

Skate Away a Rainy Day

This is a really fun and simple way to burn off some energy and perfect your figure skating technique. All you need is:

- A non carpeted room
- Wax paper
- Rubber Bands
- Two feet



Cut the wax paper into squares large enough to wrap around your feet. Wrap a sheet around each foot and fasten around the ankles with rubber bands. Clear the room, put on some music, and skate away your blues.

Some great books about figure skating are:

Older, Effin. *Ice Dreams*. Parachute Press, Inc. 1996

Boo, Michael. *The Story of Figure Skating*. Morrow Junior Books. 1998

Wilkes, Debbi. *The Figure Skating Book*. Firefly Books. 1999

SOMETHING TO KEEP YOU WARM

There are plenty of sports to keep you active in the winter. The only trouble with outdoor winter sports is the obvious...you get COLD !! Here's something tasty to take along and keep you warm. (It also makes a great gift)



INGREDIENTS:

*3 cups powdered sugar

* 8 oz. non-fat dry milk

*16 oz. Instant Chocolate Milk

* 6 oz. Cremora

*1 large box instant chocolate pudding

Mix ingredients well and store in air tight container . Add 3 tbl. per cup hot water.

Curl up with a cup and read about some of these exciting winter sports:

Brimner, Larry Dane. *Snowboarding*. F. Watts. 1989

Dady, Debbie. *Giants Don't Go Snowboarding*. Scholastic.1998

Garett, Bruce. *Skiing for Beginners*. Scribner. 1991