

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 Outdoor Exercises



Crab Walk: Sit with feet in front of you and hands behind you. Lift your hips off the ground and walk on feet and hands.

Bear Crawl: Face forward and put your hands on the ground and keep your knees off the ground. Crawl on your hands and feet without letting your knees touch the ground.

Frankenstein Walk: Put your hands out straight and bring one leg out straight so it's parallel with the ground and touch your toe with your opposite hand and walk like a monster. Repeat with other leg and hand. (Growling like a monster is optional)

Superman: Lay on your belly and lift arms and feet off the ground at the same time like Superman flying through the air.

Source: <https://www.goodhousekeeping.com/life/parenting/g32300455/exercises-for-kids/>

Mindfulness Mindfulness STOP Skill

S: Stop. Whatever you're doing just pause for a moment.

T: Take a breath. Re-connect with your breath. Your breath is an anchor to the present moment.

O: Observe. Notice what is happening inside and outside of you? Where has your mind gone? What do you feel? What are you doing?

P: Proceed. Continue doing what you were doing. Or don't. Use the information gained to change course. Whatever you do, do it mindfully.

By occasionally reminding yourself to stop you can increase your awareness of what is going on around you and inside you. Using STOP may help you recognize and correct behavior.

Source: <https://www.waterford.org/resources/mindfulness-activities-for-kids/>

RECspiration!!



Creative Fun DIY Homemade Fly Trap



Materials Needed:

- Soda Bottle
- Scissors or Knife
- Wire or string
- 1/2 Cup Water
- Bait—small piece of raw meat or fish or anything smelly
- Tape

STEP 1: Get a Soda Bottle. You can use any size but the ones that work the best have a narrower neck.

STEP 2: Cut it all the way around about two thirds of the way up the bottle. To make the first cut, just squeeze the plastic together so that you can get the scissors into position or poke it with a knife (have an adult help with this). Once you make a hole, you can easily cut all the way around to separate the top from the bottom piece.

STEP 3: Turn the bottle top upside down and place it inside the bottom section of the bottle. Use a little sticky tape to hold it in position (this is optional, but it is recommended so the contents don't spill if knocked over).

STEP 4: Choose your bait. You will need some sort of bait to attract the flies into your trap. A little piece of meat or raw fish, but anything a little smelly will work. (the smellier it is the more the flies will be attracted to it). Add 1/2 cup of water into the bottle and add your bait. If you want to hang it out of the way, you can tie a bit of wire or string to the bottle using a hole punch to make holes in the side (optional). Put in position and wait.

Source: <https://www.cleaneatingwithkids.com/make-homemade-fly-trap-regular-plastic-bottle/>

Summer Snack S'mores



Strawberry S'mores

- Chips Ahoy cookies
- Toasted marshmallows
- Sliced strawberries

Chocolate S'mores 2.0

- Chocolate wafer cookies
- Toasted marshmallows sprinkled with a little cinnamon
- Milk chocolate squares

Peanut Butter S'mores

- Graham crackers
- Dark chocolate squares
- Toasted marshmallows
- Sliced bananas

Assemble your s'mores and enjoy! For golden brown marshmallows, hold skewer about 12 inches from heat and rotate continually for 3 to 5 minutes.

Source: <https://www.countryliving.com/food-drinks/a28189946/smares-recipe/>

RECspiration!!



Firefly Catcher

- Mason jar or other glass jar with lid
- Hammer
- Nail
- Duct tape

Using hammer and large nail, make 5-6 holes in the top of lid for ventilation (have an adult help with this). If using a mason jar, secure lid with duct tape to keep it attached when you open the lid. Now you are ready to catch some fireflies. Remember to release them to the wild when light show is over.

Craft Corner

Bug Bombs



- Sage
- Mint
- Lavender
- Twine

Gather these herbs and tie them together. Add them to the campfire to smolder and smoke away the bugs. This is an all natural, non-toxic way to repel those pesky mosquitoes.

Source: <https://www.countryliving.com/entertaining/g27274046/backyard-tent-camping/>



Outdoor Backyard Camping



- Pitch a tent in your backyard or get crafty and create a tee-pee.
- String lights to map out your campsite (Optional)
- Tell Ghost Stories. See who can tell the best ghost story (age appropriate).
- Catch fireflies. See Craft Corner above for DIY Firefly Catchers.
- If you have a campfire you can sing songs and make s'mores (see Summer Snack for s'mores recipes). You can also make camping bug bombs (see Craft Corner above for DIY Bug Bombs).

Source: <https://www.countryliving.com/entertaining/g27274046/backyard-tent-camping/>