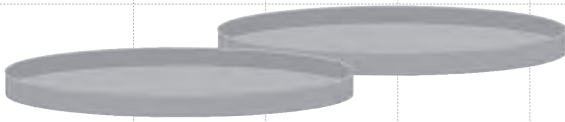


ACTIVITY!

Make Your Own Swim Paddles

1 Lay the two lids down on your work surface. It doesn't matter which side is facing up; the paddles will work in the water either way. It's more comfortable for your hands, though, if the side with writing (or where the label was) is facing up.

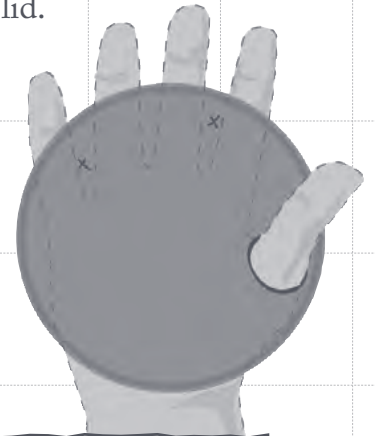


2 Start with one lid. Imagine your lid is the face of a clock. Find where "7 o'clock" is and mark it with the pen. Poke a hole through the mark with the pointy scissors. Afterwards, lift up the lid and carefully use the scissors to cut a hole about the size of a quarter around the mark, near the edge of the lid. (Make sure there is an adult around while you use the pointy scissors!) This is your thumbhole and this paddle will be for your right hand.



3 Place your right thumb into the hole. Relax the rest of your fingers so that they lay flat against the lid.

Don't spread your fingers out too wide or hold them too close together. Use the pen to make dots to the right of the middle knuckle of your pointer



Supplies

- * 2 round plastic lids*
- * protection for your work surface, such as a piece of cardboard, cutting board, or a magazine
- * pointy scissors
- * 2 shoelaces, any color*
- * permanent markers, any color
- * spray paint, any color (optional)

*Lids from 12 ounce plastic food containers work well. If the lid is too much bigger than your hands, the paddles will not move through the water easily. Make sure they are clean and dry. Shoelaces should be the kind for athletic shoes, not dress shoes. The laces don't need to be long.

ACTIVITY!

finger and to the left of the middle knuckle of your pinky.

4 Lay the lid back down on your protective surface. Use the scissors to poke holes through the marks. Next, poke one shoelace end into one of the holes and tie a knot at the end of the lace. The knot should be on the front of the paddle. (The back of the paddle is where the palms of your hands will rest.)

5 Poke the other end of the lace into the other lid hole. This should form a strap for your fingers. Pull the lace snug and tie a knot at the end. Cut off any extra lace. It's easier to get the strap the right length if you ask someone else to pull the lace and make the second knot.



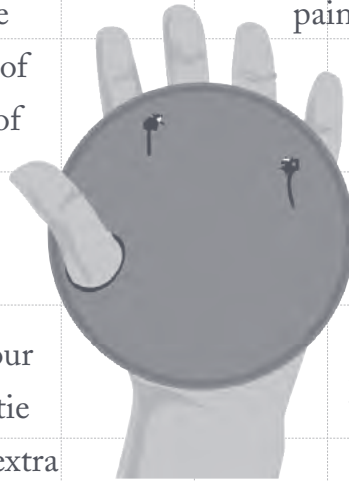
6 To make a paddle for your left hand, make a



mark and cut a thumbhole in your second lid at "5 o'clock." Next, follow the same steps you used to make your right-hand paddle.

7 If you want, spray paint your paddles following the directions on the paint can and let them dry. Note

that the paint will eventually wear off in the water. Another option is to use permanent markers to decorate your paddles. Now you're ready to try out your swim paddles in the water!



Time needed:

15 minutes, not including drying time for paint