

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 Alphabet Exercises



A—Act like a cat	H—Hugs	O—Open and shut arms	V—Vacuum
B—Bend at the knees	I—Itzy bitsy steps	P—Pop up	W—Wiggles
C—chair pose	J—Jump	Q—Quiet hops	X—Jumping Jack x's
D—Dance	K—Kick	R—Runs	Y—Yoga (downward dog)
E—Elephant steps	L—Leg lifts	S—Side steps	Z—Zig zag steps
F—Fly like a bird	M—March	T—Turns	
G—Gallop	N—Noisy steps	U—Under someone's legs	

Source: <https://kidsactivitiesblog.com/25870/physical-fitness/>

Did you Know? Fun Facts & Tips



- Apple cider can be stored for an extended period if kept just over 32 degree Fahrenheit. It will keep a year or more if frozen in plastic jugs (when filling jug allow room for expansion).
- Apples are part of the rose family, just like pears and plums.
- Apple trees take 4-5 years to produce their 1st fruit. Life expectancy for an apple tree is about 100 years.
- There are more than 8,000 varieties of apples. It is the largest variety of fruit to exist.
- It takes roughly 2 lbs. of apples to make a 9 inch pie.

See **Outdoor** section for places to go apple picking in the local area.

Source: <https://demeritthillfarm.com/what-we-grow/apples/>

RECspiration!!

Creative Fun Red Apple Slime



What you will need:

- 1/2 cup clear PVA school glue (or use Elmer's glitter glue and eliminate food coloring and glitter)
- Food coloring and glitter
- 1 Tbsp saline solution (must contain boric acid and sodium borate)
- 1/2 cup water
- 1/2 tsp baking soda

1. Add 1/2 cup glue to a bowl and mix with 1/2 cup water.
2. Add food coloring and glitter as desired and stir (eliminate this step if you are using glitter glue).
3. Stir in 1/2 tsp baking soda
4. Mix in 1 tbsp saline solution and stir until your slime forms and pulls away from the sides of the bowl.

If it feels too sticky, add a few more drops of saline solution. Start by squirting a few drops of the solution onto your hands and kneading your slime longer. You can always add but you can't take away.

Source: <https://littlebinsforlittlehands.com/apple-theme-slime-recipe-fall-science/>

Fun Snacks Apple Pancakes



Ingredients:

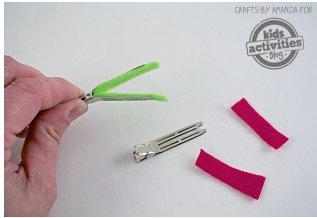
- 2 cups flour
- 1/4 cup brown sugar
- 4 tsp baking powder
- 1 tsp salt
- 1 tsp cinnamon
- 2 eggs
- 1/2 cup oil
- 2 cups milk
- 1 medium granny smith apple (peeled and grated)

In med. bowl whisk together flour, brown sugar, baking powder, salt and cinnamon. In sm. bowl whisk together eggs, oil, and milk. Pour wet ingredients into dry ingredients and mix gently until barely combines (few lumps are okay). Gently fold in apples.

Preheat griddle on medium heat. Pour butter by 1/4 cup scoops onto griddle. Cook 3-4 minutes. Flip and cook an additional 1-2 minutes. Serve warm with butter and maple syrup.

Source: <https://lilluna.com/apple-pancakes/>

RECSpiration!!



Craft Corner Apple Bookmarks



Materials Needed:

- Metal hair clips
- Scissors
- Felt: Red or light green, brown and dark green
- Hot glue gun (have an adult help with this)
- Apple pattern

1. Print out or draw an apple, stem, and leaf and use as a pattern to cut from felt. You will need 2 sets of everything cut from felt (apple, stem, leaf).
2. From leftover felt scraps, cut two strips to fit inside the hair clip. Squeeze the end of hair clip to open it and hot glue the felt strips to inside of prongs. This will keep the clip from getting stuck together when you glue the apples on.
3. Glue the hair clip to one of the apples in the center. Glue the second apple on top making sure to cover the visible hair clip.



Source: <https://kidsactivitiesblog.com/57338/apple-bookmark-craft/>

Outdoor Go Apple Picking!!



Plan a day to get out and enjoy some apple picking this week! It's a fun activity families can do together. Check out the **Fun Snacks** section for a recipe idea using your apples. Below are some of the links to a few local farms that have apple picking. You may want to check ahead for their hours and restrictions.

Source: <http://www.applecrest.com/>

Source: <https://www.butternutfarm.net/>

Source: <https://demerithillfarm.com/>