

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 Beach Workouts



Sand Hopscotch: (Hopping) Use a stick or rock to draw a grid in the sand and use rocks or shells for markers.

Slithery Snake: (Hopping and jumping) Use a jump rope and have 2 people hold each end and wiggle it as you jump over the rope without getting touched by the “snake”.

Beach Volleyball: (Throwing and jumping) If you don't have a net you can use beach towels or blanket. See how many times you can get the ball back and forth over the net.

Fly a Kite: (Running) Run along the beach while flying your kite. If you don't have a kite see Craft Corner for a DIY Kite.

Source: <https://activeforlife.com/21-active-beach-games/>

Mindfulness Beach Yoga



- I am a surfer



- I am a swimmer



- I am a beach chair



- I am a sea star



- I am a sandcastle

Source: <https://www.kidsyogastories.com/beach-yoga-poses/>

RECspiration!!

Creative Fun Sand Castles

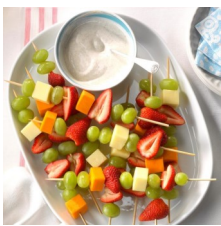


What You Will Need:

- Plastic shovels, spades
- Various sized buckets and pails, plastic cups
- Tools for carving (plastic knives, forks, spoons)
- Pieces of string for shaving and shaping
- Straws
- Large plastic spray bottle filled with fresh water (not salt water)
- Sand and water

Pick a spot by the shoreline and make a gigantic pile of sand. Dig out a crater at the top and slowly pour in water with bucket or cup—it will drain through the sand. Pour until it stops draining then jump on it to really pack it in. Take a super-wet scoop of sand and slap it down, wiggle it to help water drain. Repeat until you have a tall and lumpy tower. Starting from the top use a plastic knife to form rooflines and to smooth out towers and walls. Use a paintbrush or straw to remove loose sand as you go. Be creative and add details using plastic fork or a toothpick to draw bricks. Top castle with found objects like shells. Use a spoon to scoop out arched doorways and windows.

Source: <https://www.parents.com/fun/activities/outdoor/steps-to-build-an-epic-sand-castle/>



Summer Snack Beach Kabobs



Fruit and Cheese Kabobs:

- 1 1/2 cups grapes
- 2 cups fresh strawberries
- 8 ounces cubed cheddar cheese
- 1 cup vanilla yogurt (optional)

Alternate strawberries, grapes and cheese cubes.

Meat Kabobs:

- 1/2 lb. cooked boneless cubed chicken breast
- 5 ounces cubed part-skim mozzarella cheese
- 18 cherry or grape tomatoes

Alternate chicken, cheese and tomatoes on skewers. Serve cold.

Eating at the beach should be fun and bonus you can eat these with sandy fingers! Create your own kabobs!

Source: <https://www.delish.com/food/g27198460/best-beach-food/>

Source: <https://www.tasteofhome.com/recipes/cold-chicken-cheese-kabobs/>

RECSpiration!!

Craft Corner Paper Plate Kite



Materials:

- Paper plate
- Ribbon (various colors, width, and lengths)
- Duct tape
- 16-inch dowel
- Scissors

Instructions:

- Cut center out of paper plate
- Use duct tape to attach ribbon to one end of paper plate.
- Make a hole at opposite end of plate from where you attached ribbon. Insert dowel into the hole making sure it comes through the other side but don't leave it sticking out.
- Use duct tape to secure dowel to plate using a generous amount of duct tape on front and back sides. Add more strips of duct tape to decorate plate (optional).
- Hold dowel in hand and run to fly your kite.

Source: <https://www.kixcereal.com/kix-cereal-paper-plate-kite/>

Outdoor Beach Musical Blankets



Similar to Musical Chairs, this game uses beach towels laid out flat on the sand. Make a line of towels, enough for each player, minus one, and start the music. You will need another person to start and stop the music while the others play the game. Dance around the beach towels until the music stops. Each player must find a beach towel to stand on. The player left without a towel is out. The last player left at the end of the game is the winner.

Source: <https://icebreakerideas.com/beach-games/#Beach Games for Kids>