

## 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 Boogying Down



### Cardio Exercise:

Have a dance party. You'll need music and some good dance moves.

In case you didn't know, hip hop dancing can burn about 400 calories an hour so turn up the beat and get moving!

Source: <https://www.familyeducation.com/life/exercise-sports/8-fun-cheap-family-fitness-activities?slide=3#fen-gallery>

## Did you Know? Fun Facts about Labor Day



### Some Fun Facts about Labor Day:

- Labor Day is celebrated not only in the United States, but also in Canada, with origins stemming from labor disputes in Toronto in the 1870's.
- Labor Day was declared a national holiday by President Grover Cleveland in 1894.
- Traditionally it's been unacceptable to wear white after Labor Day, although most no longer abide by this anymore.
- According to the National Hot Dog and Sausage Council, Labor Day marks the end of hot dog season. The Council estimates that 7 Billion are consumed by Americans from Memorial Day to Labor Day!
- Many countries celebrate this Labor Day, remember to take a moment to thank all of the hard-working men and women in our country who dedicate endless hours to support the country's industries.

Source: <https://hickory.macaronikid.com/articles/582652fa24d8f4da3ab15b9b/macaroni-celebrates-labor-day>

# RECspiration!!



## Creative Fun Apple Tree Game



### Supplies:

- Tape
- Apples
- Basket
- Timer

1. Using tape, mark out a tree shape with branches. Add apples to the branches.
2. Have your child pick up one apple at a time and drop it in the basket but they can only walk on the tape to get to the apples.
3. Time them to see how long it takes to collect all the apples.
4. This will test your balance and motor skills.

Source: <https://teachingmama.org/a-is-for-apple-activities/>

## Fun Snacks Crunchy Apple Boats



### What you will need:

- Apples (1 apple makes 2 boats)
- Peanut butter (or use Nutella or honey)
- Puffed rice
- Cheese
- Toothpicks

Cut the apple in half, removing the core. Spread the top with peanut butter or your favorite spread. Sprinkle with puffed rice. Cut a sail for your apple boat from a thick slice of cheese and attach with a toothpick. Enjoy!

Source: <https://childhood101.com/simple-kids-snack-ideas-crunchy-apple-boats/>

# RECspiration!!

## Craft Corner DIY Sundial



Show your kids how to use the sun to tell time. This simple sundial clock is made from a paper plate, a pencil and a clock-face (a free printable clock-face template can be found on website below).

- Paint the back of the plate or leave it plain.
- If you printed out the template, cut out the clock face and glue it on the back of the plate or you can draw your own on the plate.
- Use a hammer and nail to punch a hole in the center (have an adult help you with this).
- Stick a pencil through the hole—now head outdoors!
- Be sure to position the sundial with the “12” pointing north to determine the current time.

**Source:** <https://www.raisingarizonakids.com/2015/06/how-to-make-sundial-clock/>



## Outdoor Run, Waiter, Run



1. Give each team or individual an apple (or another small object) and a large dinner plate or small tray.
2. Team members must carry the dinner plate or tray “waiter-style” down to a designated spot, and then turn around and carry the plate back to the next person. Individuals can be timed on how long it takes them to carry the plate to the designated spot and back. If a team member or individual drops the apple or other object used they must stop, put it back on the tray or plate and not take any steps to continue until they have done so.
3. The team that has all their members complete the race first is the winner.

**Source:** [https://icebreakerideas.com/best-relay-race-games/#Over\\_Under\\_Over\\_Under](https://icebreakerideas.com/best-relay-race-games/#Over_Under_Over_Under)