

Activity Sheet



“Let’s Go Skating!”

By Alyson Heller

The kids in the After-School Sports Club are going on a field trip to the local rink. Everyone is excited to learn how to skate -- except Alyssa, who is not sure she is ready to give it a try. Can the rest of the kids show her how much fun skating can be?

Before you read this book: Ask children about a time when they were afraid to try something new. Who helped them?

While you read this book: Talk about the expressions on the kids’ faces in the pictures Ask the children what they think the kids are feeling. Notice the smiles on the kids’ faces; notice the apprehension on Alyssa’s face. Celebrate Alyssa’s bravery and comment on the importance of friends’ support.

After you read this book: Try some indoor winter activities.

- Paper Plate Skating – Put one paper plate under each foot and encourage the children to glide across the floor on their “paper plate skates.” (Masking tape can help them stay on.) Put on some fun music and encourage them to skate to the rhythm of the music – fast, slow, choppy, smooth. Can they swing their arms like a speed skater or figure skater – watch video clips, so they can see how. Put on a skating show and let the children cheer each other on.
(<https://theinspiredtreehouse.com/lets-go-skating/>)
- Tissue Paper Snowball Fight – If you have a safe space, let the children make “snowballs” out of tissue paper and have fun!

Try this at home:

- Make a paper skate color matching game. For preschoolers, they can find the matching skate. For older kids, turn it into a memory game. Create your own or use a free printable template:
<https://www.makinglearningfun.com/themepages/IceSkateColorMatch.htm>
- Create a “Lace My Skate” activity: Print an ice skate on thick cardstock. Use a hole punch to punch out the holes. Give the children a piece of yarn or shoestring. Have them lace up the skate and tie. For a free printable template:
<https://www.makinglearningfun.com/themepages/IceSkateLacing.htm>