

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 Santa Says



Like the classic game of Simon Says, you can work on your motor skills with this fun holiday theme. Just say "Santa Says" and choose one of these fun moves:

- Donkey kick
- Gallop like Rudolph
- Put on your Santa boots
- Reach for the star on the tree
- Stand in a Christmas Tree pose
- Touch your rosy red nose
- Make yourself a snowball (hug knees into chest and roll back)
- March like a toy soldier
- Do a snow angel on the floor

Source: <https://theinspiredtreehouse.com/holiday-games-santa-says/>

DID YOU KNOW?

Christmas Tree Facts



- It is believed Germany began the tradition of the Christmas tree.
- Christmas trees are grown in all 50 states. California, Oregon, Pennsylvania, Michigan, North Carolina, Washington, and Wisconsin are the top Christmas tree producing states.
- Christmas trees have been sold in the United States since 1850.
- Every year the United States decorates about 35 million live Christmas trees.
- It takes an average of 6-8 years for a Christmas tree to be fully grown, but can take as long as 15 years.
- The tallest living Christmas tree in America is a 161 foot tree in Coeur d'Alene, Idaho. The star placed on the top is 10 feet tall.

Source: <https://icebreakerideas.com/christmas-facts/>

RECspiration!!



Family Fun Christmas Movie Night



Plan a family Christmas movie night! Decide on a movie you all want to watch together. There are so many great Christmas movies but if you can't decide on one, have everyone write down their favorite and toss them in a hat and have someone pick out one.

Plan ahead to have fun snacks and drinks on hand.

Make sure you have everything you need before you start the movie. You may want to pile up blankets and pillows on the floor or claim a spot on the couch or comfy chair. Make sure you have your snacks and drinks so you can relax and enjoy the movie!

Source: <https://www.yellowblissroad.com/christmas-movie-night-free-printable/>

Fun Snacks Reindeer Rice Krispie Treats



Ingredients:

- 4 Tablespoons butter (1/2 stick)
- 10 Ounces mini marshmallows
- 6 Cups crispy rice cereal
- 2 Ounces white chocolate (baking chocolate or melts)
- 16 candy eyes
- 16 chocolate covered pretzels
- M&Ms (7 brown, 1 red)
- Christmas sprinkles

- In a large pot melt butter over medium heat. Add marshmallows, stir to coat with butter and allow to melt completely, stirring frequently. Remove pot from heat and gently mix in cereal until fully combined.
- Transfer mixture into a greased 8-inch cake pan and press evenly in pan. Allow to cool completely. Run a knife or spatula around the edge of the pan, lay a plate or cutting board on top and flip over. Carefully lift off pan and cut into 8 triangle pieces.
- Melt half of white chocolate. Spread a small amount on the back of candy eyes and press 2 on each triangle. Do the same with M&M nose and pretzel antlers on each triangle. Melt remaining white chocolate, spread between antlers, cover with sprinkles and gently press down on sprinkles. Allow to harden before serving.

Source: <https://www.fiveheartshome.com/reindeer-rice-krispie-treats/>

RECspiration!!

Craft Corner Ribbon Tree Ornaments



Materials:

- Straight sticks or cinnamon sticks (6 inch)
- Ribbons
- Twine
- Hot glue gun
- Scissors

1. Tie scraps of ribbon down the twig or cinnamon stick. Bunch them close together. Gently tug them into place.
2. Trim ribbons into a Christmas tree shape (wider on the bottom and narrower on the top).
3. Hot glue or tie a loop of twine to the top of the tree.
4. Optional: Top the tree with a wooden star, yellow button, or primitive metal star.
5. Hang the ornament on your Christmas tree or you can give it as a gift!

Source: <https://www.firefliesandmudpies.com/scrap-ribbon-tree-ornaments/>



Winter Fun Game Night



Ringin' Bells Memory Game: You'll need wrapped Hershey kisses candies, dot stickers and a sharpie. Write down matching numbers or letters in pairs on stickers and place stickers on bottom of kisses. Lay kisses out in a grid on the table, mix them up and have each person take turns picking one at a time trying to make a match. This is great for younger kids!

Holiday Charades or Pictionary: Add a holiday twist to your favorite games. Swap out charades or Pictionary prompts for holiday movie titles, songs or themes. Just come up with your own phrases, write them down and put them in a hat or bowl and use them to play the game. This is great for older kids and fun to play as a family!

Make it fun and have a wrapped prize on hand for the winner!

Source: <https://www.icanteachmychild.com/silver-bells-memory-game/>

Source: <https://www.goodhousekeeping.com/holidays/christmas-ideas/g2725/christmas-games/?slide=16>