

Somersworth Recreation

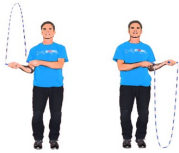
RECspiration!!

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 Jump Rope for Heart

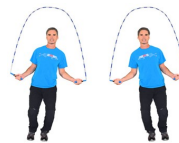


Side Swing:



- Twirl rope to one side
- Repeat on opposite side
- Twirl rope alternating side to side

Skier:



- Jump left
- Jump right
- Keep feet together, move side to side

Double Side Swing & Jump:



- Twirl rope to left side
- Twirl rope to right side
- Jump over rope

Scissors:



- Jump to stride position (left foot forward)
- Jump and reverse position of feet
- Keep feet 8-12" apart

Source: https://buyjumropes.net/resources/jump-rope-tricks-and-tips/?_ga=2.170127781.441143851.1610479010-2119744242.1610479010



DID YOU KNOW?

Valentine's Day Facts



- Every year more than 36 million heart shaped boxes of chocolates are sold across the country.
- An estimated 43 million people will purchase flowers. Red roses are the most popular purchase.
- Every year around 9 million people buy their pets a Valentine's Day gift.
- February 14th is the second largest card giving day of the year, just after Christmas.
- Teachers receive the most Valentine's Day cards, followed by kids, mothers, wives and girlfriends.
- Nearly 6 million couples get engaged on Valentine's Day.
- The first printed messages on conversation hearts wasn't until 1866.

Source: <https://www.goodhousekeeping.com/holidays/valentines-day-ideas/a26863/valentines-day-facts/>

RECspiration!!

Creative Fun Ski Challenge



What you need:

1. Tinfoil pieces approx. 8 x 11, tape, scissors, craft sticks or cardboard strips cut in 1/2 inch x 6 inch pieces.
2. A simple ramp made from cardboard, a big book or any flat surface the skier can run down.
3. You can build a skier or snowboarder using 2 craft sticks. Start by bending a piece of tin foil in the shape of an upside down U. Tape it down onto 2 craft sticks. Bend the next piece of tin foil in the shape of a J for the body. Hook the bottom of the J around the legs and make sure it's tight. Take another piece of tin foil and roll it up for the arms. Place them on the middle of the body and crisscross the arms around the body. Ball up a small piece of tin foil for the head and place it at the top of the body.
4. Let your skier go down the slope (a flat slanted surface). Did he make it down without falling? You may have to adjust the skis if they are uneven. Try taping a penny to each ski and see if weight will change the outcome.

Source: <https://exploreandmore.org/sanity-savers-ski-challenge/>



Fun Snacks Valentine Robot Snacks



What you need:

- Pudding cups, applesauce cups or Jell-O cups
- Smarties
- Hi-C juice boxes
- Googly eyes or you can draw them with a Sharpie
- Chocolate hearts (wrapped)
- Hot glue gun

You don't have to bake a snack to be creative! These are fun to make and kids will love them!

1. Start from the bottom up. Glue bottom of the juice box to boxes of raisins, nerds or chocolate hearts to make the feet.
2. Add smarties for arms and a chocolate heart on the chest.
3. Finish with pudding cups, applesauce or Jell-O cups for the head. Attach using a strong tape rather than glue.
4. Draw eyes and mouth for a face using a sharpie or you can use googly eyes and draw on a mouth.

Source: <https://www.craftymorning.com/valentine-robot-snacks-kids-make/>

RECspiration!!

Craft Corner

Valentine Friendship Necklaces

Supplies:

- Craft foam
- Scissors
- Yarn
- Hole punch
- Pony beads



1. Cut a small square about 2 x 3 inches in size out of your craft foam.
2. Fold the foam square in half. You can trace a half of a heart on to the foam or simply cut out your heart from the fold freehand.
3. Punch 1 or 2 holes about 1/4 inch from the top center of your heart .
4. Thread a 2 to 3 foot piece of yarn through the hole.
5. Add beads to the yarn and tie a knot at the top with the ends of the yarn.
6. Your foam heart friendship necklace is ready to wear or give to a special person on Valentine's Day.

Source: <https://www.makeandtakes.com/valentines-friendship-necklaces>

Winter Fun Snow Maze



- If you've got an untouched patch of snow (like in a field or a large yard), grab a shovel and create a snow maze! Make it as simple or as elaborate as you want. The possibilities are endless! Get outside and have some fun!
- Start with an entrance, create obstacles along the way, then finish with an exit.
- Have fun challenging others to see if they can make it through the maze in the fastest time!

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