

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

Popsicle Stick Fitness

This week, grab some popsicle sticks & write down 15-20 fitness activities to try. If you don't have popsicle sticks lying around you can also use scrap paper. Below are some fitness activity ideas you can use or come up with your own! Pick out 1 popsicle stick at a time and try the exercise.

- 20 Push-ups
- 50 Air punches
- 15 Lunges
- 20 Standing squats
- 50 Crunches

- 30 Second plank
- 50 Jumping jacks
- 25 Right side crunches
- 25 Left side crunches
- 50 Mountain climbers

- 30 Calf raises
- 10 Jumping squats
- 30 Second wall sit
- 30 Triceps Dips
- 25 Leg raises

- 30 Bicycle crunches
- 50 Arm circles
- 30 Russian twists
- 20 Line jumps
- 25 Triangle push-ups

Mindfulness

Positive Affirmations



This week, spend some time with your child coming up with positive affirmations that they can use to help them feel great about themselves and to help them reach their goals. Below are some examples of positive affirmations your child can say.

- I am smart and amazing.
- I love myself.
- Today is a beautiful day.
- My dreams will come true.
- I overcome challenges easily.
- I am free to express my ideas.
- My heart is full of kindness & courage
- Everything I do matters.
- I can solve any problem.
- I am creative and bright.
- I will succeed.
- I have wonderful friends.
- Every day my life is better & better.
- I love to try new things.
- I have confidence in me.

Source: <https://liveboldandbloom.com/06/self-confidence/positive-affirmations-for-kids>

RECspiration!!

Creative Fun Pool Noodle Horse Sticks



Materials:

- A pool swimming noodle (1 per horse– the skinnier ones work better)
- Rope or twine
- Felt
- Large googly eyes
- Pipe cleaner
- Scissors
- Low temperature glue gun & glue

Steps:

- Bend the top part of the pool noodle down & tie the twine or rope tightly around it. Leave a little bit of the twine/rope hanging on the sides so it looks like reins.
- Cut a 1 inch wide strip of felt along the entire length of the fabric/felt piece. Cut the ends of the felt into points for the ears.
- Now cut a 4 inch wide strip along the entire length of the fabric/felt piece. Fold this strip in half and cut waves around the edges to create your horse mane.
- Now slide the 1 inch strip of felt (with the points) between the part of the noodle that was folded over. Pull up each end firmly in place and glue them to make your ears. Hot glue your mane and googly eyes in place.

Source: <https://www.pbs.org/parents/crafts-and-experiments/turn-a-pool-noodle-into-horse-stick>

Summer Snack

Trail Mix

Ingredients:

- 2 cups Chocolate Chex™ cereal
- 2 cups Rice Chex™ cereal
- 1 cup raisins
- 1 cup candy-coated chocolate candies
- 1 cup cocktail peanuts
- 1 cup roasted salted almonds
- 1/2 cup milk chocolate chips

Steps:

- Combine all ingredients in a large bowl.
- Mix well & store in large container or sandwich bags.



Source: <https://www.chex.com/recipes/classic-chex-monster-trail-mix/>

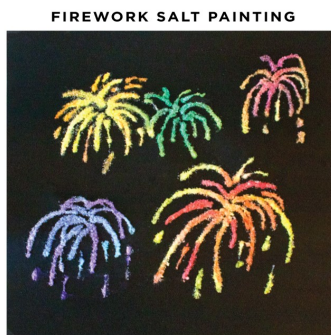
RECspiration!!

Craft Corner

Firework Salt Painting

Materials:

- Table salt
- Paper (black paper works great!)
- Watercolor paint
- White glue
- Cookie sheet



Steps:

- Place your paper flat on the cookie sheet. This will help keep the salt from making a mess.
- Draw out your firework design with the glue. Thicker lines will work better. You can use a pencil first if you want to plan out the design first.
- Sprinkle the salt over the glue before it dries. Apply generously and then shake off any excess in the cookie sheet
- Get your watercolors very wet & lightly paint the salt. You don't want to drag the paintbrush. Try to drop small paint droplets over the salt.
- Allow the glue and paint to dry completely.



Source: <https://www.busymommymedia.com/firework-salt-painting/>

Outdoor Sprinkler Games!



Freeze Dance

Turn on your sprinkler and play your favorite tunes! Have your child dance around and when the music stops they should freeze in place.

Animal Walks

Get silly with your kids! Turn on your sprinkler and take turns calling out animals to imitate. Run through the sprinkler while you pretend to be the animals!

Rain-Bow Fill

Get 1 large bucket and 1 bowl per child. Have your child stand under the sprinkler with the bowl on their head. Once the bowl is full they should dump it in the bucket. Repeat until the bucket is full!