

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 Spring Yoga

Benefits of Yoga for Kids:

1. Promotes physical development
2. Promotes emotional intelligence
3. Promotes mental health
4. Teaches about the environment

Doing yoga promotes fine and gross motor skills, develops muscles, and improves coordination. Yoga poses promote flexibility and agility as you get older. It instills values such as compassion, patience, cooperation, and focus. Yoga also serves as an outlet for impulsive energy and relaxes the nervous system. As a result you feel calmer, are happier and sleep better. Practicing yoga promotes brain development as well as critical thinking and creativity.

SPRING YOGA

10 easy yoga poses for kids



1. Say hello to the sun.



2. Pretend to be a tree.



3. Pretend to be a flying bird.



4. Pretend to be the falling rain.



5. Pretend to be planting seeds.

KIDS YOGA STORIES

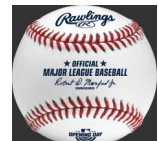
Source: <https://www.kidsyogastories.com/yoga-for-spring/>



DID YOU KNOW?

National Days Celebrated This Month

- March 23—National Puppy Day and World Meteorology Day
- March 25—International Waffle Day
- March 28—Major League Baseball Opening Day and Respect Your Cat Day
- March 29—National Mom & Pop Business Owners Day
- March 30—Take a Walk in the Park Day



Source: <https://nationaldaycalendar.com/march/>

RECspiration!!

Creative Fun Make a Thunderstorm



Materials needed:

- Clear plastic container (shoebox size)
- Red food coloring
- Ice cubes made with blue food coloring

1. Fill plastic container two-thirds full with lukewarm water. Let water sit for one minute.
2. Place a blue ice cube at one end of the plastic container.
3. Add 3 drops of red food coloring to the water at the other end of the container, watch what happens.

The blue and cold water sinks while the red and warm water rises. The blue water represents the cold air mass and the red water represents the warm, unstable air mass. A body of warm air is forced to rise by an approaching cold front, therefore due to the unstable air thunderstorm's form.

Source: <http://www.weatherwizkids.com/experiments-make-thunderstorm.htm>

Fun Snacks Kid Approved Tasty Waffle Recipe



Ingredients:

- 1 3/4 cups unbleached all purpose flour
- 1 Tbsp baking powder
- 1 Tbsp sugar
- 1/2 tsp. sea salt
- 3 eggs
- 1 stick olive oil butter (Land O'Lakes) melted and cooled to room temperature
- 1 1/2 cups milk

Whisk dry ingredients together in large bowl. In another bowl blend together eggs, melted butter, and milk. Make a well in center of dry ingredients and pour in wet ingredients. Combine with whisk. It will be slightly thick. Do not over mix. Pour 1/2 cup of batter into preheated waffle iron. Cook until lightly brown. Add maple syrup, fresh fruit, and whipped cream if you want. Enjoy! National waffle day is March 25th.

Source: <https://ameessavorydish.com/my-kids-favorite-waffles/>

RECspiration!!

Craft Corner Egg Carton Chicks



Supplies:

- Egg cartons
- Acrylic paint & brush
- Glue, scissors, markers
- Construction paper

These cute little egg carton chicks are perfect for Easter, spring, or just because!

1. Cut apart two egg holders from the carton and trim off the excess on the edges.
2. Glue the two pieces together. Hot glue works best but if using regular glue allow extra time to hold.
3. Paint and allow to dry.
4. Add a beak and some eyes. You can even add a feather on top if you want.

Source: <https://typicallysimple.com/spring-chicks-egg-carton-craft/>

Outdoor Fun Nature Scavenger Hunt



Make a list of items to find and go on a scavenger hunt. You can choose from these or make up your own list. Spring is a great time to get outdoors and enjoy the sights and sounds of nature!

- Something yellow
- Bird
- Nest
- Ladybug
- Sunshine
- Ants
- Butterfly

- Rocks
- Clouds
- Something rough
- Something smooth
- Bark
- Something red
- A puddle

Source: <https://www.care.com/c/stories/3784/17-fun-outside-games-for-kids/>