

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

Jump Rope Challenge



Bunny Hops
Hop over the rope on one foot



Flashback
Swing the rope in the other direction, jumping backward



Run It
Run or jog forward over the rope



Firecrackers
Jump as fast as you can



Jump Rope Jacks
Jump with feet together then feet apart



Twister
Twist body to one side and then the other when jumping



Ski Jumper
Spread the rope on the floor and jump side to side over it



Crisscross
Criss cross legs on every other jump



Donut Jumps
Make the rope into a circle on the ground, jump into the circle then out



Crossovers
Cross arms on every other jump

Source: <https://www.pinterest.com/towandteach/jump-rope/>

Mindfulness

Sit quietly outside and pay attention to what is going on around you right now using your five senses. Reflect on what you experience below:

- Right now I see ...
- Right now I hear ...
- Right now I am touching ...
- Right now I smell ...
- Right now I feel ...



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

RECspiration!!

Creative Fun Drive-in Movie Night

Materials Needed:

- Cardboard box
- Paper plates for wheels
- Crepe Paper, Tissue Paper or Gift Wrap Paper
- Scissors
- Tape or Glue
- Paint or markers

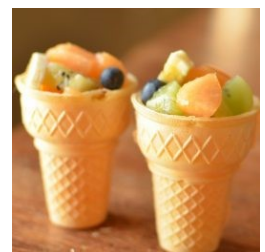
How to Make:

Decorate a cardboard box to look like a car. You can even put the names on to look like license plates. Be creative and use your imagination. Serve some popcorn and enjoy watching a movie together.



Source: <https://morningchores.com/diy-indoor-activities/>

Summer Snack Fruit Cones



Ingredients:

- 2 medium kiwi
- 1 medium banana
- 1/2 medium cantaloupe
- 1/4 cup blueberries

Instructions:

- Dice kiwi and banana. Cut cantaloupe into small cubes or scoop into balls. Add to a bowl along with the blueberries.
- Scoop fruit into ice cream cones and serve.
- Enjoy!

NOTE: Feel free to substitute any of these fruits with your favorite fruits!

Source: <https://www.superhealthykids.com/recipes/fruit-cones/>

RECSpiration!!

Craft Corner Egg Carton Spy Glasses



Supplies:

- 2 cardboard eggcups
- 3 blue pipe cleaners
- Pony beads (19 blue, 14 yellow, 14 green)
- Green and yellow paint
- Scissors
- White craft glue
- Toothpick

1. Trim egg carton cups with scissors and cut a hole in bottom of each one for eye openings.
2. Paint eggcups green and let dry. Paint yellow stripes around eggcups and let dry.
3. Cut 3-inch piece from a pipe cleaner. Use toothpick to poke a hole in the side of each eggcup for the nosepiece. Thread one end of the 3-inch pipe cleaner into one of the holes and bend the end inside the cup to hold in place. Thread 5 blue beads onto the pipe cleaner. Poke the open end through the other eggcup and bend to secure.
4. Use a toothpick to poke a hole on the opposite side of each eggcup to accommodate the arms of the eyeglasses. Insert one end of a pipe cleaner into the hole. Pull enough through to allow room at the end to curve around your child's ear. Twist the pipe cleaner together.
5. Thread beads onto the pipe cleaner, leaving ear hook open. Bend the very end of the pipe cleaner to hide the pointy end so that it doesn't cause discomfort. Repeat for the other arm.

NOTE: You may need more or less beads depending on the size of your child's head.

Source: <https://craftsbyamanda.com/egg-carton-spy-glasses/>

Outdoor DIY Sandbox



Sandbox Materials:

- 1 Underbed storage bin with lid
- Play Sand
- Sand Toys

Kids can play in the sand with their favorite toys for hours while enjoying the outdoors. When done put the lid on to keep it clean for the next play time!

Source: <https://www.mamasmiles.com/thrifty-sandbox/>