

Figure Skating

Warm- Up: log onto www.gonoodle.com, click on the search button, type in “Spread Love” and have fun warming up with some Zumba!

Figure Skating Activity: Clear an area on your floor (you can even “rope” off an actual “rink” if you’d like), grab your hat and mittens, and pretend you’re gliding across the ice. There are several ways to make it feel as real as possible:

- Use dryer sheets- they provide just the right amount of slide and won’t scratch your floors!
- Use paper plates- step on them with bare feet (they’ll stick better) and then slide away.
- Put a pair of wool-like mittens on your feet (kids will think this is pretty silly which adds to the fun).
- Construct wax paper booties using string or tape.
- Save old tissue boxes and kids can simply place their feet through the opening!

Cool Down: log onto www.gonoodle.com, click the search button, and type in “Hug It Out” to end with some yoga!