

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

12 Days of Fitness

Go to link below and click on **12 Days of Fitness Challenge** to see a sample diagram of exercises.

Day 1—one minute plank
Day 2—2 toe touches
Day 3—3 side bends
Day 4—4 cross crawls
Day 5—5 jumping jacks
Day 6—6 push ups



Merry Fitness!

Day 7—7 squats
Day 8—8 jumps
Day 9—9 lunges
Day 10—little leaps
Day 11—11 arm circles
Day 12—12 scissor kicks

Source: <https://grfit4kids.org/12-days-fitness/>



DID YOU KNOW?

Fun Snowman Facts



- There are more than 90,000 YouTube videos to teach you how to build a snowman.
- A good time to build a snowman may be the next warm afternoon after a snowfall with sufficient snow.
- Laboring for an hour to build a snowman burns approximately 238 calories, which is more than dancing and close to what you would burn going for a bike ride.
- In February 2008, residents of Bethel, Maine built the worlds tallest snowman. It measured a little over 122 feet tall (a few feet shorter than the Statue of Liberty). It was made with over 13,000,000 pounds of snow.
- The most snowmen built in one hour is 2,036 in Hokkaido, Japan by 1,406 people. They were constructed by hand in only one hour.

Source: <http://justfunfacts.com/interesting-facts-about-snowmen/>

RECspiration!!

Creative Fun Build an Indoor Snowman



Materials Needed:

- 3 White garbage bags
- Blankets, sheets, towels, etc.
- Black and orange construction paper
- Scarf
- Hat
- Sticks or cardboard for arms

1. Using the black paper, draw 2 small circles for the eyes, draw 3 large circles for the buttons, and draw the mouth. Cut them out and set aside.
2. Stuff one garbage bag with blankets or towels or some type of filling until it is almost full. Tie it closed and put it on the floor.
3. Stuff the next garbage bag until about half full. Tie it closed and place on top of the filled garbage bag.
4. Stuff the last garbage bag until it is about 1/4 full and put it on top of the other 2 bags.
5. Using a glue stick, put glue on eyes, nose, mouth, and buttons and glue them on your snowman.
6. Add arms (attach with paper clips or elastic). Add scarf and hat. Step back and admire your snowman.

Source: <https://funlearningforkids.com/build-snowman-indoors/>

Fun Snacks Snowman Bagels



Ingredients:

- Broccoli florets
- Black olives
- Carrots
- Red bell pepper
- Bagels
- Stalk green onion
- Bagels
- Cream cheese
- Apple slices

1. Chop broccoli into bite-sized pieces, cut carrots and peppers into small pieces, and slice olives.
2. Separate bagels into halves and spread cream cheese onto each half.
3. Curve a green onion stalk around the top of each bagel, add broccoli to each end for the ear muffs. Add olives for eyes, carrot for nose, and bell pepper pieces for mouth.
4. Serve with apple slices.

Source: <https://www.superhealthykids.com/recipes/holiday-snack-idea-snowman-bagel/>

RECspiration!!



Craft Corner Tin Can Snowman

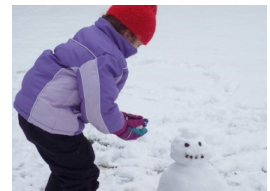
What you'll need:

- White spray paint or acrylic paint
- 2 to 3 different size cans
- Glue
- Fabric, felt scraps, buttons
- Glitter
- Twigs or dowels for arms
- Foam Paper

1. Remove labels, clean cans, when dry spray paint or brush with white paint add glitter (optional). Allow to dry.
2. Trace a 3" wide circle on back of a piece of glitter foam paper, cut it out and set aside. Cut a 2" wide strip and a 1" wide strip of foam paper. Glue the 2" strip around the edge of the foam circle (color facing outward) for the top of the hat. Use the top hat to trace a second circle onto the foam paper then trace another circle 1" outside that circle. Cut the outside circle out then cut the middle out, discard middle piece, and then glue brim onto the top hat and set aside.
3. Glue googly eyes on smaller can towards the top. Glue on black beads or buttons on the bottom of that can to create a smile. Cut a small carrot shape from orange foam paper and glue on for nose.
4. Glue top hat on top of the can at an angle.
5. Glue 3 red buttons down center of larger can.
6. Attach smaller can on top of larger can with open ends facing down.
7. Wrap 1" strip of foam paper around base of smaller can to create scarf. Cut fringe if you want.

Source: <https://smenews.org/cute-painted-tin-can-snowman-decoration-with-video/>

Winter Fun Build a Snowman



Building a snowman can be fun! If there is ample snow get outside and build a snowman. Be creative and give your snowman eyes, nose, mouth and arms. You can even dress your snowman up with a hat and scarf.

Hat Trick Game:

To make a fun game, after you build your snowman, leave the hat off and from 5 to 10 feet away try throwing the hat frisbee style and see if you can land it on the snowman's head.

If there isn't enough snow yet to build a snowman outside, see **Creative Fun** section on how to build an indoor snowman.

Source: <https://www.familyeducation.com/fun/outdoor-activities/top-10-wintertime-neighborhood-games?slide=5#fen-gallery>