

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

Flip a coin workout! Flip the coin & try each exercise that coincides with the side of the coin that lands face up. Repeat each exercise 2-3 times. Flip the coin 8 times.

Heads:

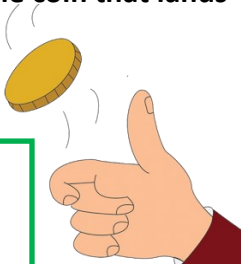


- 25 Jumping Jacks
- 10 Jump Squats
- 30 Second Jog in Place
- 10 Push-Ups
- 25 Crunches
- 30 Second Plank
- 30 Second High Knees
- 15 Leg Lifts

OR

- FLIP 1
- FLIP 2
- FLIP 3
- FLIP 4
- FLIP 5
- FLIP 6
- FLIP 7
- FLIP 8

Tails:



- 20 Walking Lunges
- 30 Second Wall Sit
- 30 Butt Kicks
- 20 Russian Twists
- 15 Squats
- 25 Mountain Climbers
- 20 Triceps Dips
- 30 Arm Circles

Mindfulness

Color Game

This mindfulness exercise is easy to do and will get your child thinking about the details of color around them. Choose a place to play. It can be in any room or somewhere in your yard. Begin by asking your child to list off all the things they see that are the color "green". Your child will look around the room and list off all the items they see that have the color green. Have them start by listing off the larger items that are closer to them. To make it more challenging have your child look around to find smaller objects or objects that are farther away from them. Now move onto a different color. You could also have them identify different shades of a color. Keep playing the game until your child feels calm and is ready to move on to their next task for the day.



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!

Homemade "I Spy" Bottles



Materials:

- Empty clear plastic bottle with cap (you can also use a mason jar)
- Rice (or dry lentils/small dry beans)
- Small alphabet beads
- Small objects that can fit inside the water bottle (mini animals, shapes, buttons, paper clips, etc.)
- A piece of paper or a mini funnel if you have one at home.
- Clear tape

Steps:

- Gather all your supplies and make a list of the alphabet letters you place in the jar as well as any other objects you will try to find.
- Make a funnel using your piece of paper and tape (or use a funnel at home). To make a funnel, roll the paper to create a funnel/cone shape. Make sure the small hole at the end is large enough for your filler material to pass through and small enough to fit inside the bottle. Secure the funnel with a piece of tape.
- Using your funnel, fill the bottle $\frac{1}{4}$ full of rice or dry beans/lentils.
- Next add your beads and small objects using the funnel.
- Fill the bottle with rice. Note: leave space at the top of your bottle to allow room for objects to move around as you shake it.



DIY Science

Homemade foam paint!

Materials:

- Shaving Cream
- Elmer's Glue
- Food Coloring
- Large zip lock bag (1 bag per color you mix)
- Cardboard or thick paper for painting

Steps:

1. Mix equal parts shaving cream and glue in the zip lock bag.
2. Add drops of food coloring to make your desired color foam.
3. Seal the bag & make sure it's secure. Now squish the bag until all the ingredients are mixed together.
4. Make a small cut in the corner of the bag and you're ready to paint on the cardboard (or use paint brushes)



RECspiration!!

Music

Draw what you hear!



For this activity you'll need paper, crayons/markers/colored pencils, and access to a music player. Begin by clearing a space to create your drawing. Now choose songs that will evoke different emotions as you listen to the music. Try to choose different songs that are fast, slow, loud, soft, etc. Will you choose instrumental music or music with lyrics? Before you start go over words that describe emotions or feelings so your child can use this vocabulary later on.

As your child draws, ask them what they are feeling during different parts of a song. Ask them to describe how they feel



using 1 word like happy, excited, nervous, etc. Do any images come into their mind as they hear a song? Do their lines change in width or length as the song changes? Do the shapes change in the picture? What colors do they choose during soft parts of a song or loud parts?

Try this fun exercise as a whole family! Have each member of the family draw while listening to the same songs. At the end talk about how the songs made you feel individually. How does it differ from your family members? If your child enjoyed the activity you could try again playing all new songs to see how the drawing is different from the first.

Outdoor

Family Picnic: Take advantage of the warmer weather and bring your family dinner outside! First, create your picnic menu and then prepare all the food. You can bring any meal outside but you may want to pick a meal that will be easier to transport outside to your blanket (sandwiches, fruit, vegetable skewers, burgers, etc.). While the food is cooking tell your kids to grab a blanket and find a nice spot in your yard (or a local park, please remember to practice social distancing if you go to park). Will you choose to set up under your favorite tree? Or maybe next to the garden? Have your child set up spots on the blanket for each family member. If you have a large basket place all your food items in the basket to bring to your picnic (you also use a large bag, tray, etc.) Need some fun and easy games to play while you picnic?! Here's some conversation starters to try while enjoying the company of your family:

- Never Have I Ever
- Would You Rather?
- Alphabet Game
- 2 Truths & 1 Lie
- 20 Questions
- Dream Vacation/home
- I Spy
- Categories
- What's your favorite...

