

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

Family Fitness Activity Jar!

This week gather up your family and brainstorm some fun fitness activities you can do as a family! Give each family member 8-10 pieces of paper to write down a fitness activity they'd like to try as a family. At the end place all of the ideas into your fitness jar. Choose a time that works for all family members and pick 1 activity out of the jar and try it. Repeat each day until you try all the activities!

- Complete a workout video together
- Practice a sport
- Play "Monkey in the Middle"
- Practice Yoga
- Go outside & jump rope
- X-Circuit Workout (choose 6 exercises)
- Train for your own family 5k
- Simon Says fitness
- Keep the ball or balloon in the air!
- Create a timed scavenger hunt
- Learn a new dance
- Yard bowling with water bottles

Mindfulness

Mindful Journaling

Grab a notebook that your child can use and keep as their journal. Find a special pen or marker they can use in their journal. (Maybe a pen that's their favorite color or a fun gel pen that makes them happy as they write?)

Have your child find a quiet place that makes them happy or makes them feel calm. Write down some prompts at the top of each page for your child to write about in their journal. Set a timer for 10 minutes and have your child quietly respond to the prompts in their journal.

Your child can also draw pictures in their journal that may help support their thoughts about a prompt.



Sample mindful journaling prompts:

1. I am grateful for...
2. I am proud of myself for...
3. I am happiest when...
4. I am capable of...
5. I am very excited about...
6. I should listen to my body more when...
7. I am no longer afraid to...
8. I forgive myself for...
9. I am going to try...
10. I believe that I can...

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Fun! Family Time Capsule

You will need a small container to create your family time capsule. A shoebox works great but you can also use an old lunch box, large Tupperware, or you can purchase something similar. After you choose your time capsule vessel have your children decorate the time capsule and write the date you want to open it on the outside. We suggest choosing a date approximately 10 years from the date you create your time capsule or you can choose a date in the future that has meaning to your family. Now ask everyone in your family to collect small items they would like to include in the time capsule. See sample items below. You may need to give a limit on the number of items per person depending on the size of your capsule or family. Before placing items in the capsule ask your family to give a brief explanation of why they would like to include these items and what these items mean to them. After you've put all items inside your capsule close it up (you can use tape if needed) and store the time capsule in a safe place where you won't be tempted to open it until your selected date.

Sample Items:

- Photos
- Newspaper clippings
- Small trinkets
- Certificates or ribbons
- A special book
- A letter to your future self
- Items collected from vacation
- Cards or letters
- Ticket stubs
- Drawings
- Magazines
- Documentation of current events

DIY Science

Water Cycle in a bag!



Materials:

- Gallon-size plastic bag
- Water
- Blue food coloring
- Permanent marker
- Packing tape
- A sunny window

Steps:

1. Draw a model of the water cycle on the outside of your plastic bag (make sure the zip lock part of the bag is the top). See picture or look up a picture of a water model.
2. Add approximately 2 inches of water to your bag. Add 1-2 drops of blue food coloring to the water in the bag.
3. Seal the bag tight and use tape to secure the zip lock edge of the bag.
4. Tape the bag to a sunny window in your house by using a large strip of tape to secure the zip lock edge to your window.
5. Have your child predict what will happen to the water. Observe the bag throughout the day and watch what happens with the water.

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Music Family Karaoke!



Karaoke is a great way to spend the evening with the family! You don't need a Karaoke machine to try at home. You'll need to be able to look up song lyrics for all the songs your family members choose to sing and you will also need access to a music player. Have each family member choose 2-3 of their top choice songs to sing. Look up the lyrics to each song and either print them, write them out, or leave the lyrics up on a computer or tablet. You may be able to find lyrics that scroll across the screen on YouTube, try searching for the song title lyrics. If your child is not old enough to read, have them choose an easy song they know by heart like Twinkle, Twinkle Little Star. Find an object at your house that you can use as your pretend microphone or have your kids make a microphone as a craft. Encourage your family members to pick out a fun outfit for their performance! Allow your family members to review the song lyrics before they start. Bonus points if they come up with a dance routine while they sing! Create a stage area in your home and get ready to sing the night away! If a family member is shy you can partner them up with another family member and they can sing a duet.



Outdoor Sponge Bullseye!



Materials:

- Sponges (any size will work, larger sponges can soak in more water so the kids may enjoy getting wet!)
- Targets– You can make your own targets using items you have at home such as buckets, large bowls, hula hoops, etc. or you can draw targets in your driveway using chalk.
- Large bucket or bowl to soak sponges.
- Water to fill sponge bucket/bowl.
- Paper/markers for target points if not using chalk.

How to Play:

- Collect items you will make your targets out of or grab chalk to draw targets. If you're using items like a bucket or hula hoop, set them up in your yard and you will need to allocate point values for each target. We suggest making the point values lower for the larger or closer targets and the point values increase as the targets get further away or smaller. You can make targets any value you choose but it may be easier to do increments such as 10, 20, 30, etc. Make the smallest target/farthest away target or "Bullseye" have the most point values.
- Fill a large bucket or bowl with water and place all the sponges in to soak.
- Choose a total point value for the winner to achieve or set a timer & whoever has the most points when time is up wins! Allow 1 person at time to throw the sponge and record the point values until the game has a winner.