

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 Indoor Marching

1. Lay pieces of masking tape down on floor to mark the path for the marching route. Using construction paper, cut out large circles, squares, rectangles. Place these symbols along your marching path.
2. Play music in the background and start marching along the path. When you get to a symbol stop and add in some other exercises like jumping jacks, hops, squats, etc.
3. Exercise can be fun and you can make it your own!

Source: <http://aplaceofourown.org/activity.php?id=294>

DID YOU KNOW?

Facts about Veteran's Day



- Veterans Day was originally called Armistice Day, commemorating the end of World War I.
- Veterans Day honors all of those who have served the country in war or peace (dead or alive). It differs from Memorial Day which is a time to remember those who gave their lives for our country, in battle or from wounds suffered in battle.
- Veterans Day Holiday occurs on November 11 each year in the United States in honor of the “eleventh hour of the eleventh day of the eleventh month” of 1918 which signaled the end of World War I.
- 2 million veterans served during the Korean War.
- 7 million veterans served during the Vietnam War.
- 9 percent of veterans today are women.

Source: <https://www.history.com/topics/holidays/veterans-day-facts>

RECspiration!!

Creative Fun Paper Helicopters



Paper helicopters are a fun activity that demonstrates gravity, drag and thrust.

What you need:

- Paper
- Paper clips
- Scissors
- Colored pencils

1. Use the template found in the website below for helicopter pattern or design your own! Cut along the solid lines of the pattern. Fold the lower sections (C & D) toward each other along the dotted lines. Hold the folded sections and place a paper clip at the end. Fold the top blades (A & B) in opposite directions. Hold the helicopter high above your head and release!
2. Did the helicopter rotate clockwise or counter-clockwise? Can you make it rotate in the opposite direction?
3. Does the height you drop it from affect its flight?
4. When the helicopter falls, air pushes up against the blades and bends them up just a little. The helicopter doesn't move sideways through the air because both blades get the same push but in opposite directions.

Source: <https://curiodyssey.org/activities/science-experiments-for-kids/making-paper-helicopters/>

Fun Snacks Soldier Fruit Snack



Ingredients:

- Green Apple
- Peanut Butter
- Nutella
- Edible Eyes

Start out by cutting a line around the front of the apple dividing the helmet and face. Then cut off and peel the face up to the helmet line. Put some Nutella and peanut butter in separate baggies and snip of the corner. Squeeze them on top to look like camouflage. Decorate the face with Nutella and peanut butter and add eyes.

Source: <https://kitchenfunwithmy3sons.com/soldier-fruit-snackhappy-veterans-day/>

RECSpiration!!

Craft Corner Veterans Day Dog Tags



REMEMBER
OUR
SOLDIERS



REMEMBER
OUR
VETERANS

What you need:

- Cereal box or sturdy cardboard
- Markers
- Glue
- Scissors
- Cord, necklace chain or string

This craft is a great way to show your support to soldiers and veterans. Print out the template provided on the website below and trace it onto cereal box or cardboard then cut them out. Paste the template onto the cardboard. Poke a hole in it with scissors and string the cord or chain through the hole. You can also design your own dog tags instead of using the template.

Source: <https://www.artistshelpingchildren.org/veteransdaycraftsideasdecorationskids.html>



Indoor/Outdoor Fun Balloon Games



- **Backhand Balloon Balance:** Challenge yourself to see how long you can balance a balloon on the back of your hand before it falls to the ground.
- **Balloon Paddle Ball:** Use a fly swatter or make paddles using paper plates and over-sized popsicle stick or a paint stir stick. Try to keep the balloon on the paddle as you navigate through obstacles or run around the house.
- **Balloon Foot Balance:** For a challenge, lie on the ground with your legs up in the air and try to balance the balloon on your feet. It's not an easy task and it also is a great core workout!
- **Balloon Volleyball:** Make a "net" using a piece of string between 2 chairs and hit the balloon back and forth by running from one side to the other, trying to keep it off the floor. If you have more than one

Source: <https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/>