

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

Start by spelling your first name. Using the letters below, try each exercise in the order you spell your name. Repeat the exercises 2-3 times. For more of a challenge move on to your middle or last name!

ABC Name Workout

A- Jog 30 Seconds in place

J- 10 Squats

S- 20 Crunches

B- 10 Push-ups

K- 30 Second Wall Sit

T- High Knees- 30 seconds

C- 20 Crunches

L- 20 Russian Twists

U- 20 jumping Jacks

D- High knees- 30 seconds

M- Jog 30 seconds in place

V- 25 Mountain Climbers

E- 20 Jumping Jacks

N- 10 Push-ups

W- 20 Russian Twists

F- 15 Lunges

O- 30 Second Plank

X- 15 Lunges

G- 25 Arm Circles

P- 10 Triceps Dips

Y- 10 Triceps Dips

H- 25 Mountain Climbers

Q- 25 Arm Circles

Z- 30 Second Plank

I- 25 Butt kicks

R- 30 Bicycle Crunches

Mindfulness

Eat a 'mindful' snack or meal

1. First, choose a snack or meal you will eat to try this activity. Try to choose a healthy & well-balanced option.
2. Prepare the snack or meal together. Discuss the ingredients you're using, where they came from, etc.
3. Clear your kitchen table. Remove all distractions and turn off the television and all other electronics that may distract you. Set a place at the table for everyone eating.
4. Sit down at the table with your prepared meal. Observe your plate- look at the colors, textures, the placement of the food, & the amount of food. Pay attention to the smell, taste, & feel.
5. Chew your food thoroughly and slowly. After each bite enjoy the bursts of flavor in your mouth & think about how the food makes you feel,
6. Listen to your body and stop eating when you're full.



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!

Tissue Box Monsters

Materials:

- Empty tissue boxes
- Construction paper (white paper for teeth & eyes)
- Glue & scissors
- *Optional for decorating:* Paint & brushes, pipe cleaners, tissue paper, pom poms, glitter, etc.



Steps:

- Take the empty tissue box and decorate it by painting it or covering the box using construction paper or tissue paper.
- Take a white piece of construction and draw 2 zig zag lines across the paper (draw the lines near the center but leave 3" in between the lines). Cut along the zig zag lines you made.
- Take the zig zag cut outs and glue them on the inside of the tissue box hole to create upper and lower teeth (see picture above)
- Create eyes (as many as you want!) by cutting circles the size you want your eyes. Draw smaller black circles inside the eyes you cut out. Now glue the eyes to your box.
- Now decorate your monster by adding eyes, arms, antenna, etc.



DIY Science

Make a rain cloud in a jar!

Steps:

1. In a cup mix the food coloring with a small amount of water.
2. Fill the large jar about 3/4 full with water.
3. In the large jar, carefully add the shaving cream to the top of waters surface to resemble a cloud.
4. Set aside the large jar for a few minutes to allow the shaving cream to settle.
5. Fill your dropper or pipette with the food coloring you mixed with water.
6. Squeeze the droppers on top of the cloud 1 drop at a time. Keep adding drops and watch what happens!



Materials:

- Food Coloring
- Water
- A large clear jar
- Small cup
- Shaving Cream
- Droppers or plastic pipettes

RECspiration!!



Music

Animal Dance Party!



For this game you will need access to a music player and space to dance. Start playing your music and get everyone dancing around the house! As you dance, call out an animal and everyone has to make up a dance for that animal. Bonus points if you can dance and make the animal sounds at the same time! After the dance take a minute to ask your kids why they chose those dance moves for the animal. Repeat the game using different

animals. For older children, try to come up with unique animals or give more directions for the dance. You could also add to the game by calling out the animal name and add different locations the animal is dancing.



Examples: Dance like a bear on a beach or dance like a bear on a tree trunk. Dance like a chicken in a barn or dance like a chicken crossing the road.



Outdoor

Build a Fairy House



Fairy Houses can be created in your own backyard using only natural materials you find. Choose a quiet place in your yard to build your fairy house such as a place close to trees/stumps, grassy areas, on the side of a rock, near a bush or low hanging branch, etc. Now start collecting natural materials you will use to build your fairy house like sticks, rocks, bark, grass, feathers, shells, pinecones, weeds, etc. Please remember to be respectful of living things and wildlife while in nature. Do not disturb living plants such as ferns, mosses, flowers, and trees. Start assembling your fairy house with the items you collected. Be imaginative and remember all fairy houses are different! What natural materials were you able to find in your yard? Does your fairy house have windows? A door? A walkway? Let your creativity shine!

