

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

Do the Turkey Trot

After you've had your Thanksgiving Dinner, try this fun exercise to get you moving!
Repeat at a faster pace for more of a challenge!

- Step to the left
- Step to the right
- Flap your wings
- Jump up
- Spin Around

- Touch the ground
- Gobble out loud
- Swish your tail
- Take a bow



shutterstock.com • 1216955905

Source: <https://www.thingsstoshareandremember.com/do-the-turkey-trot/>



DID YOU KNOW?

Thanksgiving Trivia



- The first Thanksgiving was celebrated in 1621 with 50 Pilgrims, 90 Wampanoag Indians, and lasted 3 days. They likely feasted on venison, duck, goose, oysters, lobster, fish alongside pumpkins and cranberries.
- Abraham Lincoln proclaimed Thanksgiving a national holiday in 1863.
- Harry Truman was the first President to receive a ceremonial turkey which he ate for dinner. John F. Kennedy was the first to let a Thanksgiving turkey go, followed by Richard Nixon who sent his turkey to a petting zoo. George H.W. Bush was the president who formalized the turkey pardoning tradition in 1989.
- Butterball answers more than 100,000 turkey-cooking questions via their hotline in November and December.
- Only male turkeys actually gobble. Female turkeys cackle instead.

Source: <https://worldstrides.com/blog/2016/11/9-fun-facts-about-thanksgiving/>

RECspiration!!

Creative Fun Secret Messages



What you need:

- Small pot
- Cranberry juice
- Whole berry cranberry sauce (optional)
- White paper
- Baking soda
- Water
- Paintbrushes

1. Add 2 cups cranberry juice and 1/2 can cranberry sauce to a pot and bring to a boil over medium/high heat, mixing every few minutes. If you don't have cranberry sauce you can leave it out. You may need an adult's help with this.
2. Mix 1/3 cup hot water with 4 tablespoons of baking soda. Use this mixture to paint a message or picture onto a piece of paper and let it dry. You can use a hairdryer (low setting) to dry your messages.
3. Carefully pour the cranberry juice into small coffee mugs and let cool. Use the mugs of juice as paint and paint the cranberry juice over the dried messages to reveal the secret message. When you paint your paper with the cranberry mixture it will show red from the cranberry juice and a blue/green color where the baking soda secret message was written.

Source: <https://littlebinsforlittlehands.com/cranberry-secret-messages/>

Fun Snacks Turkey Fruit Platter



Ingredients:

- Red grapes
- Bananas
- Strawberries
- Pear (cut in half)
- Cheese
- Square mini pretzels

Arrange red grapes, bananas and strawberries in a semi-circle on a platter. Slice a pear in half and place it cut side down on platter. Add cheese for nose and legs. Garnish with pretzels on bottom. Enjoy!

Source: <https://www.kidskubby.com/50-cute-thanksgiving-treats/>

RECspiration!!

Craft Corner Turkey Napkin Rings



Materials:

- 12 x 18 brown felt sheet
- 12 x 18 red felt sheet
- 12 x 18 yellow felt sheet
- Turkey pattern found on website below
- Fabric glue
- Scissors
- Turkey napkin ring template
- Paper clip (optional)
- 2 googly eyes

1. Using your template pieces, cut out napkin ring using brown felt, feathers and wattle using red felt, and turkey head/neck using yellow felt. (If you don't have a printer at home, you can make your own template)
2. Fold brown napkin ring into a circle with 3/4" overlap and glue into place. You can use paper clip to hold in place while drying.
3. Glue eyes and wattle on yellow felt to make the face then glue it on front of the napkin ring.
4. Glue feathers to the back of the napkin ring.

Source: <https://www.favecrafts.com/Thanksgiving/Easy-Turkey-Napkin-Rings-from-the-New-Image-Group>

Indoor/Outdoor Fun Face the Pie Game

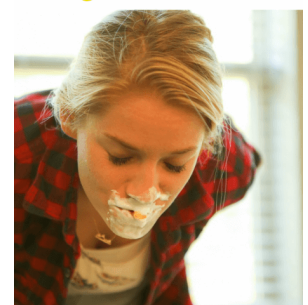
Supplies: Gummy ABC letters, pie tins, can whipped cream

How to Play:

- Pull out gummy letters P, I, and E or use another themed word. Line up 3 pie tins and drop one letter in each tin and fill each tin with whipped cream (only when you are ready to play). You will also need an empty tin.
- Put your face in the pie and eat through the whipped cream or move it around until you find a letter. Pick it up with your mouth and place it into the empty tin. Repeat until you find all the letters and unscramble them to create the word.
- No hands—you can only use your mouth!
- You can play individually and time how long it takes or play against someone.



12 HILARIOUS
THANKSGIVING
PARTY GAMES:
FACE THE PIE



Source: <https://www.playpartyplan.com/thanksgiving-games/>