

ICE RINK CHALLENGE

CREATIVE CURLING



Wheelchair curling is a Paralympic sport for athletes with an impairment affecting their lower limbs or gait. Players slide stones on a sheet of ice toward a target area. The sport is considered “Chess on Ice,” because it involves a lot of strategy and patience to defeat your opponent.

Using items from around your house, create your very own target area and aim your object towards it. See how close you get to the target!

What do I need?

- Somewhere to sit
- An object that will roll
- A mop or a floor brush

How long will it take?

15 minutes



What should I do?

1. Sit on a chair, sofa or on the floor.
2. Find something soft that might easily roll. This could be a scrunched up sock, a cuddly toy or even paper rolled up into a ball. You might have a soft ball, which you could also use.
3. Choose a random object as **'your target'** e.g. a coaster, a book or a soft toy.
4. Use a mop or a floor brush to push the object. You might have something else in your house that you could use for this. This will help your object move faster.
5. How far can you push your object (using your mop or floor brush) towards the target? (Remember you have to stay seated).
6. Compete with a friend or family member to see who can push their object further towards the target.



Extra challenge

1

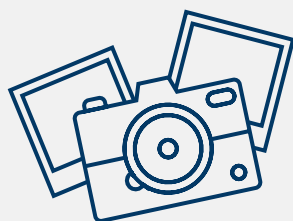
Try the activity on a different surface e.g. carpet or tiles to see which is the best.

2

Try sitting further away from your target. Can you still reach your target?



Take it further



Create a tournament and compete against your family and friends! Ask your family or friends to take a picture of you competing against one another. Why not award medals or prizes too?

Share with us

Share your photos or videos on social media or by email

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