

## 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



**Windmill**—Stand with feet apart, arms outstretched. Bend and touch left foot with right hand, repeat using other foot and other hand. Do this 20 times.

**Ski Hops**—Stand with knees bent, arms out like you are holding ski poles. With both feet, hop to left then hop to the right while pushing arms down. Do this 20 times.

**High Knee Jacks**—Stand with feet together, arms up in air. Lift one knee up to waist level and lower both arms by your side. For more of a challenge clap hands under raised knee. Repeat using other knee. Do this 20 times.

**High Step March**—Stand straight, arms at side. Lift left leg out straight at waist level touching right hand. Repeat using other leg and other hand. Do this 20 times.

Source [https://www.youtube.com/watch?v=o8uTdn\\_zkok](https://www.youtube.com/watch?v=o8uTdn_zkok)

## Mindfulness

### Balance on One Foot and Focus



- Stand straight and focus your gaze slightly below eye level
- Stand on one leg and keep your gaze fixed on that focal point
- See how long you can stand on one leg
- Try the other leg
- Which leg can you balance on longer?
- Try closing your eyes and stretch your arms out can you still balance on one foot?

Source: <https://www.sclhealth.org/blog/2019/07/learn-all-about-the-benefits-of-yoga-for-children/>

# RECspiration!!

## Creative Fun Target Golf



### How-To:

- Turn a cardboard box upside down.
- Cut 4 or 5 holes in bottom at the same height and different widths. Make sure a golf ball will pass through the holes.
- Write numbers on the top of each hole that you will use to score points. Smaller holes will be more difficult and should have higher point values.
- Using a club (or broom if you don't have one) aim for a hole and hit the ball.
- Keep track of points earned if your ball goes in the hole.

## Summer Snack Watermelon Pizza

### Ingredients:

- 1 watermelon
- 1 Cup Greek yogurt
- 1/2 cup sliced strawberries
- 1/2 cup raspberries
- 1/2 cup cherries
- 1/2 cup blueberries
- Honey or maple syrup

### Steps:

- Cut the watermelon into smaller slices approximately 2-3" thick (Parents should cut the watermelon)
- Spread an even layer of Greek yogurt onto each slice using a spatula. Don't put the yogurt on the green rind, this will be your "crust".
- Layer the fresh fruit as you please on top of each watermelon slice.
- Drizzle with honey or maple syrup.



Source: <https://choosingchia.com/watermelon-pizza/>

# RECspiration!!

## Craft Corner Rainbow Craft



### Supplies:

- Construction Paper
- Cotton Balls
- Elmer's Glue Stick or Pen

### Directions:

- Cut rainbow colors into one-inch strips across width of construction paper.
- Fold edges of each strip up to create tabs. Using glue stick, glue tabs down onto the construction paper to create a 3D crescent over the paper.
- Continue gluing down the rainbow strips, placing colors side-by-side.
- Once all strips are in place, add glue to the outside edges of the rainbow and place cotton balls there for clouds.
- Done. Now you can show off your rainbow.

Source: <https://redtri.com/perfect-paper-crafts-for-kids/slide/1>

## Outdoor Disc Golf Games



Hang a hoop from a branch or clothesline. Grab a frisbee and try these games.

### D-I-S-C:

- One player throws a disc through the hoop. Others have to match that shot or earn a letter. Last one to spell D-I-S-C wins. (Similar to H-O-R-S-E)

### Baseball:

- Set out 4 bases (you can use cardboard squares) with home plate near the hoop. Players start at home and work around the diamond shooting from each base. Three strikes (misses) and you're out. Complete circuit to earn a run and another turn until you get 3 strikes.

Source: <https://www.parents.com/fun/activities/outdoor/great-outdoor-games/>