garden hose!