

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 Strength-Training Exercises



Calf raises: From standing, lift up onto your tiptoes and hold for 5 to 10 seconds, then lower.

Cartwheels: Point leading foot forward, rear foot at an angle in an imaginary line. Push through front leg and place hands on the ground one at a time in a line. Keep legs straight and extend up in air. Keep arms and legs straight and let momentum carry you over. Finish with feet on the ground on the imaginary line with hips and body facing the opposite direction.

Handstands against a wall: See how long you can hold the position.

Hip bridges: Lie on your back with knees bent, feet flat on ground. Rest arms by your side. Press feet firmly down as you slowly lift your hips off the ground, hold for a few counts, then lower.

Source: <https://www.parents.com/fun/sports/exercise/strength-training-exercises-for-kids/>

Mindfulness Breathe with a Pinwheel



You'll need a Pinwheel for this exercise (If you don't have one see Creative Fun for DIY Pinwheel):

- Sit with your back straight and your body relaxed.
- Blow on your pinwheel using long, deep breaths. Notice how you feel—calm and relaxed? Having trouble sitting still?
- Blow on your pinwheel with short, quick breaths. Notice how you feel again—do you feel the same as you did when using long, deep breaths?
- Blow on your pinwheel with a normal breath. Notice how you feel.
- Think about the different types of breathing you did and how they made you feel.

Source: <https://positivepsychology.com/mindfulness-for-kids/>

RECspiration!!

Creative Fun DIY Pinwheel

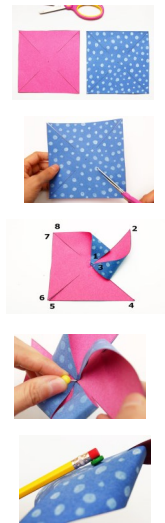


Supplies:

- Paper or cardstock
- Scissors
- Glue stick
- Crayons or Markers
- Pencil with eraser

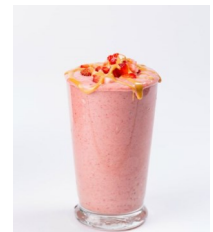
Instructions:

- Cut 2 identical squares from different color paper or cardstock. Leave plain or decorate.
- Glue squares together. Let dry.
- Cut 4 slits starting from each corner going up halfway to the center (you will have 8 tips).
- Bring tip 1 to center without creasing the paper. Glue tip in place or hold in place with hand.
- Repeat with tips 3, 5, and 7 (every other tip).
- Insert push pin at center. Wiggle push pin around to make hole a bit larger.
- Attach pinwheel to a pencil by pushing the pin into the pencil's eraser. You can put a small button or bead between the pinwheel and the eraser to help it rotate better.
- Enjoy your pinwheel.



Source: <https://www.firstpalette.com/craft/pinwheel.html>

Summer Snack PB&J Smoothie



Ingredients:

- 1 Cup frozen strawberries
- 1 Banana
- 1/4 Cup peanut butter (plus more for garnish)
- 1 Cup skim or whole milk

Directions:

- Combine frozen strawberries, banana, peanut butter and milk in a blender. Blend on high until smooth.
- Pour into 2 glasses and garnish with peanut butter and fresh strawberries. Enjoy!

Source: <https://www.delish.com/cooking/recipe-ideas/recipes/a47154/pbj-smoothie-recipe/>

RECSpiration!!

Craft Corner

Fire Breathing Dragon



Materials Needed:

- 1 Paper Roll
- Green Construction Paper
- 2 Green Pom Poms (approx. 1 inch)
- 2 Green Pom Poms (approx. 3/8 inch)
- 2 Googly Eyes (approx. 1/2 inch)
- Red, Yellow, Orange Tissue Paper
- Scissors
- Glue stick or Glue

Instructions:

- Cut construction paper to fit length of paper roll. Spread glue onto one side of paper. Line ends of paper with ends of roll and wrap around the roll so it's completely covered.
- Attach one of the googly eyes to middle of one of the larger pom poms with glue. Repeat for second eye. Attach both eyes to the end of the paper roll using glue.
- Attach smaller pom poms to the other end of the paper roll using glue to make the dragon's nose.
- Cut strips of red, yellow and orange tissue paper to be 9" or 10" long. Cut the ends to be pointy.
- Attach strips to inside of paper roll using glue to the inside of the paper roll under the nose. Work your way around the roll. You can leave the bottom part open as gravity will pull the paper down.

Source: <https://onelittleproject.com/paper-roll-dragon-craft/>

Outdoor Standing Pretzel Relay Race

How to Play:

- Get into pretzel position by standing on your left leg.
- Lift right leg and cross it in front of your left knee.
- Cross arms in front of your body.
- On the word "Go" hop to the finish line.
- The "pretzel" who gets to the finish line first wins!!!

Source: <https://kidactivities.net/races-relays-balloons-bean-bag-games/>