

# 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

Shuffle a deck of cards and place the deck face down. Flip over the first card and try the exercise that corresponds with it (see below). Continue to flip over cards while trying each exercise. Every suit in the deck represents the exercise and the card value equals the number of reps. All face cards represent different cardio exercises. Decide on a number of cards to go through or try the whole deck! Rest as little as you can in between to keep your heart rate up.

### Deck of Cards Fitness!



**Hearts #'s 2-10 = Squats**



**All Jacks = Jog in place 30 seconds**



**Clubs #'s 2-10 = Lunges**



**All Queens = 20 Jumping Jacks**



**Diamonds #'s 2-10 = Push-Ups**



**All Kings = 20 Mountain Climbers**



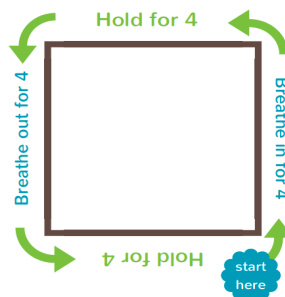
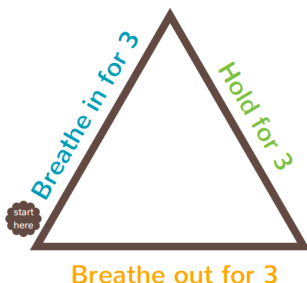
**Spades #'s 2-10 = Crunches**



**All Aces = 20 Jump Squats**

## Mindfulness

Try these calming breathing exercises throughout the day!



# RECspiration!!

## Fun!

Don't forget to take time out of your day to have some fun and be creative!

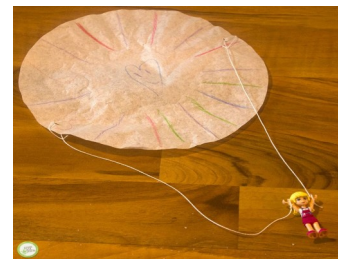
### Mini Parachutes

#### Materials Needed:

- Coffee filters or plastic bag (Decorate it!)
- String or yarn
- Hole puncher (or use scissors and cut an X to create an opening)
- A small toy object like a Lego person (or make your own)

#### Steps:

- Using your hole puncher (or scissors) punch 4 holes in your coffee filter. If using a bag, cut the bag into a smaller circle or square approx. 8"x8" (or you can try your own size!) and punch 4 holes around the outer edges. Try to make your holes approx. 1/2" from the edge so the filter/bag doesn't rip.
- Cut 4 pieces of string approx. 8-10" long. Attach the string to your filter or bag by tying a small knot.
- Secure the string around your small object by wrapping the string around or tying a knot around the object.
- **Take your parachute for flight!** Holding the bag or filter drop your parachute and see what happens! Does it drop fast? Does it float? Make it a competition with your family to see whose parachute can stay in the air the longest!
- **Other ideas to try:** Try bringing your parachute outside to see which way the wind takes it. Try adding a light and heavy object to see which falls faster. Have a parachute race with the family!



### DIY Science

Create your own sundial!

#### Materials:

- A straight stick approximately 2 feet long
- Small rocks or objects to mark each hour
- A watch or clock
- **Optional:** bucket with sand to secure the stick without placing in the ground

#### Steps:

- Find a sunny spot in your yard and push the stick into the ground (if your yard doesn't have grass you can use a bucket with sand and put the stick in the sand).
- Start early in the morning when the sun is up (around 7:00 a.m.) Start by placing a rock to mark where the shadow of your stick falls.
- Come back each hour and mark where the stick falls (8:00 am, 9:00, etc.) until there is no more daylight.
- At the end of the day your sundial will be complete!

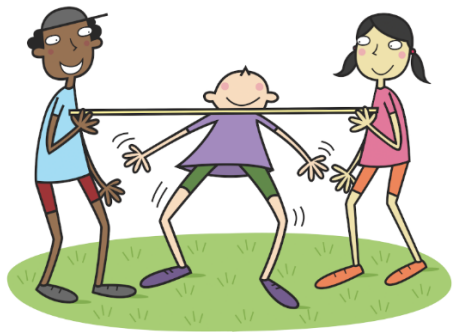


# RECspiration!!

## Music

### Silly Dance Parade!

Dress up in your silliest attire and get ready to dance around the house! Put on a funny hat, flashy shirt, etc. See who can come up with the most silly outfit and then put on your favorite tunes and dance around all the rooms in your house.



### Family Limbo!

- You will need access to a music player and a pole (broomstick, mop handle, or curtain rod work great).
- Start by playing your favorites tunes and have you child dance while trying to go under the pole without touching it.
- After each round lower the pole and see how low you can go!

## Nature

### Homemade bird feeders!!

#### Materials:

- Empty milk carton
- Scissors
- Hole puncher
- String
- Bird seed
- Optional: construction paper, glue, tissue paper, paint, etc. to decorate your bird feeder.



#### Steps:

- Clean and dry your milk carton.
- Cut a hole on one side of the carton that's big enough for a bird.
- Punch a hole at the top of the carton and attach the string by tying a knot and leaving a loop to hang your feeder.
- Decorate your bird feeder!
- Let the bird feeder dry, fill the hole with bird seed, & hang your feeder to attract visitors to your yard!

