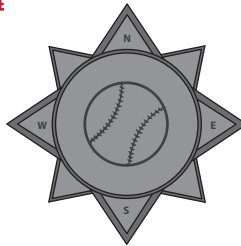


ROLLER SKATING

I know you are thinking that raccoons can't roller skate. But I assure you I can do some mean moves. I do love to get out there at a local skate rink or sometimes around the sidewalks in the town (not so much in the woods).

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

Either get hold of a pair of skates or go to a skate rink and rent some. Practice until you can skate around the rink or around the block without holding on to anything or falling. If your parents are super adventurous try getting good enough to serve the family a meal on your skates.

LEVEL C

PERIOD 5

TASK 2

It's good exercise and it can be a whole lot of fun with friends.

1. First thing you'll need is a pair of roller skates. You can buy these. New - they can be super expensive, but you can find used ones for a bargain. Or you can simply rent them at the roller rink.

2. Now standing still, practice your posture. You'll want to bend your knees slightly and lean forward a little. This will really help you to be more stable.

3. The trick to skating is that you actually have your feet pointed outwards a bit. This will allow you to kinda walk with a bit of stability. Once you can do this, start pushing off a little with the sideways skate and gliding with the other. As you slow down, push off with the other skate until you gain more momentum and more time between pushes.

4. To stop, you'll place the skate with the stopper on the toe behind you and drag it. It acts as a brake. As you get better and learn to skate backwards, these brakes can be a whole lot more effective when you are going backwards.

Good luck, have fun, and stay safe.

