

## 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 Yoga for Kids

Yoga benefits ALL ages! Yoga will build strength, flexibility, balance, concentration, self-expression, self-esteem, peace & connection.

Yoga also serves as an outlet for impulsive energy. It helps reduce stress and relaxes you so that you will feel calmer, be happier, and sleep better.

Try doing a 30 minute yoga session with these poses.



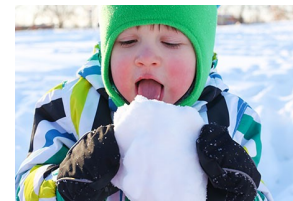
VectorStock®

VectorStock.com/9940368

Source: <https://www.thegreenlotusyogastudio.com/news/2019/1/13/yoga-for-kids>

**DID YOU KNOW?**

## Is It Safe to Eat Snow?



You wouldn't think twice about catching a snowflake on your tongue, but is it safe to eat snow?

Snow is crystallized water, meaning it's purer than most types of precipitation. Snow does fall through the atmosphere and before hitting the ground it can pick up dust particles in the air. If the snow has been falling for a while, most of the particles have already washed out.

You don't want snow that is touching the soil or street. Be sure to use the freshest snow you can find.

Avoid yellow snow. Color is a big warning sign that snow is contaminated. Snow that falls around smokestacks, active volcanoes, and radiation should not be ingested. A clean, fresh snow is the best to collect.

Source: <https://www.thoughtco.com/is-it-safe-to-eat-snow-609430>

# RECspiration!!

## Creative Fun Collect Maple Sap



If you have maple trees in your yard try tapping the tree and collecting sap. You should tap the tree when it's above freezing during the day and below freezing at night (typically late February). You'll need a couple of taps and buckets (2 taps and 2 buckets if the tree is 20-27"). It's best to use metal buckets with lids to keep bugs, twigs and rain out of your sap or you can use plastic pails. Do not tap a tree that is smaller than 10".

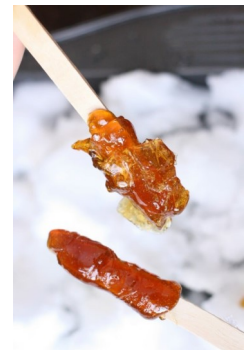
Ask an adult to drill a hole 2 to 3" deep (drilling at a slightly upward angle) in the tree for each tap. Clear away the shavings so the hole is clean. Gently hammer your tap in. Hang your bucket to collect sap and remember to check on it and when full, empty into a 5 gallon plastic food safe pail and store sap in cool area for up to one week. Sap begins to flow when the days are warm and the nights fall below freezing.

See websites below for detailed instructions on tapping and how to boil the sap to make maple syrup.

Source: <https://www.theartofdoingstuff.com/have-a-maple-treehow-to-tap-a-maple-tree-for-making-syrup/>

Source: <https://www.theartofdoingstuff.com/how-to-make-maple-syrup/>

## Fun Snacks Maple Syrup Snow Candy



### What you need:

- Popsicle sticks
- Baking sheet
- Candy thermometer
- Medium sized pot

### Ingredients:

- 1 cup real maple syrup
- Clean fresh snow

1. Pat a layer of fresh fallen clean snow onto a baking sheet.
2. Place maple syrup in a pot on stove and bring to a boil. Continue to boil until syrup reaches soft ball stage (235 to 240 degrees).
3. Remove from heat and carefully pour syrup over snowy baking sheet.
4. Press popsicle stick into syrup and roll it up into a candy pop.
5. Enjoy!

Source: <https://happyhooligans.ca/make-maple-syrup-snow-candy-3-simple-steps/>

# RECspiration!!

## Craft Corner Fruit Garland Bird Feeder



### Supplies:

- Heavy thread
- Needle with large eye
- Fruit pieces (oranges, apples, whole grapes, popcorn)

1. To make a 3 foot section, cut your thread two-and-a-half times this length. Double the thread and pass it through the needle to the open end and tie a thick knot, leaving 4-6 inches of thread on the end for tying in a tree later.
2. Pass the needle through the sliced fruit pieces and popcorn, alternating pieces until you have 4-6 inches left of string. Stop and tie a knot in the thread.
3. Your fruit garland bird feeder is now ready to hang! Use the string on each end to tie your fruit garland up in a tree or bush.
4. Enjoy watching birds and other wildlife visiting your homemade fruit string bird feeder!

Source: <https://kidsactivitiesblog.com/94478/make-fruit-garland-string-bird-feeder/>

## Winter Fun Ice Bowling



### What you need:

- 10 water bottles
- Round balloon
- Food coloring

1. Fill water bottles with colored water and place them outside or in the freezer to freeze solid. Leave room at the top, or leave the lid off, this will give the water room to expand as it freezes.
2. Fill a round balloon with water and freeze until solid. This will be your bowling ball.
3. Set up an area outside for your bowling alley. Space pins slightly apart in a triangle shape and roll your ball to see how many pins you can knock down. Challenge yourself or others!

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