

Ice Skating Try-It

Created by US Figure Skating for
Girl Scout Brownies



Do 4 activities to complete this Brownie Girl Scout Try-It

Explore the world of ice skating

Explore the sport of ice skating. What are some ice skating sports? What are some ice skating organizations that help promote these sports? Ask a representative from your local ice skating rink to tell you about these sports and organizations. Borrow books from your school or local library about ice skating. Look in magazines for pictures of ice skating sports. Share them with your troop.

Ice skating safety

What do you wear for ice skating indoors or outdoors? What safety equipment should be worn for recreational skating? Know how to wear and take care of a pair of ice skates. Make a list of rules for safe skating indoors and outdoors. What are the rules at your local ice rink or park? Learn the basics of ice skating: how to fall and get up, how to stop, how to skate forwards, backwards and turn.

Ice skating games

Play some games to either help you become more comfortable on ice or to help you understand the rules of a particular ice skating sport better. If you aren't ready for the ice yet, these may be done in a large room with a linoleum or hardwood floor by putting a paper plate under each shoe. Then let the fun begin! Make the games up with your troop or work with a skating instructor to learn the games. If possible, try the games on ice.

Skaters Away!

Go Ice Skating! Go to an ice rink or park and skate with your Brownie Girl Scout friends.

Ice skating performance

Ice skating performances are fun to watch on television, on video tapes or at your local ice rink or park. See if your library has a video on ice skating. Watch a video of figure skating, ice hockey or an ice dancing show. If you can, go to see a local ice hockey game, a figure skating exhibition or ice show. Talk with your Girl Scout Brownie friends about your favorite parts of the performance.

Ice skating art

Make a skating mural to decorate your local library, nursing home, pre-school, or school or other venue. Use a large piece of bulletin board paper, a large window or playground to draw a winter scene in pencil, paint, crayons, markers, sidewalk chalk, etc. Then paste or draw pictures of skaters onto your mural.

Ice skating poetry

Create an acrostic poem about ice skating - use each letter of the words "ice skate" to begin each line of the poem. Try another form of poetry to create more poems about skating.