

## 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.



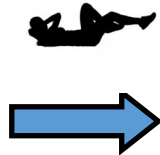
## Physical Fitness Yard Workout



Try the circuits below in your yard! Run around your neighborhood or house for the times listed below & try the exercises. You can try 1 circuit or try them all if you're up for the challenge! Take a 2 minute break before moving to the next circuit.

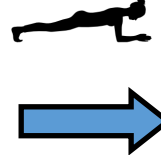
### 10 minute run

- 50 Squats
- 25 Push-ups
- 30 Lunges
- 50 Bicycle Crunches



### 7 minute run

- 25 Jump Squats
- 25 Push-ups
- 30 Second Wall Sit
- 50 Arm Circles

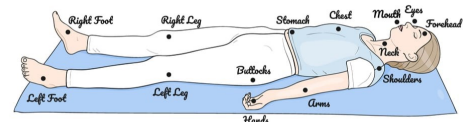


### 5 minute run

- 30 Second Plank
- 25 Push-ups
- 30 Lunges
- 50 Side Crunches

## Mindfulness Tense & Release Muscle Relaxation

1. Breathe in , tense the first muscle group for 4-10 seconds (we suggest checking out the link below for a list of muscle groups can you try this with).
2. Breathe out, relax the muscle group completely.
3. Relax for 10-20 seconds before you move on to a new muscle group.
4. Repeat until you have tried several muscle groups (or all of them!)
5. Did you notice the difference between how the muscles feel when they are tense and how they feel when they're relaxed?



Progressive Muscle Relaxation

# RECspiration!!



## Creative Fun Pool Noodle Soccer-Croquet

### Materials:

- Pool Noodles– you can use as many as you'd like. 1 noodle makes 1 goal.
- Thick wooden skewers– You'll need 2 per goal (Approx. 8"-BBQ skewers will work)
- 2 Soccer balls– or 1 ball per person playing (You can use a kickball or similar ball)

### Steps:

- Drive 2 wooden skewers into the ground approximately 2-3 feet apart using a large rock or hammer. A parent/guardian should help with this step.
- Place each end of the pool noodle over the skewers. This will make the arc shape for your goal. Repeat this step until you've used all your pool noodles. You can place the goals close together or far apart, it's your choice! For more of the challenge make your goals going in different directions.
- **To play:** The first player kicks their ball towards the first arch, then the second player goes. Continue until you get your ball through all the arches. Each player gets 1 kick per turn. The first player to get through all the arches wins.



Source: <https://www.passionforsavings.com/soccer-croquet/>

## Summer Snack

### Frozen Yogurt Bark with Blueberries & Strawberries

### Ingredients:

- 1 cup plain yogurt
- 1 tablespoon pure maple syrup
- 1/4 cup strawberries (cut into smaller bites)
- 1/4 cup blueberries
- Parchment paper
- Cookie sheet

### Steps:

- Mix the yogurt & maple syrup in a bowl and then pour it onto the cookie sheet lined with parchment paper.
- Top the yogurt mixture with blueberries and strawberries.
- Freeze the mixture for 6-8 hours or overnight.
- Break up the frozen mixture into various sizes.



Source: <https://www.superhealthykids.com/recipes/strawberry-blueberry-frozen-yogurt-bark/>

# RECspiration!!

## Craft Corner Toilet Paper Roll Monsters

### Materials:

- Toilet paper rolls (or cardboard tubes)
- Clear drying glue
- Yarn
- Googly eyes
- Small paint brush
- *Optional:* Feathers, sequins, other embellishments



### Steps:

- Paint the outside of the toilet paper roll with the clear glue.
- Wrap the yarn around the outside of the toilet paper over the glue. You may want to add an extra dab at the end of the yarn to make sure it sticks down.
- Glue on your google eyes (as many as you'd like & wherever you want them to go!)
- Paint the inside of the top section of the toilet paper roll with glue. Stick your feathers or yarn into the glue to make crazy hair.
- Add other embellishments if you'd like!

Source: <https://www.danyabanya.com/monster-toilet-paper-roll-yarn-craft-kids/>

## Outdoor Water Balloon Parachutes

### Materials:

- Water balloon  
(1 for each parachute)
- Plastic shopping bag with handles  
(1 for each parachute)

### Steps:

- Fill your water balloons (not too full!) and tie them.
- Loop the tied end of the water balloon around both handles of the bag and tie the handles to secure it.
- Now you're ready to launch your parachute!! Throw it up and see if you can catch it!



Water Balloon Parachute

Source: <https://www.fantasticfunandlearning.com/water-balloon-parachute.html>