

# Free Sliding

**You'll need:** some old, flattened cardboard boxes that are big enough to sit on. (Or any other slippery flat surface that's big enough for sitting on top of could be used such as old trays, pieces of polythene or discarded plastic street signage).

**You'll need to find:** some good outdoor locations with hills—such as sand dunes (avoid protected areas), grassy slopes and dirt piles.

No instruction necessary: once you find your slippery hill, simply sit yourself down onto your sheet of cardboard, push off and enjoy the ride! Once a certain level of skill has been mastered, introduce the idea of races. Great fun for the adults too, and an excellent form of exercise.