

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 Exercise Plan

Here are some fun exercises you can do inside or outside!
Exercise is beneficial for your mind and body and allows you to burn off some energy and have fun at the same time!

Source: <https://www.pinterest.com/pin/371969250461144485/>

 <p>Jog in place while you sing the alphabet song.</p>	 <p>March around the room and count to 30 while you march.</p>
 <p>Go outside and ride your bike for 10 minutes.</p>	 <p>Somersault 5 times.</p>
 <p>Do 15 jumping jacks.</p>	 <p>Do 10 push-ups.</p>
 <p>Run around the outside of your house 3 times.</p>	 <p>Bear walk across a room.</p>



Fun Facts - Columbus Day



- Christopher Columbus set foot on San Salvador Island on October 12, 1492. The holiday was declared as October 12th by President Franklin Roosevelt but in 1971 was changed to the second Monday in October.
- Columbus's expeditions were blamed for several disease outbreaks like smallpox, measles, mumps, whooping cough, and chicken pox.
- Upon arriving in the Americas, Columbus introduced new items like wheat, barley, rye, sugar, bananas, citrus fruits and horses.
- Colorado was the first state to make Columbus Day an official legal holiday. South Dakota, Alaska and Hawaii do not recognize Columbus Day.
- No one knows what Christopher Columbus looked like because he never had his portrait painted.
- Columbus sailed from Spain in August of 1492 with 3 ships the Nina, the Pinta, and the Santa Maria and a crew of 90 men. The Santa Maria did not make the return voyage to Spain because it ran aground and 40 men had to stay behind.

Source: <http://luckybirdcashmere.com/blog/8-interesting-and-fun-facts-about-columbus-day/>

RECspiration!!

Creative Fun Ivory Soap Boats



Supplies:

- Ivory soap
- Tracing paper
- Pencil
- Popsicle stick
- Potato peeler
- Bucket or sink filled with water

The colonists' trip to America took 2 or 3 months by sea on large ships which had to carry enough supplies for the long journey. They brought supplies they would need like food, water, clothing, guns, gun powder, tools and candles. Have fun creating your own ship and see if it floats!

Take the wrapper off the bar of soap. Place tracing paper over the soap. Using a pencil, draw an outline of a boat onto the soap through the tracing paper.

Remove the tracing paper and carefully carve over the lines with a popsicle stick (this is much safer than a knife).

Have an adult help you smooth the edges with a potato peeler.

Put your boat in the water. Does it sink or float? Hint—Ivory soap has air whipped into it and helps it float.

Source: <https://www.readingkingdom.com/files/pdf/how-to-make-a-soap-boat.pdf>

Fun Snacks Egg Sailboats



Ingredients:

- 1 Hard-cooked egg, peeled
- 1 slice processed cheese
- 2 straight pretzels

With help from an adult, hard-cook the eggs and peel them.

Slice eggs in half lengthwise (you may need to trim the bottom of the egg so they sit flat).

Slice cheese in half diagonally to make 2 triangles.

For each sailboat, use a pretzel and cheese triangle to make a mast and sail (you may need to trim the cheese sail).

Source: <https://eggs.ab.ca/recipes/egg-sailboats/>

RECSpiration!!

Craft Corner DIY Telescope



Supplies:

- Paper towel roll
- Construction Paper
- Glue
- Scissors
- Colored cellophane paper (optional)

1. Cut construction paper to fit around the paper towel roll
2. Glue the construction paper on the roll. You can use different colored paper or decorate if you want.
3. Optional: Add a piece of colored cellophane on the bottom of your telescope to see things in a new color!

Source: <http://kidscraftzone.com/post/Columbus-Day-Telescope.aspx>



Outdoor Name that Leaf



Telling one kind of tree from another can be tricky. Many leaves are unique enough to give you a clue what species they belong to.

Go outside and explore the kinds of leaves and trees where you live. Can you identify the leaves on a chestnut, maple, oak, elm, birch and pine tree? How about poison oak or ivy leaves—**but be careful not to touch them!**

Enjoy the fall weather, head outdoors together and become explorers! Need a place to explore the outdoors?! Check out the parks in Somersworth! **You can learn more about City of Somersworth parks here:**

<https://www.somersworth.com/parks-recreation/pages/city-parks>

Source: <https://kids.nationalgeographic.com/explore/nature/name-that-leaf/>