

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 Warm-Up Exercises



Arm Circles: Hold arms outstretched from shoulders and turn in small circles, increase size of the circles.

Walking Lunges: Step forward with one leg and lower knee to 90-degree angle and back leg is stretched out long. Alternate with other leg moving forward each time.

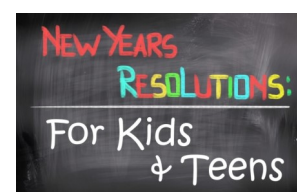
High Knees: While walking, lift knees high in the air. Speed up walk to a jog.

Butt Kicks: Like high knees but in reverse. Reach your foot toward your rear end.

Side Hops: With feet together, jump from one side of an imaginary line to the other. Or hop on one foot and switch back and forth.

Source: <https://www.verywellfamily.com/best-warm-up-exercises-for-kids-1257044>

Mindfulness Positive Resolutions



Make your own New Year's Resolution chart individually or as a family. Sample charts are available on the website below. Here are some examples for young children, teens and families:

- I will clean up my room
- I will make my bed
- I will listen to Mom and Dad
- I will never hit
- I will do chores
- I will be kind to others
- I will eat more fruits and vegetables

- I will resist peer pressure
- I will be respectful
- I will find positive ways to deal with anger and stress
- Eat one meal together each day
- No yelling at home
- No electronics at dinner
- Spend more time together as a family

Source: <https://www.rewardcharts4kids.com/new-years-resolutions-for-kids/>

RECspiration!!

Creative Fun Outdoor Sports Skills Indoors



Depending on your space, you may be able to practice some of the skills you need for your favorite sports even in the off-season! For almost any sport, you can work on conditioning indoors.

Soccer: Dribble a ball along the floor, juggle with feet (make sure the space is free of breakables)

Tennis: Gently bounce a tennis ball up or down with racquet held horizontally

Golf: Putt into a practice cup, or plastic drinking cup turned on its side. For a challenge build your own mini-golf course with cardboard and other recyclables and household items.

Basketball: Dribble the ball in a garage, carport or basement

Hockey: Shoot pucks or training balls into an indoor net, or a wall reinforced with cardboard or plywood

Source: <https://www.verywellfamily.com/how-can-i-turn-outdoor-games-into-indoor-games-1257364>

Fun Snacks No Bake Snowflake Cookies



Ingredients:

- Graham crackers (12 sheets or 2 cups crushed)
- Snowflake shaped sprinkles
- 3/4 cup cream cheese, softened (6 oz.)

1. Crush graham crackers into fine crumbs.
2. In large bowl, mix graham cracker crumbs, cream cheese, and a handful of sprinkles. Save some for the end.
3. Mix until thoroughly combined into a dough consistency. It is easier if you use your hands for this.
4. Roll dough into 1 inch round balls and press down to flatten into a cookie shape. Decorate with remaining sprinkles, pressing them gently into each cookie.

Source: <https://www.sunnydayfamily.com/2015/01/snow-cookies.html>

RECSpiration!!

Craft Corner DIY Snow Globe



Supplies:

- Small jars (baby food jars work well)
- Small toy or decoration to put inside
- Glycerin (found in drug stores)
- Glitter (fine glitter works best)
- Glue (heavy duty like Gorilla glue)
- Needle nose pliers

- Using a hot glue gun, put a little hot glue on bottom of toy (when choosing toy, remember it will be magnified when in liquid). Using needle nose pliers, place the toy down into the jar where you want it. Press it down a little to get it firmly in place. Let dry for 10 minutes or more.
- Fill your jar with water. Put one small squirt of glycerin in the jar to make the “snow” float better. Add a pinch of glitter. Note: too much glitter will make it too hazy.
- Hot glue the lid in place and you’re done!

Source: <https://crazylittleprojects.com/diy-snow-globes-for-kids/>



Winter Fun Ice Skating



One winter activity that is suitable for outdoors or indoors is ice skating. You can get outside and enjoy skating on a local pond or you can go to an indoor rink that has public skating. You can have fun and get some exercise too! A few local outdoor rinks are the Lion’s Club skating rink in Somersworth, and Labrie Family Skate at Puddle Dock Pond in Portsmouth. There is also indoor skating at Dover Ice Arena, Rochester Ice Arena, and the Rinks at Exeter. Check the website below or call ahead to make sure they have public skating times and their COVID-19 guidelines that need to be followed.

Source: https://www.strawberybanke.org/skate.cfm?gclid=EAlalQobChMIwq2LkyfO7QIVl-CzCh30uwo6EAAYASAAEgIjSfD_BwE

Source: <http://www.dover.nh.gov/government/city-operations/recreation/arena/>

Source: <https://www.rochesternh.net/rochester-recreation-arena>

Source: <http://www.therinksatexeter.com/>