

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

Get silly this week while you move your body! For each exercise, set a timer for 45 seconds and try the exercise. Rest for 15 seconds and then move on to the next exercise. Repeat 3x.



Crab Walk

Place your hands by your side with your fingers pointed toward your feet. Lift your body up into the air. Arch your back up as far as you can and walk forward.



Cheetah Run

Run as fast as you can in place!



Frog Hop

Squat down low with both hands touching the floor, jump forward & up, land on your toes and squat.



Starfish Jumps

Squat down low, touch ground, jump straight up with arms and legs wide.

Mindfulness

Practice gratitude as a family! Create a gratitude jar to record the things you're grateful for each day. Leave a jar with scrap paper and pens in a central location at your home. Throughout the day record the things you're most grateful for. At the end of the day pull out the jar and read together as a family.

What are you grateful for today?!



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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!

Build a house of cards!!



Grab a deck of cards and see if you can create a house of cards! How many levels can you make without the house falling over?! Who can make the most creative house of cards?! Can you use the whole deck of cards?!

Bathtub Boats!



Use milk cartons, a tissue box, Tupperware, etc. to create your boat vessel. Decorate the boat using items you have around the house. Try your boat at bath time!! Does your boat sink or float? Try adding bath toys to your boat to see if you can keep it floating.

DIY Science

Make your own lava lamps!!

Materials Needed:

- 1 clean, plastic soda bottle with cap
- Vegetable oil
- 1 Alka-Seltzer tablet for a 16 oz soda bottle or 2 tablets for per liter bottle
- Food coloring
- Water



Steps:

1. Fill the plastic bottle $\frac{3}{4}$ full with vegetable oil.
2. Add water to the neck of the bottle, leaving a little space between the water line and the top of the container. (You can always add more water at a later time.)
3. Choose a color for your lava lamp.
4. Add 10 or more drops of food coloring to the bottle until a rich color is seen.
5. Break the Alka-Seltzer tablet into smaller pieces (6 to 8). Add one piece at a time observing each reaction.
6. When the bubbling stops replace the bottle cap.
7. With the bottle cap secured tightly, tip the bottle back and forth and observe the reaction. Tip, twist, and shake the bottle in different directions.

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Music

Play your favorite tunes this week and get your body moving!! This fun game is great for all ages. Who can hold their freeze dance move the longest without moving?! Who has the best dance moves?!



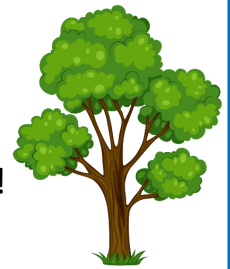
Freeze Dance!

Put on your favorite music and designate 1 person to periodically stop the music. When the music stops, everyone should freeze in the current position they are in until the music starts again. Play a few rounds or until everyone is tired!





Play this game in between school and work breaks at home, start your morning out with a family dance party, or end the day on a fun note. This game will get you laughing, smiling, and moving your body!

Outdoor

Go for a walk outside and see if you can spot any of the items below! Can you find them all?! How many items did you find?!



Scavenger Hunt!

<ul style="list-style-type: none">• Something green• Ant • 2 different trees• Something round• Acorn	<ul style="list-style-type: none">• Squirrel • Mushroom• Something blue• 3 different leaves• Crack in the pavement	<ul style="list-style-type: none">• Something smooth• 3 different cars• Dog• Stop Sign • Stick	<ul style="list-style-type: none">• 3 different rocks• Bird • Worm• Flower• Something yellow
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