

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

The Pyramid Workout

THE PYRAMID WORKOUT
...FOR KIDS!

20 Jumping Jacks
15 Frog Jumps
10 Push-Ups
5 Walking Lunges
10 Push-Ups
15 Frog Jumps
20 Jumping Jacks

Fit2Fat2Fit Women

Source: <https://www.pinterest.com/pin/149392912612416011/>



DID YOU KNOW?

Special Days This Week in March



- March 1st is National Peanut Butter Lover's Day
- March 2nd is Dr. Seuss's Birthday and National Read Across America Day
- March 3rd is World Wildlife Day
- March 6th is National Day of Unplugging
- March 7th is National Cereal Day

Source: <https://www.thespruce.com/special-days-and-observances-in-march-1448890>

RECspiration!!

Creative Fun Create Your Own Band



Bongos (Materials—2 containers (preferably less than 12" diameter, 2 rubber balloons, bungee cord)

Cut end off rubber balloons and wrap each tightly over the top of the containers, secure with tape or elastics. Using a hole punch, punch two holes in each container and connect them with the bungee cord.

Singing Straws (Materials—8 large plastic straws)

Arrange straws in a line and cut them in varying lengths (longest to shortest). Tape straws together and now you have some spectacular singing straws.

Sugar Shakers (Materials—2 plastic whisks, 2 plastic eggs, candy sprinkles)

Fill plastic eggs with candy sprinkles and place eggs inside whisks for some sweet sugar shakers. Let the good times roll!

Source: <https://www.handmadecharlotte.com/super-fly-backseat-family-band/>

Fun Snacks No Bake Peanut Butter Cereal Bars



Ingredients:

- 4 cups Cheerios Protein Cinnamon Almond cereal
- 1 cup honey-roasted peanuts
- 1 cup peanut butter chips
- 3/4 cup creamy peanut butter
- 1/2 cup honey
- 2 tablespoons butter

1. Line bottom and sides of 8-inch square pan with foil or parchment paper. Spray foil with cooking spray. In large bowl, mix cereal, peanuts and peanut butter chips and set aside.
2. In large microwavable bowl, microwave peanut butter, honey and butter uncovered on High 2 to 3 minutes, stirring every 30 seconds, until mixture is boiling and slightly thickened.
3. Pour over cereal mixture in bowl and stir until evenly coated. Using buttered back of spoon, press mixture firmly in pan. Refrigerate about 1 hour or until firm enough to cut.
4. Cut into 4 rows by 4 rows. Store covered at room temperature up to 1 week.

Source: <https://www.bettycrocker.com/recipes/no-bake-peanut-butter-cereal-bars/7177fb32-16dd-4591-a480-3c1deea9fe78>

RECspiration!!

Craft Corner Froot Loops Sand Art



Supplies:

- Froot Loops cereal
- Ziploc bags
- Funnel or small plastic cup
- Rolling pin
- Glass jar or small vase

1. Separate all the colors into piles.
2. Place each color in a sandwich size Ziploc bag. Make sure to release all the air and seal it closed tight.
3. Using the rolling pin, crush the Froot Loops until they appear to look like sand!
4. Using a funnel or plastic cup, pour the “sand” into your jar or vase layering the colors as you go.

Source: <https://wonderfuldiy.com/diy-cereal-crafts/>

March Happenings



Reading Challenge



In honor of National Day of Unplugging and Dr. Seuss’s birthday, why not spend some quiet time reading a book. If it’s a warmer day, pick a spot outdoors or if it’s too cold find a comfy spot indoors. You can read a book you have at home or visit the Somersworth Public Library and choose a book to read. If you enjoy Dr. Seuss books here are a few books you could read:

- What Was I Scared Of? (Pre-K—Grade 1)
- Wacky Wednesday (Pre-K—Grade 3)
- If I Ran the Zoo (K—Grade 4)

In honor of Wildlife Day try reading a book about wildlife. You can visit your local Library and find a book on wildlife that interests you and spend some time unplugging and reading instead.

Source: <https://www.thespruce.com/special-days-and-observances-in-march-1448890>