

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



Monster Freeze Dance

MONSTER MASH

Who says exercise can't be fun! Since Halloween is just around the corner how about a little Monster Mash Freeze Dance challenge!

Show off your silly dance moves while being active!

Have someone play music and stop it at different intervals. When the music stops freeze in place like a statue. When the music starts again be active and move around.

Some good songs to use are "Monster Mash" or "Thriller" and pretend you are monsters.

Source: <https://kidspot.co.nz/activities/monster-mash-freeze-dance/>



DID YOU KNOW?



Fun Facts about Halloween

- Candy Corn was originally called Chicken Feed. It was created in the 1880's and got its name because corn is what was used to feed chickens.
- The most lit Jack O'Lanterns on display is 30,581 by the City of Keene, NH in 2013.
- Halloween folklore is full of fortune-telling and magic. Old English folklore about Halloween is full of superstition and fortune-telling that exists still today like avoiding black cats.
- The White House is reported as being haunted with a few ghost sightings. The ghost of Abraham Lincoln was said to be spotted by First Lady Eleanor Roosevelt and Sir Winston Churchill.

Source: <https://www.10best.com/interests/festivals-events/10-fun-facts-you-didnt-know-about-halloween/>

RECSpiration!!

Creative Fun

Feel Factor Game

Suggested items to use in your box:

- Dried apricots—ears
- Peeled grapes or olives—eyeballs
- Fuzzy pipe cleaners—spider legs
- Baby carrots—toes
- Steamed cauliflower—brains
- Candy corn—vampire teeth
- Slivered almonds—fingernails
- Mini marshmallows—ghost poop
- Yarn—monster hair
- Wet tortilla—skin
- Cheese sticks—fingers
- Peeled tomato—heart

****See Craft Corner section for DIY Feel Factor Boxes**



How to play:

Blindfold the guesser. Choose items to put inside the box or boxes depending on how many you have (see suggestions above). If you have messy or goopy items, you can cut out bottom of box and put the item on a small plate or bowl and change out the contents. Have them stick their hand inside the box and feel the contents while trying to guess what's inside. See how many you can identify! If you have more than one guesser have them write down their guess and whoever has the most correct guesses wins!

Source: <https://kidfriendlythingstodo.com/halloween-fear-factor-game-for-kids-craft-idea/>



Fun Snacks

Mummy Mini Pizzas

Ingredients:

- English muffins
- Pizza Sauce
- String cheese
- Sliced olives



1. Cut an English muffin in half down the middle to make 2 mini pizzas.
2. Spread a spoonful of pizza sauce onto each half.
3. Separate string cheese into pieces and layer over top of muffin in a criss- cross pattern. Place sliced olives for the eyes.
4. Put in oven and bake until cheese starts to melt and muffins turn golden. Enjoy!

Source: <https://lmlld.org/mummy-mini-pizzas/>

RECSpiration!!

Craft Corner Halloween Feel Boxes



Materials needed:

- Tissue Boxes
- White spray paint or white paper
- White felt
- Scissors
- Glue gun or glue sticks
- Black felt (for ghost)
- Wiggly eyes (1" wide for mummy)
- Gauze (for mummy)
- Black and red paint (for skeleton)

Spray boxes white or cover with white cardstock or construction paper. Make hole on top of tissue box a little bigger if you need to so that a hand can fit inside. Cut white felt to fit top of tissue box. Fold felt in half and cut a V shape. Open the fold up and cut another couple of slits. Glue felt to the top of your box.

Ghost—Use black felt to cut 2 ovals for eyes and a bigger oval for mouth. Optional: add eyebrows. Glue on front of box.

Mummy—Wrap box with gauze going diagonal, straight across, diagonal again. Add glue as you go to hold together. Glue on wiggly eyes . Optional: add scar with paint.

Skeleton—Draw face on with black and red paint or markers.

Source: <https://kidfriendlythingstodo.com/halloween-fear-factor-game-for-kids-craft-idea/>

Indoor/Outdoor Fun

Halloween Candy Hunt



Who says hunting around the house for candy can only be done at Easter time?!

If you can't go out trick or treating this season, put on a Halloween Candy Hunt.

Buy a set number of candy bars (be sure to count them!) and hide them around the house during the day. Once the kids are in their costumes and everyone has a treat bag, set them loose on the hunt for candy.

Once they've found all the pieces, count them to be sure there are no Snickers bars still hiding in your couch cushions.

Source: <https://www.bhg.com/halloween/parties/trick-or-treat-alternatives/>