

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 Dance Party



Have a dance party for a fun way to get some physical activity. You can create your own dance moves or check out this website for some fun dance games and activities. You can try the Ribbon Dance for a fun way to stay active. See Craft Corner in this publication for DIY ribbons to use.

Ribbon Dance: Holding one or two ribbons dance to the music using the ribbon stick as your prop.

Balloon Dance: Juggle a balloon while you dance to the music. The balloon should not fall on the floor until the music stops. The one who stays longer on the dance floor juggling the balloons will be the winner.

Source: https://www.momjunction.com/articles/dance-games-and-activities-for-kids_00399936/

DID YOU KNOW?

Stay Warm, Stay Safe



- Staying warm and dry when heading out to exercise in cold weather is all about layers.
- Cold temperatures, strong winds and rain or snow can steal your body heat and lead to hypothermia or frostbite.
- You should layer with moisture wicking fabrics that pull moisture away from your skin. Next, add a layer of fleece, and finally top off with a thin waterproof layer.
- Hypothermia occurs when your body temperature falls below 35 degrees Celsius or 95 degrees Fahrenheit and your body can't produce enough energy to keep your internal body temperature warm enough.
- If you are doing winter sports like snowboarding, skiing, or hockey make sure you dress appropriately and remember to wear a helmet.

Source: <https://www.heart.org/en/healthy-living/fitness/getting-active/how-to-stay-active-in-cold-weather>

RECspiration!!

Creative Fun Card Tricks



Wow your audience with some fun card tricks. Check out the website below for some easy card tricks you can learn. Here is an easy one for you to try:

- Fan a deck of cards face down and ask someone to pick a card and not show you. Tell them to remember the card. Put the cards back into deck form and cut the deck in half and hold the top half of the deck in one hand the bottom half in your other hand.
- Quickly without being noticed, look at the bottom card of the top half deck and ask them to put the card back on top of the bottom half deck in your other hand.
- Place the top half of the deck back on top of the bottom half of the deck. Turn the deck and fan out the cards so they are facing you.
- Look through the cards until you find the card that was on the bottom of the top half deck that you looked at and memorized. Their card will be the one right beside it (to the right/closes to the bottom).
- Show them their card. They will be amazed!

Source: <https://www.mykidstime.com/things-to-do/8-easy-card-tricks-for-kids-delight-amaze/>

Fun Snacks Snowman Donuts



What you need:

- Individual packs of mini powdered donuts
- Black construction paper
- Black & Orange sharpie
- Ribbon
- Glue stick or two-sided tape
- Scissors

1. Draw out the shapes of your snowmen hats onto black construction paper and cut them out.
2. Glue or tape hats to the top of mini-donut packages. Tie a ribbon around the donuts for the scarf.
3. Using orange and black markers add eyes, nose, mouth and buttons. If you don't have an orange marker you can cut out nose using orange construction paper and glue or tape it on.

Source: <https://www.iheartartscrafts.com/snowman-donuts-kids-snack-idea/>

RECSpiration!!

Craft Corner Egg Carton Penguins

Supplies:

- Egg Carton (cardboard)
- Black Paint
- White and Orange Paper
- Googly Eyes
- Glue

1. Trim the "cups" out of the egg carton.
2. Cut out a beak and feet from orange paper and a belly from white paper as shown in photos.
3. Paint egg cartons and let it dry completely (this may take a few hours).
4. Glue white belly onto the little bump that sticks out on egg cup. If you have white paint or white out you can use that instead for the belly. Glue on beak and eyes.
5. Fold the feet and glue them to the inside of the egg cup.

Source: <https://onelittleproject.com/egg-carton-penguins/>



Winter Fun Fun in the Snow



Do you enjoy winter, or dread it? The trick to making winter fun and enjoyable is to find fun things to do. If you do that you can create a win-win situation. Kids will enjoy it and can appreciate the season. Here are some fun things you can do this winter, or come up with your own fun outdoor activities.

- Have a snowball fight
- Make snow angels
- Catch snowflakes with your tongue
- Build a snowman
- Shovel snow

Source: <https://www.allprodad.com/20-fun-things-to-do-with-kids-in-the-winter/>