

Wax Paper Skating

When it's too warm to ice skate or too cold to roller skate or you simply want an anytime, indoor activity, set up a wax paper skating rink. Any hard, smooth floor will do.

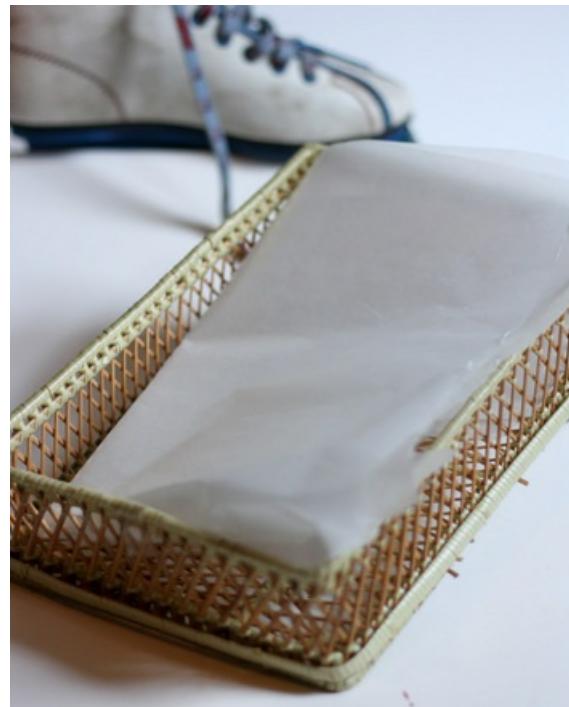
What You Need:

- Wax paper
- Scissors
- Large rubber bands
- Painter's tape

What You Do:

1. Mark off the skating rink with the painter's tape. Be sure to choose a hard smooth floor that is in an area free from obstacles and hazards that might injure a skater. Things to avoid include the corners of cabinets, counters and hearths as well as floor drains.
2. If you have a whole group of skaters, explain to them that to keep everyone safe, it is a good idea to skate in one direction around the rink. Show them which direction they will be skating.
3. Now help your kid put on his skates. Cut two large squares of wax paper. Have your skater place one foot on the center of one of these squares. Fold the square up and rubber band the wax paper around the skater's ankle. Make certain that the wax paper covers your skater's entire foot.
4. Repeat for the other foot.
5. If necessary, repeat steps 3 and 4 for each skater.
6. Let the skating begin! Depending on the floor, wax paper skates can be super slippery. You may need to hold a skater's hand if he seems unsure or unstable. Encourage your skaters to move around the rink, developing their coordination. As they develop some skill, turn on some fun skating music or play the Hokie Pokie like they used to do at a roller rink.

Caution! You may need to limit the number of skaters depending on the size of the skating rink.



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