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
Scarecrow Exercise

Get some exercise and have fun doing it!

See if you can act out this rhyme to the tune of "Twinkle Twinkle".

Add to the fun, dress up like a scarecrow.

Make it more challenging by adding in some jumping jacks or hops and swing your arms like you are scaring away the crows!

To the tune "Twinkle Twinkle".

Scarecrow, scarecrow touch your toes,
Scarecrow, scarecrow, tap your nose.
Swing your arms so very slow,
Now real fast to scare the crows!
Clap your hands, then tap your knees,
Turn around and tap your feet.

WORLD
Nursery Rhyme Week

Source: http://williamsschoolhouse.blogspot.com/2010/11/songs-and-poems-thanksgiving.html

DID YOU KNOW?
Fun Facts about Scarecrows

- Scarecrows were originally made to scare off crows and other birds that might ruin a farmer's crops.

- The first Scarecrows have been known to be around about 3,000 years ago!

- After awhile most crows become familiar with the scarecrows and farmers will try other things like hanging tins in trees and using noise guns to ward them off. Birds are also scared off because of the smell of humans that linger on the clothes used on scarecrows.

- The most famous scarecrow is the fictional character in *The Wizard of Oz* who is in search of a brain.

- Nowadays, scarecrows are usually just used as a symbol for fall and harvest instead of practical use.

Source: https://www.thefactsite.com/facts-about-scarecrows/

RECspiration!!

Creative Fun
I'm a Little Scarecrow

Have fun acting out this song:

I'm a Little Scarecrow (to the tune of I'm a Little Teapot)

- I'm a little scarecrow (point to self)

- Raggedy and worn (arms out to side)

- I wear a hat (touch top of head with one hand)

- And my shirt is torn (touch shirt with other hand)

- When the crows fly here (flap arms)

- I wave and shout (wave arms)

- "Away from my Garden now get out!" (make shooing motions with hands)

Source: https://dltk-holidays.com/fall/little_scarecrow_song.htm

Fun Snacks
Harvest Hash Trail Mix

Ingredients:

- Pretzels

- Bugles chips

- Honeycomb cereal

- Candy Corn

- Candy Corn Pumpkins

- Chex Mix Muddy Buddy (white or chocolate)

- M&M's or other round chocolate candy

Optional: Nuts, marshmallows, popcorn, goldfish, cheerios, chocolate chips, craisins, reeces pieces

Mix together and serve. This is a great fall snack that can be served at a Halloween Party or given as a gift.

Source: http://www.thehouseofhendrix.com/harvest-halloween-trail-mix/

RECspiration!!

Craft Corner
Candy Corn Scarecrow

Materials:

- Glass bottle
- Plastic cup (yellow or use a yellow sharpie to color it)
- Brown and orange paper scraps
- Candy corn
- Buttons

1. Cut an orange triangle for the nose and brown strips for the mouth. Glue on button eyes, nose, and a paper stitched mouth.

2. Trim cup to fit top of jar. If you don't have a yellow cup you can use a clear cup and color it with a yellow sharpie. Cut slits on the bottom of the cup to look like a straw hat. Gently curl the edges. Add a brown paper band to the hat and you can add flowers if making a girl scarecrow.

3. Fill with candy corn. These scarecrows make a great teacher gift or party favor.

Source: http://www.housingaforest.com/candy-corn-scarecrow/

Outdoor
Corn Maze

Are you up for a corn maze adventure?

Get out and explore acres of fields of cornstalks with twists and turns along the way. Some courses may be more challenging than others. Please note, you may want to call ahead before you go.

A few local farms you can visit for a corn maze adventure are:

- Coppal House Farm in Lee, NH
- Scamman Farm, in Stratham, NH

Source: https://www.nhcornmaze.com/

Source: https://www.scammanfarm.com/