

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 10 Exercises for Kids



1. Squats



6. Burpees



2. Jumping Jacks



7. Biceps Curls



3. Push Ups



8. Sit Ups



4. Planks



9. Lunges



5. High Knees



10. Stretching



Source: <http://www.bambinis.net/tips-for-parents/raising-couch-potatoe-10-easy-exercises-kids/>



DID YOU KNOW?

Benefits of Exercise



Being active means being healthier. This is why it is important for kids (and adults!) to get daily exercise and regular routines can promote:

- Healthy weight
- Maintain/regulate blood pressure
- Create good cholesterol levels
- Your body will be more able to generate antibodies that would keep diabetes and cancer at bay
- Makes you more competitive

Source: <http://www.bambinis.net/tips-for-parents/raising-couch-potatoe-10-easy-exercises-kids/>

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Creative Fun How to Make Water Walk



What you will need:

- 3 clear cups or jars (same size)
- 2 different colors of food coloring
- White paper towels
- Water

1. Cut a paper towel in half (for a full sheet). Then fold it in half lengthwise, and in half lengthwise again so you have a long strip of paper towel. Do the same with the other piece of remaining paper towel.
2. Line up the 3 cups or jars next to each other in a row.
3. Fill the two outer cups halfway with water, keeping the middle cup empty.
4. Add a few drops of food coloring to one of the cups with water and add a few drops of a different color to the other cup with water.
5. Place one end of the paper towel strip in the cup with water and the other end in the empty cup. Put the remaining paper towel strip in the other cup with water and the other end in the empty cup.

Source: <https://curiodyssey.org/activities/science-experiments-for-kids/how-to-make-water-walk/>

Fun Snacks Banana Ramma Cars



Ingredients:

- 1 Banana
- Pretzel Sticks
- Graham Crackers

1. Slice the banana in chunks for the wheels. Stick a slice of banana on both sides of the pretzel sticks.
2. Place two of the banana/pretzel sticks next to each other and place a graham cracker over the top of the pretzel sticks.
3. Use leftover pretzel sticks to make a raceway!

Source: <https://butterwithasideofbread.com/fun-kid-snacks-with-bananas/>

RECspiration!!

Craft Corner

Mosaic Butterfly

Materials needed:

- Sketch paper and pencil
- Construction Paper (assorted colors)
- Glue Stick
- Scissors



1. Use paper and pencil to create a traceable butterfly template. Fold paper in half. Along the fold draw one side of head, antennae, body, and wing of butterfly. Use scissors to cut along your drawn line. Open the folded paper to reveal a full symmetrical butterfly shape.
2. Trace the butterfly template onto a colored piece of construction paper. Cut out the shape.
3. Begin tearing small pieces of colored construction paper. They can be in a variety of shapes.
4. Use the glue stick to affix the different colored torn-shapes to your butterfly.

Source: <https://www.wheatonarts.org/butterfly-collages/>

Outdoor I Spy in the Sky



- Pick a sunny day and a place where you have a clear view of the sky! You can lie down on your back, sit or stand—get comfortable.
- Clouds are a playground for the imagination! Ask your child to pick out clouds that may look like an animal or object.
- Cloud gazing encourages creativity while relaxing and connects children with nature. It builds observation and communication skills. What you may see in a cloud may be different from what another person sees.
- Take a moment to stop and see what's happening in the sky!

Source: <https://kidengage.com/blog/2020/04/do-it-i-spy-in-the-sky-cloud-gazing/>