

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

Choose your favorite Super Hero & start training so you'll be ready to use your super fitness powers when the time comes! Repeat the exercises 3-5 times.

Super Hero Training Workout!



RUN: Sprint in place as fast as you can for 30 seconds

FLY: Lie on the floor with your stomach faced down. Outstretch your arms and legs while slightly lifting them off the floor. Hold your pose tight for 25 seconds and release.

JUMP: Jump Squats. Sit in a squatting position with your legs shoulder width apart. From the squat position, jump up in the air, land on 2 feet, & touch the floor. Repeat 10 times.

CLIMB: Standing Mountain Climbers. Start by standing with your feet hip width apart. Shift your weight on to your left foot and lift your knee up to hip height. At the same time, bend your left arm at the elbow and lift it up so your left hand is at your head height. Try for 30 seconds.

BALANCE: Balance on 1 foot at a time for 15 seconds and then switch and balance on the opposite

CRAWL: Army crawl. Laying on your stomach, use your arms to slither forward. 30 seconds

Mindfulness

Draw what makes you happy!!

Tell your child to close their eyes and think of something that makes them really happy. Once they decide on something, give them a piece of paper and crayons (or markers/colored pencils) and ask them to draw it. While your child is drawing ask them:

- How does it feel to hold the crayon?
- What does the texture of the paper feel like?
- Describe the colors you are using and why you chose them.
- Describe what you are drawing out loud.
- If your child becomes distracted, calmly ask them:
"What are you doing now?" "Which part are you drawing now?"



RECspiration!!

Fun!

Don't forget to take time out of your day to have some fun and be creative! Share your creations on social media so your friends can see and join the fun!



Sock Puppets!

Is your sock puppet going to be a person, animal, character, alien, or something new?!



Step 1: Choose a clean sock that's long enough to cover your arm. The sock can be any color, it can be fuzzy or plain, or it can have stripes or polka dots! Now choose what your puppet will be!

Step 2: Place the sock over your hand and try to move your hand up and down to simulate your puppet talking. Mark where the mouth and eyes will be (if your puppet will have them!)

Step 3: Decorate your sock puppet using materials you have at your house. Buttons make great eyes, felt for ears, yarn for hair, and pipe cleaners are perfect for whiskers. You could also try adding feathers, fabric scraps, string, etc. The possibilities to be creative are endless!

Step 4: Now name your sock puppet! Come up with a 3-5 minute skit and perform for your family.

DIY Science

Coffee Filter Chromatography Experiment!

Materials:

White coffee filters, washable markers, cups for water (you will need 1 cup per coffee filter), & approx. 2" water filled in cups

Steps:

- Gather all your supplies and flatten the coffee filters you'll be using. Put a piece of paper or newspaper down so when you draw on the filter it doesn't bleed through.
- Scribble or draw on your coffee filters. Start by using 1 color per coffee filter at a time and then after you see the experiment go back and use more colors to see what changes.
- Now fold your coffee filter in half. Once folded in half fold it over again to make a cone shape.
- Place the bottom point/cone shape into your cup of water.
- Watch what happens to the colors! Remove the filters from the water and let them dry. You can use these for crafts later on!



RECSpiration!!

Music



Get the family together for this silly game and break out your wackiest clothes!

Musical Clothes

To play this family game you will need a music player and a large bag full of clothes and props. Start by filling your bag with crazy clothes and accessories! The funkier the clothes the better! Think silly hats, crazy patterned shirts and pants, funny ties, ugly sweaters, sunglasses, big necklaces, etc. To play the game, start by playing your chosen song and begin to pass the bag full of clothes around to each family member one person at a time.

Without looking in the bag, each family member picks out one article of clothing, puts it on, and then passes the bag to the next person. Continue to play until someone stops the music or when the song ends. Try playing again with a different song and change up who starts first or change the direction you pass the bag around. At the end don't forget to snap a photo of the family all dressed up!

Who has the craziest outfit on at the end?!

Who has the most articles of clothing on?!



Outdoor

Spend some time outside with the family this week! Now that the weather is getting warmer it's time to bring back yard games and activities! Does your family have a favorite outdoor game to play?



Sample outdoor game & activity ideas!



- Lawn Twister
- Cornhole
- Ladder Toss
- Frisbee
- Lawn Darts
- Jenga
- Bocce Ball
- Treasure Hunt
- Hopscotch
- Four-Square
- Kickball
- Badminton
- Hide & Seek
- Duck, Duck, Goose
- Jackpot
- Kick the Can
- Tag
- Jump rope
- Blow bubbles
- Juggle
- Catch fireflies
- Family race
- Tic-Tac-Toe with Chalk
- Build an obstacle course
- Bring your favorite board games outside!
- Play a sport or toss a ball around
- Make a water or sand table with toys

