

## 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 Being Active Outside

Try one of these outdoor activities. It's a great way to take in sunlight, which can help improve your mood, and also gives you some vitamin D. A little daily exercise can also help boost your immunity during cold and flu season.



- Brisk walk or hike
- Shoveling snow
- Ice skating
- Sledding
- Cross-country skiing
- Snowshoeing

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

**DID YOU KNOW?**

## Fun February Facts



- The first Friday of February is designated as American Heart Month and National Wear Red Day
- February is the shortest month of the year with only 28 days (29 days during a leap year which occurs every 4 years)
- February, March and November always start on the same day of the week unless it is a leap year
- The odds of being born on February 29th are about 1 in 1,461
- February is the only month that can pass without having a full moon
- For more than 40 years February has been designated as Black History Month

Source: <https://cateinsuranceagency.com/14-fascinating-facts-about-february/>

# RECSpiration!!

## Creative Fun Colored Ice Sculptures

### Materials:

- Cups, muffin tins, bowls (various sizes and shapes)
- Water
- Food coloring or liquid watercolors



1. Fill cups, muffin tins, bowls with water and add food coloring. Freeze until solid. Once frozen run containers under warm water to loosen and remove the ice.
2. Have fun stacking them together to create an outdoor ice sculpture.

Source: <https://artfulparent.com/colored-ice-sculptures-outdoor-winter-art-for-kids/>

## Fun Snacks The Very Hungry Caterpillar Sandwich



### Ingredients:

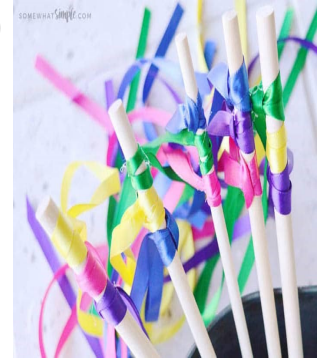
- White bread
- Slices of ham & turkey or chicken
- Slices of cheese
- 1 Small tomato
- 1 Green onion stalk or celery stalk
- Butter, mayo or mustard (optional)

1. Lay 2 slices of bread out on a cutting board. Butter or garnish both slices. Place ham on one slice and cover with the other slice. Repeat to make turkey and cheese sandwiches.
2. Cut out 5 circles from each sandwich using a mini cookie cutter.
3. Place on plate to form a wiggly shape using alternate sandwiches. Position tomato at the start of the body for the head.
4. Cut out 2 small ovals of cheese for the eyes. Dab with butter and stick eyes onto tomato. Cut 2 strands from the onion or celery stalk for feelers and affix to tomato using toothpicks.
5. Wrap in plastic wrap and refrigerate until ready to serve. Enjoy!

Source: <https://www.kidspot.com.au/kitchen/recipes/very-hungry-caterpillar-sandwiches/tgohc2w/>

# RECspiration!!

## Craft Corner Ribbon Wands



### Supplies:

- Wood dowels
- Rolls Satin ribbon (various colors)
- Scissors
- Hot glue gun

1. Cut ribbon to your desired lengths.
2. Tie one ribbon at a time to the end of the dowel. Secure it from sliding or coming undone with some hot glue. Let it dry completely.
3. Once dry, use your ribbon wands for a dance party or just twirl around holding them in the air.

Source: <https://www.somewhatsimple.com/ribbon-wands/>

## Winter Fun Animal Tracks Spotting



- Winter is a great time to head out into the woods, or even in your own backyard, and see if you can find animal tracks.
- Fresh snow is great for finding tracks of various woodland animals like rabbits, foxes, deer, and squirrels or domestic animals like cats and dogs.
- Make it a game and see who can spot the most tracks, the biggest, the smallest, and the most exotic.
- Try to guess what animal made them and where they may have been going.

If you don't recognize the tracks, take photos of the tracks and look them up when you get home to identify the animal. Check out this link on how to track and identify: <https://www.almanac.com/content/animal-track-identification?fbclid=IwAR0-R6TCakAFsTci1YebXIs-gMcp4NUf7MCOI-yRuOn2xtFeOdah9rPqHg>

Source: <https://runwildmychild.com/outdoor-winter-activities-for-kids/>