Outdoor Family Fun

January is a great month to enjoy winter activities. One of the most popular winter activities is ice-skating. Ice-skating is a very popular sport in the Winter Olympics, but it is also an activity that can be done for fun and not for competition. This month your family, and maybe some of your friends’ families, can go to a local indoor or outdoor ice-rink and practice or learn how to ice skate. Below are a few activities that you can try while on the ice.

Stride and Glide
Choose a starting line from which every person can skate three strides and then glide. Whoever can glide the farthest wins. For a greater challenge, try gliding on one skate.

1…2….3 Red Light
One skater should stand at the far end of the rink with his/her back turned. While that person counts out loud, everyone else should turn toward the person counting. The person counting should shout “red light” and turn around. Any skaters who are still moving when the counter turns around must return to the starting line. The game continues in this manner until one skater reaches and tags the counter.

Freeze Tag
In this team game, each team has a captain who tries to tag and “freeze” players from the other group. Once frozen, skaters cannot move unless they are tagged by their own team captain. When all the members of one team (except for the captain) are frozen in place, the other team is declared the winner. This game works best if you have a large family or multiple families participating.

Skate for a Spell
For a fun finish to your skating adventure, ask everyone to describe skating in one word. Then take turns trying to write each word on ice by skating in the shapes of the letters – the bigger the letters the better!

Source: (www.familyfun.go.com)