

# Spirit North

## CHRISTMAS BREAK CHALLENGE

**Ski Golf:** Put brightly coloured golf balls in the ski tracks, one per track (or more if you really want to have fun.) Have the child kick the golf ball as they ski, shuffling as fast as they can to the next golf ball that they get to kick with their ski. My son's technique has really improved with this game (along with his speed.)

**Ski Soccer** - Can be played with a small ball that fits in the tracks (see ski golf above) or could be played in a field with no tracks. Good as a team or individually between a child and parent.

**Adventure Ski:** find a new trail and ski it. Can be anywhere you want!!

**Obstacle Course:** Build jumps, turns, berms, bridges..anything you want..., then try to ski it!

