



For the Love of Skating! Patch Activities

Skating safety is super important when learning how to skate. It is good to know what to wear, how to tie your skates, and how to skate! These activities will help participants learn skating skills and earn their own skating patch. For the first 2 categories, choose at least two activities, and for the last category choose at least 1 activity to learn more about skating, and remember, stay safe!

Category 1: Get Artsy! (Choose at least 2)

1. Write a poem

- Write your own skating poem, try an acrostic poem, or just go with the flow!

Sample of an acrostic poem:

Skates
Keep your helmet on
Axel
Toepick
Ice
Never be afraid to fall
Glide

2. Draw your own costume/ uniform

- Design your own costume/ uniform with paper pencils, crayons, or markers for a skater, or for yourself. Share your artistic creation with your friends and family!

3. Decorate your own skates

- Use the templates attached or create your own skates with paint, pencils, crayons, or markers for a skater. Maybe your skates will be the new style!

Category 2: Before you skate... (Choose at least 2)

1. Watch a safety video

- Before skating, it is always good to learn what to do and how to skate safe. Watch this video to learn the do's and don'ts of skating:
<https://www.youtube.com/watch?v=H-ZNjWN4dac&feature=youtu.be>

2. Off-ice video

- Exercise is always important for skating, and every other sport. Learn some of the basic exercises for off-ice training, and train like an olympian! With an adult, search the internet for basic off-ice training videos and try out at home.

3. Eat like a champion!

- Nutrition is also important for sports, research 1 healthy meal and try to make it on your own! Recipes can be found online using Pinterest, at the library or your family may have their own secret recipes.

4. Make your own water bottle beads!

- Every day, you should drink at least 5-8 glasses of water. To keep track, make a bracelet to wear or put on your water bottle with 8 beads on it. Every time you drink one glass of water, slide a bead to one side of the bracelet until every bead is moved!

Water bead bracelet instructions:

Materials: 1 pipe cleaner, 8 (or more) beads

1. Put all beads onto your pipe cleaner
2. Tie both ends of pipe cleaner together to create bracelet
3. Wear your new bracelet on your wrist or put it on your water bottle, don't forget to slide each bead over for every glass of water you drink!

Category 3: Try It! (Choose at least 1)

1. Go skating!

- Check out your local rinks website to see when is the next public skate or participate in a learn to skate program. Invite a friend, family member, or another Girl Scout to share your new safety skills on the ice!

2. Attend or watch a competition/ game

- Look on your local rink's website and calendar to see when is the next competition, show or hockey game. While there, complete the attached scavenger hunt for even more fun!

3. Participate in a show

- Watch your local ice rinks calendar and website to see if there are registrations for a show! Practice your skills and learn new ones with a group to display in the show!

Skating Scavenger Hunt

Whether you attend a skating show or hockey game, there can be lots of different things to see. For example, at a skating show, you will see many different costumes and backgrounds, and different tricks. At a hockey game, you will see hockey jerseys, helmets, and goals. Choose the scavenger hunt below based on where you go and fill in what you see!

Figure Skating Show/ Competition

1. What kinds of costumes do you see? Do you see dresses, crazy shirts, funny hats?
2. How many laps does the Zamboni take to clean the ice? What color is it?
3. What kinds of tricks do you see? Are there any spins or jumps?
4. At skating competitions, skaters earn medals. Can you find where the medals are? Ask what each color means.
5. There are pro shops in rinks, can you find the pro shop? What kinds of things do they have inside?
6. What color skates do the skaters wear?

Hockey Games

1. What colors are the players' jerseys?
2. Do all the players wear the same gear?
3. How many referees are on the ice?
4. What do the players and referees wear to stay safe?
5. How many total players are on the ice? How many for each team?
6. What happens when the teams score a goal?
7. How many laps does the Zamboni take to clean the ice? What color is it?



