

Somersworth Recreation Presents...

RECspiration!!

Join Somersworth Recreation for our weekly RECspiration to help you get through these challenging times.

Physical Fitness

Roll a task: take a brain break and roll the dice! Try the exercises you roll and repeat 3x.

**If you don't have dice: Write the numbers 1-6 on 6 pieces of paper and pick a number out of a jar.

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|  15 Push Ups |  20 Jumping Jacks |
|  20 Crunches |  15 Squats |
|  30 Second Plank |  25 High Knees |



Mindfulness

Try this activity to help manage anxiety, anger, & frustration. Record on a piece of paper or say out loud.

- 5** Things you can see **4** Things you can touch
- 3** Things you can hear **2** Things you can smell
- 1** Thing you can taste

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Fun!

Don't forget to take time out of your day to have some fun and be creative! Share your creations on social media so your friends can see and join the fun!

Create your own cardboard box town!

Use various sized cardboard boxes (tissue box, milk carton, etc.) you have at the house to create your own town buildings. Decorate the boxes with markers and paper. Send us pictures of your town creation!



Make hand shadow puppets!

All you need is a table lamp, a wall, and your hands! Put one hand between the light and the wall so you can clearly see the shadow of your hand. Change the shapes of your hands to make different puppets. Try to make animals, birds, and characters come to life!

DIY Science

Make your own Oobleck slime! This is always a Summer Camp favorite so we thought we'd share with you so you can make it at home.

Oobleck Recipe!!

Step 1: Pour 2 cups of cornstarch into a bowl.

Step 2: Add 1 cup of water and stir to combine.

Step 3: Add 1-2 small drops of food coloring during the mixing stage if you want your oobleck to have color. Mix all ingredients.



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Music

What's your favorite song?! Create your own musical instruments using recyclables around the house! Play your favorite song using your instrument.

Shakers

Materials: 1 empty canister, 1 handful filler material such as rice, beads, dried beans, seeds.

How to: Decorate your canister, place a handful of filler material in, cap it, tape the cap shut, & shake away!



Drums

Materials: 1 large container, 2-4 rubber bands, 1 plastic bag.

How to: Stretch a plastic bag across the opening of the container. While holding the bag in place, put the rubber bands on until the bag is firmly in place. Use wooden spoons or your hands to play!

Nature

Get outside for some fresh air and connect with nature!



Sounds: What sounds do you hear while walking?! Can you identify where the sounds are coming from?

Colors: How many different colors can you spot?!

I Spy! What different objects can you spot outside?!

