

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 Be Active and Help



- Get some physical activity this week and do a random act of kindness for someone. You'll benefit from some physical activity and feel good about helping others.
- Spend 30 minutes or more walking while picking up trash along your street or neighborhood.
- Shovel a walkway for a neighbor, if there is a snowstorm, or take out the trash for them.
- Take your dog (or a neighbors dog) out for a walk.
- Clean out your closets and donate clothes to charity, or towels and blankets to an animal shelter

Source: <https://www.randomactsofkindness.org/kindness-ideas>

Random Acts of Kindness Week!

February 14th-20th

- Be kind to your family, friends, neighbors, and even your pets.
- Compliment someone
- Do a good deed for someone
- Help out others in need
- Everyone can use more kindness in their lives



Source: <https://www.randomactsofkindness.org/kindness-ideas>

RECspiration!!

Creative Fun Make your own Snow



Ingredients:

- 2 lb. box of baking soda
- 1 can shaving cream
- Dish or container to mix it in

1. Pour all of the 2 lb. box of baking soda into a plastic container with a lid.
2. Add some shaving cream and knead it into the baking soda. Add more shaving cream, mix, and repeat until the mixture is the consistency of snow.
3. The fake snow becomes light and powdery, and will leave very little residue on your hands when fully mixed. You may need to add more shaving cream if you are using a smaller can.
4. You can create a snowman with your fake snow, use as a decoration, or use it for play time!

Source: <https://www.makelifelovely.com/diy-snow-tutorial/>

Fun Snacks Granola Trail Mix

Ingredients:

- 1 package (16 ounces) banana-nut granola
- 1 package (15 ounces) raisins
- 1 package (12.6 ounces) milk chocolate M&M's
- 1 can (12 ounces) honey roasted peanuts



1. Place all ingredients in a large bowl. You can add your own special ingredients like corn chips, cookie pieces or mini marshmallows.
2. Toss to combine.
3. Store in airtight containers.
4. Put some in small Ziplock bags and hand them out to your neighbors or friends as an act of kindness.

Source: <https://www.tasteofhome.com/recipes/granola-trail-mix/>

RECspiration!!

Craft Corner DIY Kindness Jar



Supplies:

- Mason jar
- Scraps of paper
- Paint

1. Spray paint lid of mason jar and decorate it if you want
2. Create a fun label for your jar
3. Create kindness slips on pieces of paper
4. Insert slips into jar and close lid

inspire 
kindness®

Your jar is now ready! Pull out a piece of paper and do the act of kindness written on the slip of paper. Try to do a few acts of kindness each day for the entire week.

Source: <https://www.surfandsunshine.com/random-acts-of-kindness-jar/>



Winter Fun

Human Snowblower Table Game

Materials Needed:

- Large plastic cups
- Ping Pong balls
- Paper towel tubes
- Table

How to Play:

1. Using tape, hang 3 large plastic cups off one side of a table so that the cup openings are level with the table's surface.
2. Using paper towel tubes, blow through the tubes like a snowblower directing the ball across the table and into one of the cups. If the ball goes off the table you must start over again.
3. Time yourself to see how long it takes, or challenge someone else.

Source: <https://kidactivities.net/winter-time-inside-games/>