

## 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 Jingle Bell Hop

Staying active is important for your health and well being. Try these activities. To start, get your favorite holiday playlist ready to go! Set up 6 or more different exercise stations indoors or outdoors. Move from one station to the next after each song ends. Below are some examples of fun exercises you can try or you can make up some of your own.



- Jump rope
- Star jumps
- Jumping Jacks
- Lunges
- Skipping
- Planking
- Squats
- Side lunges
- Jog in place
- Crunches
- Twists
- Frog Hops

Source: <https://www.actionforhealthykids.org/activity/healthy-holiday-challenge/>

### DID YOU KNOW?

## Fun Candy Cane Facts

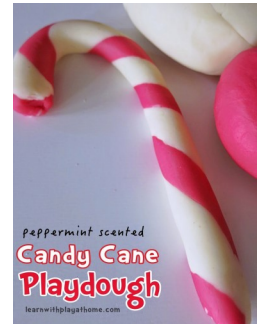


- Candy canes were believed to have originated in Germany in 1670.
- The original candy canes were straight sticks and lacked the iconic curve and stripes of today. They were all white hard candy. Red and white stripes weren't added until around 1900.
- Candy canes were made for centuries by hand until 1921 when a machine was invented that could churn out candy canes automatically.
- Today there are nearly 2 billion candy canes produced each year and most are sold within the 4 weeks leading up to Christmas. They come in fun flavors today.
- Candy canes don't have any fat or cholesterol and a standard size one has only about 50 calories.
- The world's largest candy cane was built in Illinois in 2012, was 51 feet long, required 900 pounds of sugar and now holds the Guinness World Record.

Source: <https://craves.everybodysshops.com/10-facts-didnt-know-candy-canes/>

# RECspiration!!

## Creative Fun Candy Cane Playdough



### Ingredients:

- 2 cups flour
- 1/2 cup salt
- 2 Tbsps. Cream of Tartar
- 1 1/2 cups boiling water
- 2 Tbsps. vegetable oil
- Red food gel coloring

1. Mix dry ingredients together
2. Add wet ingredients together
3. Working quickly while water is hot, add wet to dry and mix, mix, mix
4. Tip out onto a floured board and knead, knead, knead (add extra flour if needed)
5. Silky smooth playdough will last for months kept in Ziplock bag or airtight container

- Divide playdough in half and color one half red using red food gel coloring and leave the other half white. Add some Peppermint Extract to give it a candy-cane scent. For a stronger scent that will last longer you can use Peppermint Oil.
- Now you can make candy canes with the red and white playdough. Have fun and be creative!

Source: <https://www.learnwithplayathome.com/2014/11/peppermint-scented-candy-cane-playdough.html>

## Fun Snacks Candy Cane Marshmallow Pops



### Ingredients:

- Mini candy canes
- Large marshmallows
- Dark Chocolate (melted)
- Crushed candy canes

1. Stick the straight end of a mini candy cane into a large marshmallow.
2. Crush some candy canes and set aside.
3. Melt chocolate. Dip the marshmallow into the melted chocolate, allow excess chocolate to drip off, then roll into crushed candy canes. Place on a waxed paper lined baking sheet and allow to set.

Source: <https://www.kimlivelife.com/2011/12/candy-cane-marshmallow-pops.html>

# RECspiration!!

## Craft Corner Candy Cane Wreath



### What you need:

- Candy canes
- Peppermint candies
- Glue gun
- Ribbon

### Instructions:

Arrange candy canes in a circle with the hooks all facing the same direction. Attach together with hot-glue (don't worry if the straight ends don't line up, as they will be covered.)

Top center with round peppermint candies, overlapping them slightly. Use hot-glue to hold them together. Thread ribbon through two candy canes at top to hang.

Source: <https://www.countryliving.com/food-drinks/g23511191/candy-cane-reindeer/?slide=8>



## Winter Fun Build a Fort and Play



### What you'll need:

- String
- Lights
- Sheets
- Clothespins
- Hammer

Lights, fort, action! Kids love small enclosed spaces where they can hide their stuff, and hide themselves. Use any space like between two pieces of furniture or in a corner to create your own tent. Ideally, you need to be able to stretch some string from one point in the room, across to another point. You can use pieces of furniture and drape sheets over them. Drag in some pillows and your child will play for hours!

Source: <https://www.artbarblog.com/easy-forts/>