

Walk like a Penguin!

When things get cold and icy,
And your path looks kind of dicey,

Waddle on!

Keep your toes all pointed out-y,
Keep your knees all loosey-goosey,

Waddle on!

Keep your hands outside your pockets,
Take short steps so you won't rocket,

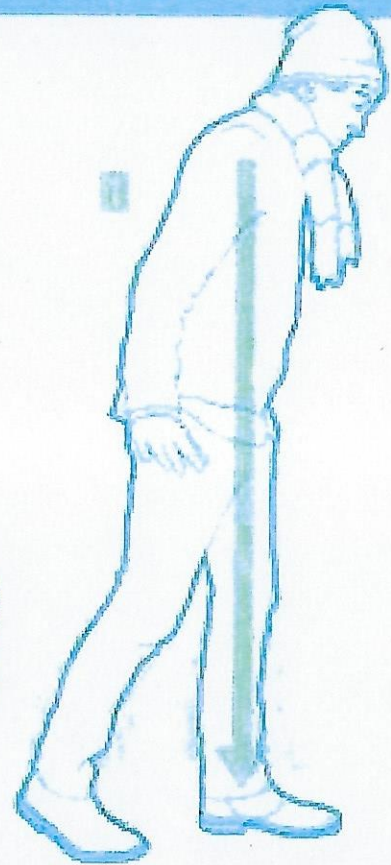
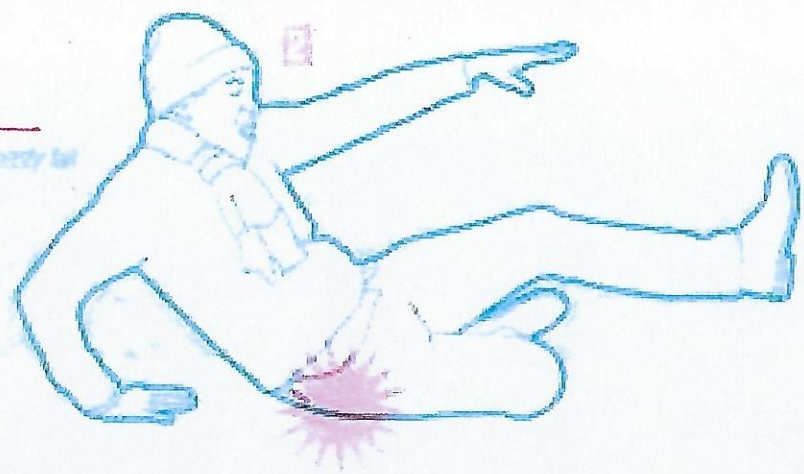
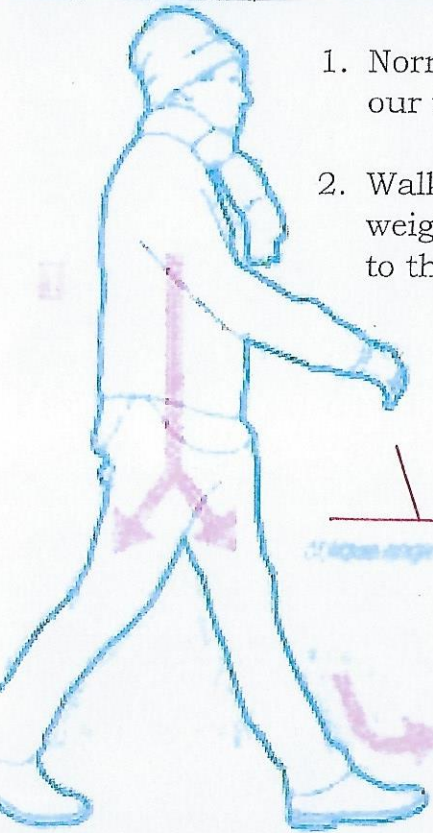
Waddle on!

Take it slowly. Holey-moley,
So you won't fall down and roll-y,

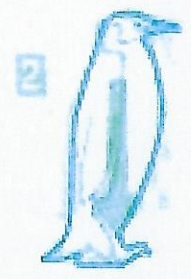
Waddle on!

WINTER LESSONS: HOW TO WALK ON ICE

1. Normally, when we walk, our legs' ability to support our weight is split mid-stride.
2. Walking this way on ice forces each leg to support the weight of the body at an angle that is not perpendicular to the surface of the ice, resulting in a nasty fall.



1. To walk on ice, keep your center of gravity over your front leg.
2. One animal that has figured this out is a penguin. Think of yourself as a penguin and you'll be all right on the ice.



WRONG WAY

RIGHT WAY

