

Somersworth Recreation

RECspiration!!

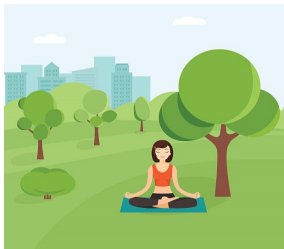
Join Somersworth Recreation for our weekly RECspiration to help you get through these challenging times. Please understand that these activities are provided as ideas and there is no requirement to participate; additionally, participants should refrain from activities beyond their capabilities to safely complete.

Physical Fitness

Celebrate Earth Day this week by getting outside for some fresh air and exercise! Try to spend 30 minutes (or more) a day outside this week while moving your body!

Get outside for some fresh air this week!

- Use this time to practice a skill for a sport you love to play (work on dribbling, passing, shooting, footwork, etc. What sport do you love to play?!
- Walk around the neighborhood with your family.
- Put on your headphones and go for a run or bike ride.
- Play pass with your family members or have your dog play fetch with you.



- Create your own backyard workout or obstacle course.
- Try yoga or your favorite workout video outside.
- Practice cartwheels, somersaults, handstands, hula hooping, or jump roping!
- Play family yard games like Cornhole, H-O-R-S-E, tag, or your favorite game!



Mindfulness

Watch the clouds roll by!

Lay on your back and relax as the clouds roll by. Take a few deep breathes and quietly observe the clouds in the sky. Which way are the clouds moving? Are they going fast or slow? Do the cloud shapes change as they move or stay the same? Let your mind wander— what shapes, objects, or animals can you spot in the clouds? Afterwards discuss with your child what they saw and how it made them feel.

Did you see any of the same shapes or objects? Did you have a favorite cloud today?

RECspiration!!

Fun!

Don't forget to take time out of your day to have some fun and be creative!



Homemade Windsocks

Materials:

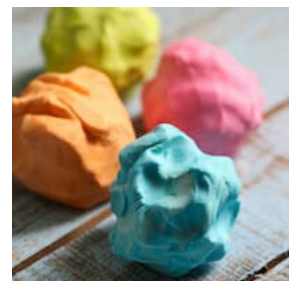
- Toilet/paper towel roll, paper cup, or thick paper (if using paper make a tube shape with the paper and secure with glue or tape on the inside.)
- Yarn or string (you will need approximately 12" length)
- Scissors (& a hole puncher if you have one)
- Elmer's Glue or tape
- Tissue paper, streamers, paper strips (Cut approximately 12-15" long by 1/2" wide)
- Markers or paint to decorate

How to:

- Use an empty toilet paper roll (or make your own tube) and use a hole puncher to make 2 holes at the top of the roll on opposite sides (you can use scissors by making an X to create the opening)
- Tie the string around both holes. This will be how you hang your windsock.
- Get creative and decorate your tube using art supplies you have at home!
- Glue or tape your paper strips on the inside of the tube at the bottom so that the strips dangle from the bottom.
- Hang your windsock outside to add some color to your yard!

DIY Science

Silky smooth homemade playdough!



Step 1: Pour 2 cups of cornstarch into a large mixing bowl.

Step 2: Add 1 cup of inexpensive hair conditioner to the bowl and mix it in using your hands. The texture will be very silky and smooth.

Step 3: Optional: add 1 drop of food coloring to add color to your dough.

Notes: If the dough becomes dry, try adding small amounts of hair conditioner. Store in a zip lock bag or container when not in use.

