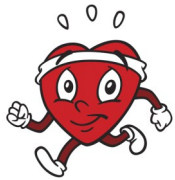


Somersworth Recreation

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

30 Minutes of Cardio!



Have you joined the new Hilltop Fitness Frenzy Challenge?!!

Try to get 30 minutes of cardio at least 3 days per week. The Rec Dept. is running the Hilltop Fitness Frenzy Challenge until July 31st. Use the log sheet located on our website to track your daily fitness. Send the Rec Dept. your log sheet by August 7th for a chance to win some cool raffle prizes!

- Run
- Walk
- Ride a bike
- Take a hike

- Jump Rope
- Dance
- Circuit training
- Rowing machine

- Kayak
- Paddle Board
- Weightlifting
- Practice a sport



Mindfulness

Mindful Fruit Eating



Try this mindful eating activity during your next snack break. Start by choosing 1 piece of fruit that you can peel such as an orange or banana. Follow the prompts below!

1. Start by holding the piece of fruit in your hand. Roll it around in your hand. How does it feel?
2. Hold the fruit up to your nose. Take a large whiff and close your eyes. How does it smell?
3. Open your eyes and notice how the fruit looks. Is the skin smooth or bumpy? What does the shape look like?
4. Slowly peel the fruit. Pay attention to how it feels in your fingers. Is it juicy? Does the texture change as you unpeel the fruit?
5. Now taste the fruit. Notice how it feels on your tongue and against your teeth. Notice the flavor and the texture.

Source: <https://kidshealth.org/en/kids/mindful-exercises.html>

RECspiration!!

Creative Fun DIY Bottle Sprinkler



Materials:

- Empty 2 liter plastic bottle
- Electric tape
- Garden hose/outdoor spigot
- Screwdriver



Steps:

- Thoroughly rinse the plastic bottle under running water.
- Make 12-14 holes in the bottle using a screwdriver (or a sharp tool) A parent/guardian should help with this step! The holes will allow water to come through once the spigot is turned on.
- Attach the end of the hose to the end of the bottle using electric tape. Wrap the tape around both ends as close together as you can get them.
- Make sure the other end of your hose is attached to the spigot. Turn on the water and enjoy your new sprinkler!!

Source: <https://balconygardenweb.com/diy-soda-bottle-garden-sprinkler/>

Summer Snack No Bake Cookies

Ingredients:

- 1 3/4 cups white sugar
- 1/2 cup milk
- 1/2 cup butter
- 4 tablespoons unsweetened cocoa powder
- 1/2 cup crunchy peanut butter
- 3 cups quick-cooking oats
- 1 teaspoon vanilla extract

Steps:

- In a medium saucepan, combine the sugar, butter, milk, & cocoa.
- Bring to a boil and cook for 1 1/2 minutes.
- Remove from heat and stir in peanut butter, oats, and vanilla.
- Drop teaspoonfuls of the mixture onto wax paper and allow to cool until hardened.
- Enjoy!



Source: <https://www.allrecipes.com/recipe/9832/no-bake-cookies-i/>

RECspiration!!

Craft Corner

DIY Sunshine Catcher

Materials:

- Small yellow paper plate (Approx. 7") If you can't find yellow you can use white & paint or color with yellow markers
- Yellow yarn
- Orange & yellow pony beads
- Yellow construction paper
- Scissors
- Hole punch
- Tape & glue



Steps:

- Draw or trace a circle on the back of the plate (make sure you leave Approx. 1.5-2" border around the plate)
- Poke a hole into the circle using scissors and then cut out the circle.
- Use a hole punch to punch holes around the perimeter of the circle. Try to make the holes .5- 1" apart.
- Place 1 end of the yarn through 1 hole and secure it by tying a knot or placing tape on the back side of the sun. Now weave the yarn through the holes by coming up through the hole and across the plate to a new hole. As you weave your yarn add the orange and yellow pony beads before you reach another hole. Repeat until all the holes have yarn weaved through. Secure the end of the yarn by taping it to the back of the plate.
- Now cut 8-10 long triangles out of the yellow construction paper. Attach your triangles to the back perimeter of the plate using glue or tape to make your sunrays.

Source: <https://iheartcraftythings.com/summer-sewing-craft.html?epik=0BQEvE IW39d1>

Outdoor

Squirt Gun Cup Race

Materials:

- Solo Cups
- String (not too thick, kite string works great!)
- Scissors
- Squirt Guns
- Bucket & water to fill squirt guns

Steps:

- First, punch a small hole in the bottom edge of 2 solo cups (or you will need 1 cup per person racing).
- Choose a place outside where you will attach both ends of the string. The string length will depend on the length between the 2 areas you'll be securing it. Cut your string and make sure you leave room on both ends to secure it tightly with knots.
- Secure 1 end of the string to an end point by tying a knot. After the first end is secured, poke the string through the hole in the solo cup. Pull the string through and then secure the other end of your string to the other end point by tying a knot.
- Fill your squirt gun & see how fast you can move the cup across the string!



Source: <https://www.wikihow.com/Have-a-Squirt-Gun-Water-Race>