

## 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 Fun November Exercises



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**GOBBLE squats**—Stand with feet hip width apart, squat down with arms out in front. Keep your knees behind your toes and chest up.

**“PASS THE STUFFING” Planks**— Lie on floor and lift up on your toes and hands.

**BURPees**—Stand with your feet apart. Crouch down so your hands are on the floor and jump your feet back to plank position. Jump your feet back to crouch position. Jump up. Repeat.



Complete six burpees.

Source: <https://acac.com/west-chester/news/november-exercise-month/>



## DID YOU KNOW?

### Fun Facts about November



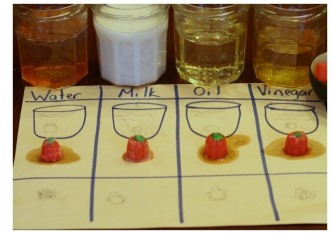
- November is the 11th month and the last full month of autumn season in the Northern Hemisphere.
- Election Day falls on November 3rd, the first Tuesday after the first Monday in November.
- Veteran’s Day falls on November 11th, the day we honor those who have served in the United States Armed Forces.
- Thanksgiving Day falls on November 26th, the third Thursday in November. It is typically a day to gather with friends and family and enjoy a scrumptious meal.
- National Sandwich Day and National Housewife Day is November 3rd.
- World Diabetes Day is November 14th.
- November is known as National Beard Month or No Shave Month as a way to raise cancer awareness.

Source: <https://www.liveabout.com/november-fun-facts-3456080>

# RECspiration!!



## Creative Fun Dissolving Candy Pumpkins



### Materials:

- Milk
- Oil
- Candy Pumpkins or Candy Corn
- Water
- Vinegar

1. Fill 4 glasses with the same amount of liquid in each glass (water, milk, oil, and vinegar). Drop 1 candy pumpkin or candy corn in each glass.
2. Observe what happens. Which one changes first? Guess how long it will take to break down completely.
3. Observe if any of the liquids change. Discuss possible reasons why this may be happening. You should notice changes taking place and some of the candies changing shape and breaking down. You may notice one peeling like your skin does when you get a sunburn.
4. Now take the candy pumpkins or corn out of the liquids and place them on a paper and observe the changes. You may see that there are changes to all of the pumpkins but some of them might change more quickly than the others.

Source: <https://lemonlimeadventures.com/dissolving-candy-pumpkins-halloween-science-kids/>

## Fun Snacks Apple Lollipops



### Nothing says fall more than a seasonal fruit like apples!

There's no real recipe for this and you can make them according to your taste. You'll need lollipop sticks (from a craft store, dollar store, or bulk food store).

Cut apples into wedges and stick a lollipop stick in the bottom of the apple wedge. You can decorate them with melted chocolate, melted caramel candies, or Greek yogurt for a frozen apple pop!

Be creative and roll them in sprinkles, coconut, or nuts. Your kids will love these!

Source: <https://www.forkly.com/food/thanksgiving-snacks-for-kids-6-fun-and-healthy-recipes/>

# RECspiration!!

## Craft Corner Stained Glass Candy Corn



### What you need:

- Heavy weight self-stick laminating film (i.e. Con-Tact paper)
- 2 sheets black construction paper
- Tissue paper (white, yellow, orange)
- Glue stick
- Scissors
- Pattern from website (or draw your own)

1. Print out pattern on 8 1/2 x 11 sheet. Expose about 15" of laminating film removing the backing (leave on roll) with sticky side up. Position candy corn pattern underneath laminating film toward one end. You can tape the pattern in place so it won't slide.
2. Cut or tear a handful of each color tissue paper. Place yellow squares in middle section overlapping pieces as you go until middle is covered. Repeat with orange squares covering the bottom and white squares covering the top. Cut film off the roll. Take empty side of laminating film and fold over the tissue paper candy corn sandwiching it between both sticky sides. Smooth out, press out any air. Set aside.
3. Tack your pattern on top of 2 sheets of black construction paper placed together. Trim black sheets together leaving about 1/2 inch border around the candy corn pattern. Fold the candy corn and black paper in half and cut slit through center. Open it up and starting at center cut out the pattern from the middle leaving about 1/4" border on pattern. Attach the 2 identical black frames to each side of your candy corn with glue stick. Trim if needed.

Source: <https://kinderart.com/art-lessons/seasons/candy-corn/>

## Indoor/Outdoor Fun Build a Scarecrow



If you love family activities, this is a fun outdoor activity for a nice autumn day. It would also be a nifty neighborhood project!

Scarecrows are easy and relatively inexpensive to make; you probably have most or all of the materials you need right in your own home. For clothes you can use jeans or coveralls, flannel shirt, straw hat or ball cap, scarf. For the head you can use a small bucket or large coffee can and cover with burlap or use a small pumpkin. You can draw on a face or use stick on eyes and yarn for hair. Stuff body with hay, leaves, or newspaper. Tie off legs and arms with twine. If you don't want to stuff one you can use a stick for body and a stick for arms and then dress it in clothing. **Be creative and have fun!**

Source: <https://www.front-porch-ideas-and-more.com/how-to-build-a-scarecrow.html>