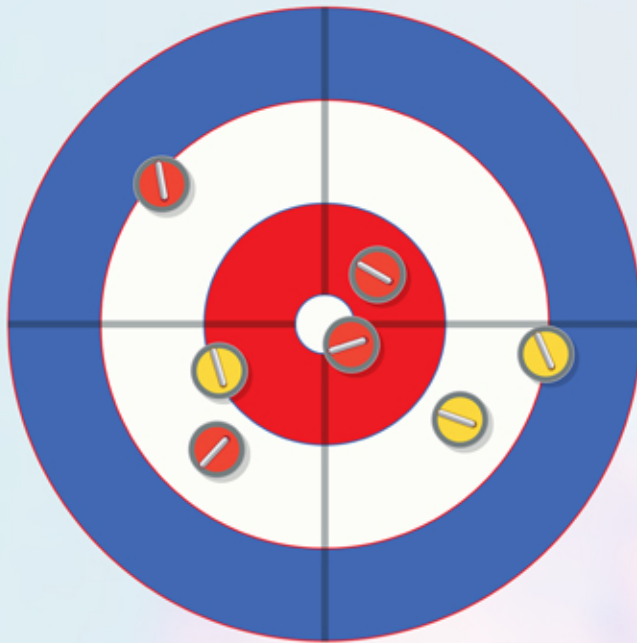


CURLING



GET ACTIVE



15 MINUTES



PREPARATION
NEEDED



GETTING INTO THE ACTIVITY

Bring the game of curling inside your home, by creating a DIY ice rink and curling stones.

To create the ice rink, you'll need to fill a baking tray or similar with water and carefully put it in the freezer. The bigger the tray the better. It's best to leave this overnight to be sure the ice has frozen properly.

Now you're ready to play curling. Place a small coin at one end of the tray. This is the target. Take it in turns with a family member to slide bottle lids down the ice rink with the aim of getting closest to the coin. Remember, you can try to knock your opponents bottle lids away by hitting into them too. Award a point for the person who is closest to the coin and then play again. Keep a track of the score and see who gets the most points overall.

Ask a grown-up to take a photo or video of you playing curling and share it with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

- Tray
- Water
- Bottle Lids
- Small Coin



NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult.
An adult should initiate any contact with the BB group and/or share on social media.