

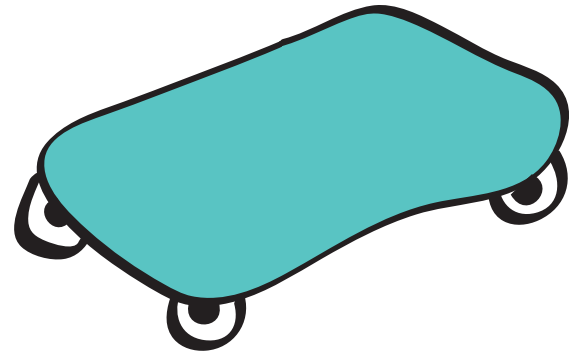
How to make a Scooter Board

Materials

- 12 x 12 wooden base (thickness can vary)
 - If you don't want to cut wood, you can buy Edge-Glued Round disk (at Home Depot \$6)
- Sandpaper
- 4 Casters
- Small wood screws for the casters (16) that are the appropriate length for the base selected
- Paint or markers (optional) **OR**
- Material and batting (optional)

Tools

- Miter saw
- Screw driver
- Scissors
- Drill
- Paint brush(s)
- Staple gun



Directions

- **Step 1:** Use a miter saw to cut a 12 x 12 square piece of wood for the base of the scooter.
- **Step 2:** After cutting or buying the base, sand over the edges with sand paper to make smooth and prevent splinters.
- **Step 3:** Drill holes at each of the corners or if you are using a round in a round pattern drill holes about 1 inch from the edge. A helpful trick is to place the casters on the base where they are to be attached. Next, using a pencil, fill in the screw holes with the pencil to mark where the holes should be drilled. Once you have pencil marked each of the holes for the casters, you are ready to pre-drill holes. (Be sure not to drill all the way through the board.)
- **Step 4:** Attach the casters by screwing in the screws into the 16 holes. (4 per caster)
- **Step 5:** Optional, decorate or add padding to your scooter. If you are decorating, be creative with paints or markers and make your scooter board a work of art.

To create padding to the top of your scooter board, first you have to cut the batting. To cut batting, lay your scooter board casters up on the batting and cut around it. Then, do the same with the material, cutting an additional 2-3 inches off the perimeter to make sure it covers the batting and board. Once you have the batting and material cut, use your staple gun to wrap the material around the edge of the board. If there is too much material, use the scissors to snip it out of the way, but still leave enough to wrap around the edges. Also, if the casters are getting in the way, feel free to remove them and re-install after the material has been secured.





20 Activities to do with a Scooter Board

1. Have **relay races** sitting or lying on the board
2. **Take turns** pushing friends on it
3. Use it to **move toys** around an indoor or outdoor space
4. **Follow a maze on it** (ex. Use masking tape/sidewalk chalk to create a maze pattern)
5. **Pull or be pulled** using a rope, towel, or pool noodle
6. **Body Bowling-** set up “pins” and have the child ride the scooter to knock them down
7. **Scot and Grab-** sit on the board and then race to grab certain items around the room
8. Form a **scooter chain**. Children will all sit on a scooter board and connect however they want to form a chain.
9. **Spin** on the scooter board using your arms to push you
10. Create an **obstacle course** for the scooter boards
11. **Play scooter board soccer**
12. **Play tag**
13. Move **backwards**
14. Play **Marco Polo**
15. **Spin** someone else

16. Sit on the board and **scoot left to right** using only hip muscles
17. Use **2 scooter boards**, knees on one and hands on the other, move hands out and then bring knees toward body. Continue to do this in an inchworm motion.
18. **Play hockey**
19. **Row the scooter** using unused plungers. Hold the plunger with both hands and “row” it from side to side to push the scooter along.
20. **Play Hungry Hungry Hippos-** Laying on the board and holding a small laundry basket, children will hold the basket upside. As they are holding the basket, a partner will push them forward toward a bunch of balls/rolled socks. They will then cover the balls/socks with the basket as the partner pulls them back. This can be played as partners or as a class.

Safety Tips for Scooter Board Use

- Always wear a helmet when using a scooter board outside
- Wear closed toed shoes
- Be aware of your surroundings; objects, vehicles, terrain, curbs, etc.
- Keep fingers clear of casters
- Scooter boards are not bikes or razor scooters and will not do the same activities

