

## 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 Fun Exercises



### Skipping:

Skipping increases heart rate, is a total body work out, and improves core strength. It is a fantastic brain booster that works your mind too. Skipping engages both the left and right brain, leading to improved functioning, while improving balance and coordination. If it's nice outside, spend some time skipping around. If it's not a good day to be outside you can skip inside the house but watch out for obstacles that may be in your way—don't trip over the dog or cat.

### Bear Crawl:

The Bear Crawl works the whole body at once. It strengthens your core as well as arms and legs. It's a full brain and body exercise. Rather than walking to the bathroom or going from room to room, why not bear crawl? It's another fun way to exercise!

Source: <https://www.goodhousekeeping.com/life/parenting/g32300455/exercises-for-kids/>



**DID YOU KNOW?**

## National Nutrition Month



**It's Nutrition Month and a great time to introduce a wide variety of healthy eating choices!**

- Fill half your plate with a variety of fruits and vegetables.
- Fruits are an excellent source of fiber, water, and vitamins and most fruits are low in sodium, fat and calories, and have no cholesterol.
- Eat whole grains. Try whole wheat pasta, brown rice, and oatmeal.
- Keep portions of protein lean and on just a quarter of your plate.

Source: <https://foodandhealth.com/nutrition-month-are-you-ready/>

# RECspiration!!

## Creative Fun Music Wall



If you're looking for a way to spice up your backyard and keep the kids outside and entertained, consider adding a music wall.

- Find some household items (old pots and pans, silverware, windchimes, plates, cookie sheets) anything that would make a pleasing or interesting sound when rubbed, struck or plucked.
- Find a spot to attach them maybe a fence, lattice or trellis or even an empty wall in a garage. Attach the items using nails or hooks (ask for help with this).
- Now grab a drumstick or wooden spoon and have fun creating some music!

Source: <http://prekandksharing.blogspot.com/2012/07/make-music-wall.html>

## Fun Snacks PB&J Apples



### Ingredients:

- 2 apples
- 1/4 cup peanut butter
- 1/4 cup jelly

1. Slice apples into 1/4" rounds. Use a small cookie cutter to cut the core from the center of each slice.
2. Spread peanut butter on half of the slices. Next, spread jelly over the peanut butter and cover with the remaining halves.
3. Serve immediately. Enjoy!

Source: <https://www.delish.com/cooking/recipe-ideas/recipes/a57151/pbj-apples-recipe/>

# RECspiration!!

## Craft Corner Rainbow Binoculars



### What you will need:

- Strips of colored paper (red, orange, yellow, green, blue, violet)
- 2 toilet paper rolls
- Gold ribbon
- Tape
- Green paper

1. Wrap tape around the two toilet paper rolls making sure they are even.
2. Cut out strips of colored paper, wrap them around the rolls and tape them together. Continue doing each color of the rainbow in order (red, orange, yellow, green, blue, violet).
3. Cut some gold ribbon or string and tape it to the inside of the toilet paper rolls. Make sure it is long enough to go around your neck.
4. Cut out a green shamrock with paper and glue it on the top. You could also print out little green shamrocks images from clip-art.
5. Now you can use your binoculars to find some leprechauns and their pot of gold!

Source: <https://www.craftymorning.com/rainbow-toilet-paper-roll-binoculars-craft-kids/>

## Outdoor Fun Flashlight Tag



### Burn some energy after dark with a game of classic flashlight tag.

This fun game mixes hide and seek with tag and is played in the dark.

Choose a person to be "it". That person then waits at home base counting to a high number while everyone else hides. Choose your hiding place carefully like objects you can hide behind.

Armed with a flashlight, "it" person goes looking for the others who may be switching hiding spots. When "it" spots someone they must use the flashlight to get a close enough look at the person to identify them and call out their name. The person found then becomes "it" for the next round.

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