

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

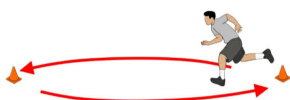
Shuttle Runs

Set-Up:

Place one marker (cone, tennis ball, etc.) on the ground and then place 4-5 cones or markers about 20-30 feet away from the 1st marked spot.

To play:

Start at the single marker and run to the other markers 30 feet away. Pick up 1 marker at a time and run back to the original marker & repeat until all markers are collected. You can turn this into a challenge by timing



yourself, racing, others, or adding footwork or more challenging fitness activities.

Timed Scavenger Hunt

Set-Up:

Gather sports equipment, outside play toys, etc. Make a list of each item you'll be placing outside so your child knows which items to look for. We suggest hiding at least 10 items but add more if you want it to be more challenging. Hide the items around your yard.

To play:

Give your child the list of items they need to collect.

Set a timer and see if your child can beat the timer!



Mindfulness Safari Walk

Switch on your senses this week while you go on a "safari"! Take your child outside for a walk and let them know you're going on a safari and you want to see how many different animals and bugs they can spot on your walk. Have them point out when they see, hear, feel, & smell birds, insects, and other animals. You can bring a notebook to record all your creature findings or just state them out loud as you walk. As you notice new bugs and animals you can talk about their different colors, how they move, etc.



Source: <https://positivepsychology.com/mindfulness-for-children-kids-activities/>

RECspiration!!

Creative Fun

DIY Ring Toss

Materials:

- Paper plates
- Long Cardboard tubes (paper towel roll, cling wrap roll, etc.)
- Scissors
- Tape
- Paint or markers



Steps:

- Cut the centers out of the 3-5 paper plates, leaving approximately 2 inches for the outer ring.
- Take 1 paper plate and place it upside down. Cut 4 slits at the bottom of one end of the cardboard tube. Fold the slits outward and use tape to secure the cardboard slits to the top of the paper plate. This will be the ring holder/stand.
- Now decorate your rings & the ring holder using paint or markers or whatever item you have at your house.
- Play ring toss!!

Source: <http://alittlelearningfortwo.blogspot.com/2010/11/paper-plate-ring-toss-game.html>

Summer Snack

Homemade Fresh Fruit Popsicles

Ingredients:

- 1 Popsicle mold
- 2 kiwis
- 5 strawberries
- 1/2 cup blueberries
- 1-2 peaches
- 32 oz. bottles of flavored water

Steps:

- Cut the strawberries & kiwi into small slices. Cut the peaches into small pieces.
- Add the fruit into the popsicle molds. Leave approximately 1/2 inch of space at the top.
- Pour in the flavored water over the fruit. Again, you want to leave about 1/2 inch space from the top.
- Place the tops on your popsicles and pop them into the freezer. Allow the popsicles to set for approximately 4-5 hours or overnight.



Source: <https://www.thebestideasforkids.com/homemade-fresh-fruit-popsicles/>

RECSpiration!!

Craft Corner

Flower Suncatchers

Materials:

- Paper plates (thin kind)
- Scissors & hole punch
- Transparent contact paper
- Flowers & leaves
- Markers (optional for decorating)
- Yarn

Steps:

- First, gather flowers, petals, leaves, grass, etc. (make sure the flowers are okay to pick)
- Now create your suncatcher frame by cutting a hole in the paper plate (cut the middle section out & leave the outside rim)
- Cut 2 separate circles in the contact paper that will fit over the hole opening in the plate. You want the contact paper to overlap by about a half inch. Now lay 1 of the contact paper circles over the hole in the plate.
- Press your gathered flowers, petals, grass, etc. into the sticky contact paper. Now use the other circle you cut in the contact paper to lay on top and secure the flowers.
- Decorate the outside of the plate with markers if you choose.
- Punch a hole at the top of the paper plate (or make a small X with your scissors) and tie a piece of yarn through it so you can hang it in front of a sunny window.



Source: <https://artfulparent.com/the-perfect-frame-for-a-flower-mandala/>

Outdoor Water Balloon Toss

Materials:

- Pack of water balloons
- Large piece of cardboard or poster board
- Paint or markers for decorating & scissors

Steps:

- Make your water balloon toss board using recycled cardboard or a poster board.
- Trace 3-4 different size circles on your board that you will cut out. Ensure the holes are large enough for a water balloon. (You can use plates and other round objects to trace or draw it freehand). Carefully cut out the circles using scissors.
- Decorate your board with markers or paint. Assign each circle a number amount.
- Stand 5-10 feet away and see how many water balloons you can toss in! To make this more challenging you can make the holes small or stand farther away from the board.

