

## 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 St. Patrick's Day Workout



Equipment: Dice (optional), gold coins as token for completing workout (optional)

1. High knees (running through fields to catch the rainbow)
2. Sit-ups (strong abs to slide down the rainbow)
3. Leprechaun side kicks (happy dance when you find the pot of gold)
4. Back extensions (for lifting the pot of gold)
5. Jumping jacks (for sharing the gold with friends and family)
6. Push ups (for carrying pot of gold back home)

Roll dice or write down numbers 1-6 on a piece of paper and select or roll a number. Do the exercise 10 times each. Continue for 15 minutes. Remember to do a warm-up first and stretch and cool down at the end of your workout.

Source: <https://fox2now.com/am-show/st-patricks-day-workout-for-kids/>



**DID YOU KNOW?**

## National Bubble Week



- National Bubble Week is March 14th—March 20th and was developed as a way to celebrate the start of spring.
- A bubble gets its color from iridescence. As waves of light pass through the bubble, it gets distorted by reflecting off different layers of soap film.
- Bubbles burst if enough of the water molecules evaporate. Also, a gust of wind or object will easily cause a bubble to burst.
- A bubble's shell is composed of a layer of water molecules surrounded by two thin layers of soap. Bubbles will freeze below 32 degrees Fahrenheit like water does but they tend to burst within a few seconds.

Source: <https://sciencemadefun.net/blog/national-bubble-week/>

# RECspiration!!

## Creative Fun Homemade Bubbles



### Ingredients:

- 4 cups hot water (tap is fine)
- 2 Tablespoons glycerin
- Large jar to mix bubbles in
- 1 cup hand soap or dish soap
- 3 drops of essential oil (Optional)
- Spoon to stir the bubble mixture

1. Add hot water to jar.
2. Add glycerin and the soap to the jar of water.
3. Add a couple drops of Joy essential oil (optional) it will give it a nice smell.
4. Using a spoon, gently stir the mixture. Avoid making lots of foam at the top.
5. Grab some bubble wands, the bubble mixture and head outside to have some fun blowing bubbles.

Source: <https://crystalandcomp.com/homemade-bubble-recipe/>

## Fun Snacks Shamrock Shake



### Ingredients:

- 1 Cup Milk
- 2 Cups Vanilla Ice Cream
- Green Food Coloring
- Mint Extract
- Whipped Cream
- Air Heads Rainbow Candy (Optional)

1. Place milk, ice cream, 5 to 7 drops of food coloring, and about 1/2 teaspoon of mint extract into a blender.
2. Mix until you have your desired consistency.
3. Pour contents into glasses and top with whipped cream and rainbow candy. Enjoy!

Top of the morning to you!

Source: <https://www.momendeavors.com/st-patricks-day-homemade-shamrock-shake/>

# RECspiration!!

## Craft Corner Bubble Painting



### What you will need:

- Bubble mixture
- Food coloring
- Bubble wands
- Cups or trays to dip wands into
- Large sheets of painting paper

1. Put a little bubble mixture into each tray or cup (one for each color).
2. Add a little food coloring to each tray.
3. Stir gently—you don't want to make too many bubbles in the cup or it won't work well for painting.
4. Now blow some bubbles of each color onto the paper and create your masterpiece!
5. This may be a little messy so you may want to wear an apron and cover your work surfaces too!

Source: <https://childhood101.com/bubble-painting/>

## Outdoor Fun St. Patrick Day Games



### **Blarney Stone Bounce:** (You will need a bowl or bucket, small stones, and ping pong balls)

Fill a fish bowl or bucket with small stones and place it on one side of the room (this will be your Blarney Stone bucket).

Stand on the other side of the room and try to bounce ping pong balls across the room, trying to land them in the Blarney Stone bucket you set up previously. See how many you can land in the bucket.

### **Shamrock Shake:** (You will need an empty green tissue box, panty hose, and 20 ping pong balls for each player)

Tape a pair of panty hose to the sides of the tissue box so that you can tie it around your waist.

Put 20 ping pong balls inside the tissue box then tie it around your waist. Set a timer and when the game starts, shake your hips and do a "shamrock shake". See how long it takes to get all your ping pong balls out.

Source: <https://www.playpartyplan.com/12-hilarious-st-patricks-day-games/>