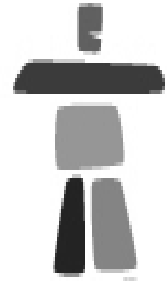


MILK SPIRIT WEEK IDEAS



Celebrate Vancouver 2010 Olympic Winter Games with the **Moo-lympics!**



Celebrate the Moo-lympics by choosing to do some or all of the following suggested activities for Milk Spirit Week:

Create an Emblem:

Inukshuk building

The Vancouver 2010 Olympic Winter Games emblem is a contemporary interpretation of the inukshuk. It is called Ilanaaq which is the Inuktitut word for friend. This is the symbol of Canada's Games – our friend who will help us greet the world in 2010.

- Make your schools own inukshuks! Hold a competition for the most creative design or structure. "Inukshuks" can be made out of milk cartons (all sizes) and other materials as needed (indoor activity), or, out of ice frozen in 2 L milk cartons (outdoor activity). For ice "inukshuks" pour water into the cartons and freeze them (Manitoba winters provide the best freezer space!) to make blocks of ice. If desired water can be coloured using food colouring before freezing. To remove ice from carton, turn carton upside down and run under warm water or peel away the carton.

Create a Symbol:

Create an Olympic Torch

Using an empty and rinsed 2 L plastic milk jug, cut off the bottom. Use the inverted milk jug as a torch. Decorate the torch's "flame end" (now open bottom of the milk jug) with tissue paper, cellophane, tinsel, garland, etc. to make it look like the torch is lit. Decorate the rest of the torch and use the handle to carry. Kick off the games by holding a relay throughout the school with a member from each class or team carrying the torch.



MILK SPIRIT WEEK IDEAS

Let The Games begin!

Consider having teams throughout the school using names of various countries participating in the Olympic games. Teams can be designated by classrooms or can be made up of students from a variety of classrooms. Teams can collect points based on their participation in the games and at the end collect prizes.

Moo-lympic events may include:

Cross-country Skiing

- Have students slide their feet into two empty 2 L milk cartons opened at one end. Students race each other by “skiing” their way through the same obstacle courses without knocking obstacles down or students falling over. Obstacles may be created out of empty 1, 2, or 4 L milk jugs. The student to complete the race first wins a prize or can collect points for their team.

Ice skating

- Have a skating rink at your school or close to your school? Considering a field trip to an arena? Hold speed skating competitions or figure skating competitions. The team with the best time or most creative figure skating routine can win prizes or collect points.

Hockey

- Inside a gym or outside on a cleared cement pad or empty parking lot hold a floor hockey tournament. Fill 4 L jugs of milk or ice cream pails with sand or water to make goal posts. Use an empty 250 mL milk carton, ball, or sponge as a hockey puck. The team who scores the most points in a given time period wins to collect prizes or points.

Milk Jug Curling

- A twist on the once popular jam can curling! Decorate 4 L milk jugs, fill with water and freeze. Make a barn out of a large cardboard box. On an ice rink, frozen cleared cement pad or empty parking lot try to get as many of your “cows” (4 L milk jugs) home (into the box). The team or teams with the most cows in the barn wins or collects points.

Bobsleigh, Luge, or Skeleton

Each of the following three Olympic sports grew out of the practice of using a sled or toboggan to slide down an incline on snow or ice. Find a hill or incline close to your school and let the fun begin!

(Caution: avoid river banks due to the potential for thin ice!)

- **Bobsleigh:** Have 2 or 4 students on a wooden toboggan. To start, the racers push off as fast as they can then jump into the “bobsled” for a seated descent down a hill. The team with the best time wins.
- **Luge:** Using a toboggan, have 1 or 2 students push off as fast as they can before lying down on their backs, feet stretched out in front of them, heads back to be as aerodynamic as possible while traveling down a hill. Luge racers steer using their legs and shoulders, and brake by sitting up and putting their feet down. The person or team with the best time wins.
- **Skeleton:** Have 1 student at a time, using a crazy carpet or flying saucer, grasp either side of the front of the sled, run as fast as possible, then dive head first onto the sled. Sliders lie on their stomachs and steer by shifting their bodies very slightly as they slide down a hill. The person or team with the best time wins.

