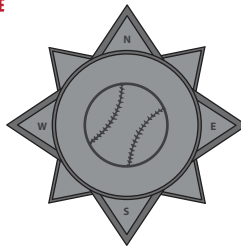


SKIPPING A ROCK

Did you know you could bounce a rock on water?

Sounds impossible if you've never done it, and it looks amazing. When you know the trick, it's pretty easy and you'll be able to do it every time.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

Successfully skip ten rocks on water.

1. So, first step, you'll have to find some water somewhere. Perhaps a river, a creek, or maybe you live near a lake or the ocean.

2. Half the trick is selecting the right rock. You are looking for a smooth flat rock, the smoother and the flatter the better.

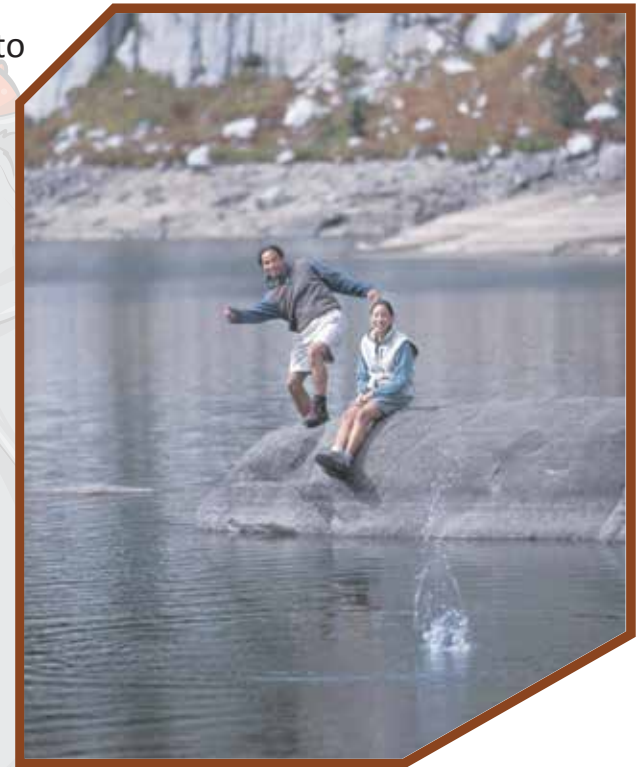
3. Next, you are going to throw it. But you don't toss it like you might a normal rock.

Instead, you are going to try to spin it when you throw it so the big flat area of the rock hits the water, not the edge.

The easiest way is to get the rock to spin along your index finger as you throw it. (See the instructions on the next page.)

Get it right and the rock will literally bounce or skip across the water. I have made a rock skip three times.

See how many you can do it.



SKIPPING A ROCK



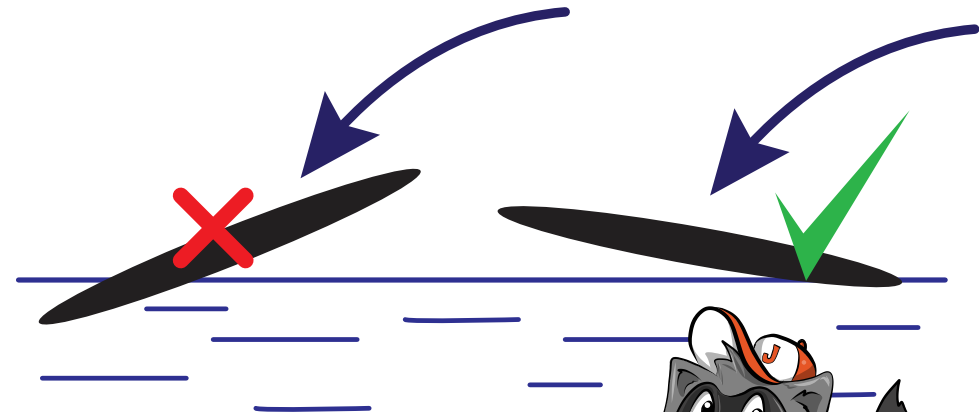
1. Start throwing the rock, holding between thumb and index finger.



2. Your index finger should be the last thing to contact the rock, so as your thumb releases the rock will spin along your index finger.



3. The rock will then spin through the air as it flies towards the water.



4. The rock will then bounce again and again. For best results you'll want the rock to land flat or with the leading edge to be slightly elevated.

