

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

Jumping Fun

Jumping Jacks: Stand with feet together and arms down at sides. Jump up with feet apart and arms out to side, then jump again and return feet together and arms back down to sides.

Tuck Jumps: Bend knees and lift heels high while jumping.

Hurdle Hops: Jump side-to-side or front-to-back over a pretend hurdle.

One-Foot Hops: Lift one knee and jump on standing leg; alternate (this is a great balance challenge).

Criss-Cross Feet: Jump straight up, then cross one foot in front of the other. On next jump, switch feet and continue jumping and switching feet.



Source: <https://www.verywellfamily.com/easy-exercises-for-kids-1257391>

DID YOU KNOW?

Sweet Potato Facts



- Before George Washington became general and the first U.S. President, he was a sweet potato farmer.
- Sweet potatoes are deemed the “healthiest vegetable of them all”. They are high in nutrition and low in calories.
- Sweet potatoes are high in Vitamin A and C, iron, potassium, and dietary fiber. They are low in carbohydrates and high in fiber.
- Do not refrigerate sweet potatoes unless they have already been cooked. Refrigeration prior to cooking will lead the vegetable to spoil much faster than if it was stored at room temperature. Store in a dry, cool place and they can keep for weeks.
- Sweet potatoes taste best when baked. Scrub and poke with a fork and bake at 400 F for 35 minutes.

Source: <https://www.almanac.com/sweet-potato-facts-and-benefits#>

RECspiration!!

Creative Fun Smiling Snowman Envelopes

What you need:

- White envelopes (with pointed flap) & crayons, markers, or colored pencils

1. This is a fun way for kids to decorate a Christmas/winter letter or thank you note to grandparents & friends. One of these smiling snowman envelopes is sure to bring a smile to the recipient.

2. Draw two eyes and a carrot nose on the back flap of the envelope. It works best if you open the envelope flap and place a piece of paper or paper towel under it before you draw the eyes and nose.

3. Draw a big smile for your snowman below the envelope flap.

4. You can add a colorful striped or polka-dot scarf along the bottom of the envelope

5. Add in other details if you want like a top hat or bow.



Source: <https://www.makeandtakes.com/smiling-snowman-envelopes>

Fun Snacks Snowman Hot Chocolate



Ingredients:

- 4 cups hot chocolate
- 12 mini chocolate chips
- Toothpicks
- 12 large marshmallows
- 4 candy corn candies
- Small plastic baggie
- 16 small pretzel rods
- Melted chocolate for decorating

1. Place a toothpick halfway through one of the marshmallows, add a second marshmallow on top and add a third to make the snowman. Add two pretzels on the bottom for legs and two in the middle for arms.

2. In a small bowl melt some chocolate and place into a plastic baggie. Pipe buttons on center and add mini chocolate chips. Decorate face and stick a candy corn nose in the marshmallow.

Source: <https://www.wideopeneats.com/recipes/snowman-hot-chocolate/>

RECspiration!!

Craft Corner Snowman Felt Board



Supplies:

- 8 x 10 cardboard (back of a notepad works best)
- Felt (light blue, white, green, various other colors)
- Black and pink Sharpies
- White craft glue

1. Cover cardboard with white craft glue and spread evenly over entire cardboard using your finger.
2. Cover a little more than half of cardboard on top with light blue felt for the sky. Cover bottom section with white felt, overlapping blue felt by about 1/2 ". Do not glue down the overlap.
3. Cut two sections of triangle trees from green felt and insert in white felt pocket (they can be moved to make room for the snowman). Cut out clouds from white felt and place them in the sky.
4. Cut out two snowman shapes from white felt and glue them together to make them sturdier.
5. Cut noses from orange felt, stick arms from brown felt, and accessories (top hat, stocking cap, ear muffs, scarves, mittens, bow tie and buttons) from other colors.
6. Draw facial features on snowman with black and pink Sharpies. Tip: place a hat and scarf in place before drawing face to make sure you have enough room.
7. Have fun dressing your snowman with different accessories!

Source: <https://craftsbyamanda.com/snowman-felt-board-snowman-crafts/#wprm-recipe-container-20854>

Winter Fun Indoor Skating



Clear an area on the floor, grab your hat and mittens, and pretend you're gliding across the ice.

There are different variations you can use to simulate skating. Here are a few ideas:

- Use dryer sheets—they provide just the right amount of slide and won't scratch your floors!
- Use 2 paper plates, step on them with bare feet so they stick better and then slide away.
- Use a pair of wool-like mittens on your feet (you may look silly but it will add to the fun).
- Construct wax paper booties using string or tape
- Use tissue boxes—just place your feet in the opening.

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