

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

Circuit Workout



For the circuit workout you will need to clear some space in your house or you can try outside in the yard. Grab scrap pieces of paper and write down 1 exercise per paper. See the sample exercises below but you can also add your own! If you have the space in your house set up small stations for your child to try each exercise and move to the next or just stay in one place and cycle through the exercises. Choose 10-12 exercises for the circuit. Set a timer for 30-45 seconds. After the timer is up your child should move to the next exercise. Try to keep your heart rate up and only take breaks into between exercises as needed. Repeat 2-3 times, rest in between circuits.

- Jog in Place
- Jump Rope (pretend in place)
- Balance on 1 leg
- Squats
- Russian Twists
- Push-ups
- Sit-ups
- Side Crunches
- Jumping Jacks
- Calf Raises
- High Knees
- Plank
- Burpees
- Leg Lifts
- Lunges
- Butt Kicks
- Mountain Climbers
- Triceps Dips
- Wall Sit
- Arm Circles



Mindfulness

Mindful Jars



Materials:

- Clear mason jar with lid
- Water
- Glitter (glue or dry glitter works)
- *Optional:* Food coloring

Steps:

- Fill your mason jar 3/4 full of water.
- Add the glitter & food coloring to the jar & place the cap on tight.
- Now allow your child to shake the jar. Let them observe what's happening in the jar to all the glitter.
- When your child is experiencing an intense mood you can take the jar out & have them shake the jar and watch until all the glitter has settled at the bottom.

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Fun!

Paper Bowl Jellyfish

Materials:

- Paper bowl
- Long strips of tissue paper, crepe paper, paper, ribbon, plastic bag, etc.
- Paint & Paint brush
- Scissors
- Glue
- Pencil
- String
- Paper clip or button



Steps:

1. Gather all your supplies and use the point of a pencil to punch a small hole in the center of the paper bowl.
2. Paint the outside of your bowl. You can also add your own designs like polka dots or stripes.
3. Cut your string to be approximately 10-12 inches long. Tie one end of the string to the paperclip or button.
4. Insert the string from inside the bowl through the center hole. Pull the string all the way through until the paperclip hits the bowl serving as a stopper.
5. Now create the tentacles for your jellyfish. Cut 8 or more long strips using tissue paper (or paper, bags, etc.)
6. Glue one end of the tentacle to the inside of the bowl near the center. Repeat until all tentacles are attached.
7. Optional: Use googly eyes or paint to create a face.
8. Hang your jellyfish!!



DIY Science Fireworks in a glass!!

Materials:

- Water (Room temperature)
- Canola Oil
- Food Coloring
(Any color of your choosing)
- Two- 16 oz clear glasses or jars

Steps:

1. Gather all materials. Fill one of the 16 oz glasses almost to the top with room-temperature water.
2. Now pour 2 tablespoons of oil into the other 16 oz glass.
3. Add 2 drops of food coloring to the glass with the oil.
4. Stir the food coloring into the oil using a fork. Stop stirring once the food coloring breaks into small drops.
5. Pour the oil and food coloring mixture into the 16 oz glass filled with water.
6. Watch what happens! The food coloring should slowly sink in the glass and each droplet will expand outward as it falls. Do you think it looks like mini fireworks?! What happens if you use multiple colors?!

RECspiration!!

Music

Paper plate shakers

Materials:

- Large paper plate
- Crayons, markers, colored pencils, stickers, etc.
- Stapler
- Dried beans or pony beads



Steps:

- First, decorate the back of your paper plate.
- Fold the paper plate in half and staple around the edges. You'll want the staples close together so the beans can't escape. Leave a hole open at the top to fill with beans.
- Add a few scoops of dried beans to the plate through the hole. Staple the hole shut.
- Try your shaker out!!

Toilet Paper Roll Kazoo

Materials:

- Toilet Paper Roll
- Crayons, markers, stickers, etc.
- Wax Paper
- Scissors
- Rubber Bands
- Pencil



Steps:

- First, decorate the toilet paper roll using materials you have at home.
- Cut a piece of wax paper so that it fits over one end of the toilet paper roll. Use a rubber band to hold the wax paper in place on the roll.
- Use a pencil to poke a few holes in the wax paper.
- Try it out! Blow into the end with no wax paper and observe the sound.

Outdoor Backyard Bowling!

No need for a fancy outdoor bowling set! Create your own bowling game using recyclable items you have at home. For the pins you'll need 10 items that can stand alone. Suggestions for household items that can be used as pins are water bottles, milk cartons, cereal boxes, empty canisters, cans, etc. Using a marker or paint label your pins with the numbers 1-10. Now find a ball or round object that will serve as your bowling ball such as a soccer ball, tennis ball, baseball, etc. Next find a place in the yard to play. The game will be easier if you have a flat, hard surface like a driveway, deck, crushed stone area, etc. The game can be played on the grass it will just be more challenging! You'll want a heavier ball if you play in the grass. Now, set up your bowling game! You can set up your game using the traditional 10 pin style with 1 pin in front or you can create your own version of bowling. You could set up pins around the yard and move to the next as you knock them down, you could set the pins up in a long straight line, there's endless options!

