

Somersworth Recreation

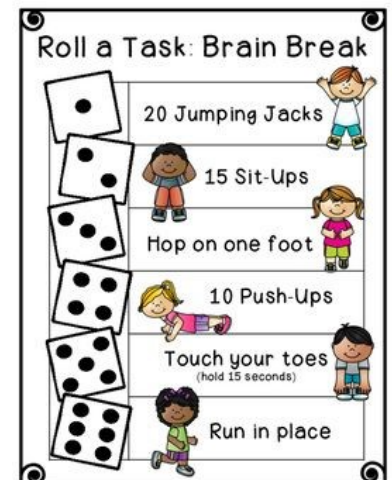
RECspiration!!

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

Roll a Task

- Here are some brain break ideas for fitness that kids can do inside. Make sure you have room to move around.
- Roll a dice and complete the exercise on the right that corresponds with the number you roll on the dice.
- Keep rolling the dice and exercising for at least 10 minutes .
- Start the new year out right by exercising your way to a healthy you!



Source: <https://www.verywellfamily.com/brain-breaks-for-busy-kids-1257211>

DID YOU KNOW?

Fun January Facts



- January is National Donate Blood month
- January is considered the coldest month in the Northern hemisphere.
- January 1st is Polar Bear Plunge Day when some people jump into frigid cold water for fun or charity.
- January 12th is Kiss a Ginger Day so grab your favorite red head and give them a smooch!
- January 15th is Martin Luther King Day, also Humanitarian Day so get out there and do some good!
- January of 1789 the first US Presidential election was held
- January of 1912 New Mexico becomes part of the United States
- January of 1959 Alaska entered the Union
- January of 1967 the first Super Bowl was held in Los Angeles (Green Bay vs Kansas City) Green Bay won 35-10
- January of 1986 The space shuttle Challenger exploded

Source: <https://www.prettyopinionated.com/2013/01/fun-trivia-facts-about-january/>

RECspiration!!

Creative Fun Snowball Lanterns

Materials:

- Snow
- Tealights



- Locate a flat area on your lawn and start making snowballs. Make as many as you'd like. Keep them uniform in size and pack them well. The more snowballs you have the higher you can build up.
- Start by forming a ring with the balls and then keep adding layers one after another building up. As you layer the snowballs, leave a small gap to reach in with your hand and place a tea light once the construction is finished.
- Once the snowballs are in place and pyramid has been formed you will need parental help to light and place the tea light candles inside the pyramid.

Source: <https://artfulparent.com/swedish-snowball-lanterns/>

Fun Snacks Frozen Sledding Penguins



Ingredients:

- 1/2 cup chocolate chips
- 2 bananas
- M&Ms or Reece's pieces
- Edible eyes (optional)

1. Melt chocolate chips in a microwavable bowl for 30 seconds. Stir chips and microwave for another 30 seconds.
2. Cut bananas so they have a flat bottom and carefully dip in chocolate until the top and sides are covered. Place on tin foil that has been sprayed so they don't stick.
3. Attach eyes and nose using edible eyes, M&Ms or Reece's pieces before chocolate hardens.
4. Place in freezer for about 20 minutes.. Enjoy!

Source: <https://sadlercrazylife.wordpress.com/2012/12/03/crafty-christmas-snack-frozen-banana-penguin/>

RECSpiration!!

Craft Corner

Coffee Filter Snowflakes

Materials:

- White coffee filters (basket style)
- Scissors
- Watercolor paint (optional)



1. Fold a coffee filter in half and then in half again, creasing the folded edges. You can fold one or two more times if you want.
2. Using scissors, snip triangles, lines, and shapes along all edges of your folded coffee filter.
3. Carefully unfold to reveal your snowflake design.
4. If desired, paint with watercolor paint to add some color to your new snowflakes.
5. Using a glue stick, you can put a dab on your snowflakes and hang them in a window. You could also tie a ribbon and hang them up that way.

Source: <https://artfulparent.com/coffee-filters-make-the-best-snowflakes/>

Winter Fun

Sledding



Grab a sled and head to a local spot for some sledding fun. Whether you prefer a toboggan, sled, plastic flying saucer, or tube, all you need is a hill and something to slide down on (and of course, snow!) A couple of local spots for sledding are Wagon Hill in Durham and Garrison Hill in Dover. Here are some sledding etiquette rules to follow:

- Keep an eye out for sledders coming toward you
- Keep to the side as much as possible when climbing the hill to stay out of the line of travel
- Don't walk across the sledding trail as footprints create bumps for fellow sledders

Source: https://www.ci.durham.nh.us/boc_conservation/

Source: <http://garrisonhilltower.com/>