

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

Aerobic Dance



What you need:

- Music with a good beat and rhythm (should last 10 to 20 minutes)

1. Start by walking in place to the music to warm up.
2. Create your own dance moves. If you don't know any you can jog in place, jump forward and backward, hop on one foot and then on the other, and do jumping jacks.
3. You can also search online for some aerobic dance videos.
4. The New Year is a good time to make a resolution and get more active and stay healthy!

Source: <https://www.familyeducation.com/fun/aerobic-exercise/aerobic-dance>

DID YOU KNOW?

Fun New Year's Facts



- New Year's Eve is celebrated on December 31st with parties and gatherings and the famous ball drop in Times Square at midnight. It is also celebrated around the world.
- Each New Year's Eve about 1 million people gather in New York's Times Square to watch the famous ball drop. The ball weighs 1,000 pounds and is made from Waterford Crystal. It has over 9,000 LED lights. About 2,000 pounds of confetti is dropped in Times Square. Almost 1 billion people watch the ball drop on television.
- Forty-five percent of Americans make New Year's resolutions. The top resolutions are to lose weight, get organized, spend less and save more, to stay fit and healthy, and to quit smoking. About twenty-five percent of them give up on their resolutions by the second week of January.
- Auld Lang Syne is the traditional song sung at midnight on New Year's Eve. The words mean "times gone by".

Source: <http://justfunfacts.com/interesting-facts-about-new-years-eve/>

RECspiration!!



Creative Fun Make a Time Capsule



What you need:

- Shoe box or container (you can use an oatmeal container)
- Paint, stickers, colored paper, yarn, ribbon, glitter glue or any items you can use to decorate your box

What to put inside:

- Pictures (maybe vacation photos)
- Your favorite memories from this year
- Goals and resolutions for the upcoming year
- A small memento or cherished keepsake
- Predictions for the coming year

Tuck the time capsule away until next year, then pull it out on New Year's Eve and relive all the wonderful memories from that year. Did your predictions come true?

Source: <https://kidsactivitiesblog.com/34127/new-years-eve-time-capsule-for-families/>

Fun Snacks Crescent Party Poppers



Ingredients:

- 1 can (8 oz) Pillsbury refrigerated crescent rolls
- 2 tablespoons mini chocolate chips
- 1 tablespoon butter, melted
- 1 tablespoon colored candy sprinkles
- 2 Fruit Roll-ups (Optional)

1. Heat oven to 350. Unroll dough and separate into 2 large rectangles. Overlap long sides to form 13x7 inch rectangle; firmly press edges and perforations to seal.
2. Sprinkle 1/2 teaspoon mini chocolate chips in center of each small rectangle. Pull the 2 long sides together and pinch to seal. Pinch each end about 1/2 inch from edges to seal dough. Place seam side down. Cut each end 3 times with kitchen scissors to form a fringe.
3. Brush dough with melted butter, sprinkle with candy sprinkles. Bake 10 to 12 minutes until golden brown.
4. Once poppers cool, cut fruit roll-up snacks into 24 strips and tie around both ends of each popper.

Source: <https://www.brit.co/new-years-eve-recipes-for-kids/>

RECspiration!!

Craft Corner Party Blowers



What You Need:

- Cardboard tubes (paper towel or wrapping paper tubes are best)
- Crepe paper streamers
- Scissors
- Paint (acrylic or poster)
- Stapler

1. Cut crepe paper into strips 2" wide and 8" long.
2. Cut tubes into 6" lengths then paint them. Allow paint to dry. You can also use colorful tape or glue construction paper around the tubes instead.
3. Pinch the roll flat at one end and lay 2 to 3 strips of crepe paper or tissue paper inside. Add 2 staples to hold in place leaving space in the middle for air to travel through.
4. Now blow! They also make noise. Now your ready to make some noise and celebrate New Year's Eve.
5. If blowers don't blow, there may not be enough space for the air to travel through. Simply open the area a little bit between the staples to fix the problem.

Source: <https://kinderart.com/art-lessons/crafts/party-blowers/>

New Year's Eve Fun Balloon Drop



What you need:

- Standard paper tablecloth with plastic backing
- Hole puncher
- 50 or more balloons
- Yarn (about 10 inches long)
- Confetti (optional)

- Cut tablecloth in half to create 2 squares. Punch holes about 1" apart along the cut edge on each half. Thread yarn through holes, creating a "zipper" through the middle of the tablecloth. Leave enough yarn hanging from one side to use like a ripcord.
- Hang tablecloth from the ceiling (duct tape works well) leaving some slack for the balloons.
- Blow up the balloons and place them in the tablecloth. Add confetti if you want. When it's time, pull the yarn ripcord and enjoy your ball drop. Happy New Year!!

Source: <https://pinnedit.blogspot.com/2012/01/diy-balloon-drop.html>