

Aim at Kindness! Make a Mini Ice Hockey Rink

“Speak with the utmost kindness, lowliness and humility, for such speech exerteth influence and educateth the souls.” —‘Abdu’l-Bahá

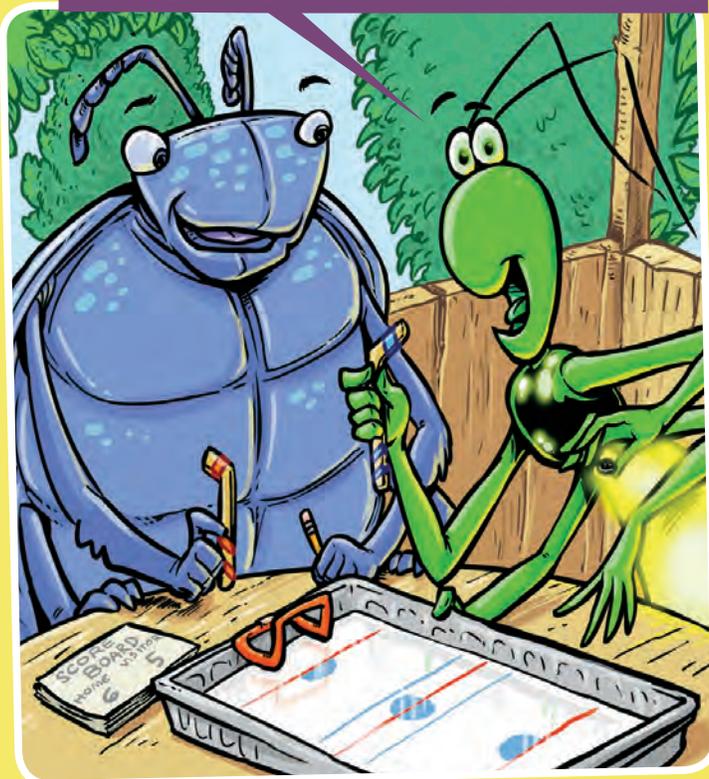
It's no sweat to be a good sport when you're winning at hockey, soccer, or other competitive games. But it can get tough when the ref makes an unexpected call against you, or a teammate makes a big mistake.

If frustration hits, focus on playing with positivity. Instead of getting mad about slip-ups, say encouraging words such as “Nice try!” or “You'll get it next time!” Offer

to share some cool new moves. If someone is having a rough game, imagine being in their shoes (or skates). Think about how you'd want to be treated. If you spot bullying or unfairness, find your courage to stand up for justice.

Appreciate and support your teammates by pointing out their strengths. Thank your coaches for their work, too. You'll build your team's spirit, and that's a win for everyone!

WE'RE SCORING HOCKEY AND KINDNESS GOALS!



You'll Need

- 11½" x 8½" x 1⅛" (29.2 x 21.6 x 2.9 cm) foil pan
- 8" x 11" (20.3 x 27.9 cm) printer paper
- ruler
- pencil
- red and blue permanent markers
- pitcher of water
- freezer
- two 9½" (24.1 cm) jumbo pipe cleaners
- 1" (2.5 cm) black button
- 3 jumbo craft sticks
- scissors
- tacky glue
- two colors of duct tape
- clear tape

- 1 Find rink's center by folding paper in half two times, so short edges meet. Round unfolded corners with scissors. Open paper.

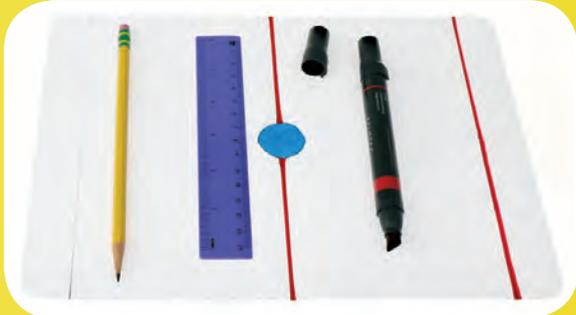


- 2 With pencil, trace around button to create a circle at rink's center. Color circle blue.





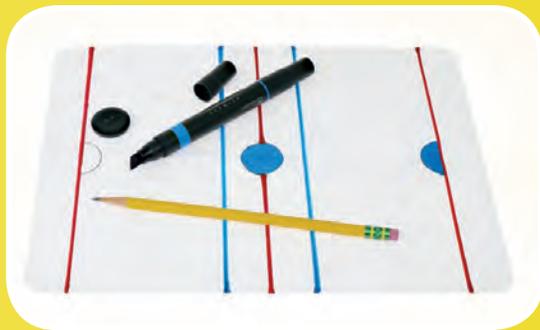
- 3 Draw pencil lines 1" (2.5 cm) from each short edge of paper and along center crease. Trace over lines with red marker, but don't overlap circle.



- 4 Draw pencil lines 1" (2.5 cm) from each side of centerline. Trace over with blue marker. Trace over with blue marker.



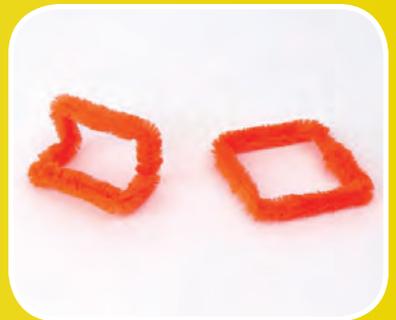
- 5 In center of each red line at ends of rink, trace around half of button. Color shapes blue. Put paper in pan.



- 6 Place pan flat in freezer. Add water just above paper. Press paper to bottom and freeze. For thicker ice, add thin layer of water and freeze again.



- 7 Connect ends of one pipe cleaner by twisting together. To make goal, bend pipe cleaner into square, then fold in half. Repeat for other goal.



- 8 At an angle, carefully cut 2" (5.1 cm) off each end of a stick.



- 9 Glue one cut end to end of a whole stick. Repeat for other stick. Decorate each hockey stick with a different duct tape color.



- 10 Remove rink from freezer. Use clear tape to secure a goal to each end of rink. Set button puck on center circle. Grab the sticks and a friend, and you're ready to play! Use your stick to push the puck into the goal.

