

# 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

## Simon Says Fitness



You can turn this popular game into a fun fitness activity. Here are a few ideas or you can make up your own:

- Lay on your back & pedal legs in air
- Hop like a frog
- Pretend to ride a horse
- Do a silly dance
- Wave your arms above your head
- Do a somersault

- Jump up and down
- Spin around in circles
- Hop on left foot
- Hop like a bunny
- Bend down and touch toes
- Take 5 giant steps forward

Source: <http://www.thehealingpathwithchildren.com/2018/01/22/simon-says-fitness-game/>

## DID YOU KNOW?

### Broadleaf Plantain

Broadleaf Plantain produces greenish flowers and has large oval-shaped leaves that can be eaten raw or cooked. Known for growing everywhere from parking lots to playgrounds, the weed has been used for centuries in traditional medicine. Some potential health benefits are:

- May decrease inflammation (for arthritis)
- May promote wound healing (bee stings and mosquito bites)
- May support digestive health

**\*\* Refer to the website below on how to use plantain weed.**

**\*\* Please be sure to verify plants prior to touching or ingesting, parents should help with this!**



Source: <https://www.healthline.com/nutrition/plantain-weed>

# RECspiration!!



## Creative Fun Roadway in the Leaves



Remember when you were a kid and all the hours of fun you spent playing in the leaves?!

Here's a fun idea to keep kids busy for hours or maybe even days:

Clear a path or make a maze using leaves in your yard. This provides a wonderful setting for imaginative play as kids push their trucks through the leaf maze roadways. When your done with the maze, have your kids help rake all the leaves into a big pile and play in the pile!!

Source: <https://happyhooligans.ca/roadways-in-the-leaves/>

## Fun Snacks Fall Leaf Gummies



### What you need:

- Cooking spray
- 1/2 cup orange juice
- 2 1/2 Tablespoons Lemon Zest
- 3 small packets Gelatin
- 3/4 cup water
- 2 cups Imperial Sugar (extra sugar to coat gummies)
- Pinch of salt
- Food Coloring
- Silicon Leaf Molds

1. Spray the mold with cooking spray
2. Combine juice, lemon zest and gelatin and stir. Set aside.
3. In a pot, combine water, sugar and salt and stir while bringing to a boil. Stop stirring and keep it at a boil for 5 minutes.
4. Combine both mixtures and pour into the molds. Will be hot—ask an adult to help with this!
5. Let them sit out overnight. Next day pop them out of the mold and dip them in sugar for a tasty treat that tastes just like sour patch kids!

Source: <http://hallecake.net/make-sugar-gummy-fall-leaves/>

# RECspiration!!

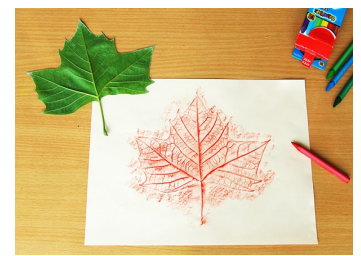
## Craft Corner Leaf Rubbing



### Supplies:

- Real leaves
- Paper (thin or lightweight)
- Crayons or oil pastels

1. Collect leaves (various shapes and sizes).
2. Position leaf with bottom side facing up.
3. Put a sheet of lightweight paper over the leaf.
4. Rub the side of a crayon or an oil pastel gently on the area over the leaf. As you do this, you'll see the colored areas start to take the shape of the leaf. Continue until you've rubbed over the entire leaf.
5. Remove the leaf from under the paper. You can make more leaf rubbings using other colors and different leaf shapes.



Source: <https://www.firstpalette.com/craft/leaf-rubbings.html>



## Outdoor Scavenger Hunt

- Make a list of items for kids to find on a nature walk. See how many you can find!
- A nature walk is a great way to get outside and a scavenger hunt adds to the fun!
- You can go on a nature walk in your neighborhood, in the woods, on local park trails, or mountain trails.
- Don't forget to take along a healthy snack and plenty of water! Check out a recipe for granola bars in the Fun Snacks section.
- Check out some of our local trails at Willand Pond or Mast Point Dam. You can find information about them on the city's website at [www.somersworth.com](http://www.somersworth.com).

### Kids Nature Walk Scavenger Hunt



[dressesanddinosaurs.com](http://dressesanddinosaurs.com)

Source: <https://dressesanddinosaurs.com/kids-nature-walk-scavenger-hunt/>