

## LET'S GET READY TO SKIM SOME STONES!

**We all know how much kids adore throwing stones and making a big, satisfying splash - and honestly, that's fun in itself! It's amazing to think about how those heavy little stones seem to float and bounce.**

## FINDING THAT PERFECT SKIMMING STONE

Not all stones are created equal when it comes to skimming.

Take a few moments for a little "stone treasure hunt! Finding just the right one is half the fun.

Keep an eye out for flattish stones with, even thickness and a good weight.

Weight is surprisingly important. Imagine trying to skip a feather or a super-light piece of paper - it just wouldn't work, would it? The stone needs a little weight to carry it across the surface.

Uniform thickness means the weight is beautifully spread out. This helps the stone spin smoothly and stay flat, instead of tumbling end over end.

The flatness creates the "lift" needed to glide on the water and gives it a surface for bounces.

## DISCOVERING YOUR IDEAL SKIPPING SPOT

The best spots for a good skimming session are bodies of water with a lovely, wide, and calm surface.

Lakes and dams are absolutely perfect! They usually offer that wonderfully still, open water you're looking for.

Rivers and streams can be great too, just scope out a clear stretch with gentle currents and not too many obstacles.

Oceans and fast-moving rivers can be a bit tricky for skimming, thanks to the waves and choppy surfaces.

## The Secret to Holding and Throwing Your Stone

Once you've found your champion flat stone, the next step is getting that hold just right. It's easier than you think!

**THE GRIP:** Gently place your chosen stone right in the crook of your pointed finger and thumb.

**THE CURL:** Then, just softly curl your other fingers underneath it for a little extra support. This clever grip sets your stone up for that all-important fast spin, which is exactly what it needs to dance across the water!

**Now, for the exciting part - the throw!**

Stand tall with your feet nicely parallel to the water's edge.

Lift your wrist up high above your shoulder, ready for action.

Throw the stone down and release it right at your side, aiming to keep your hand as parallel to the water as you possibly can.

The real magic to a successful skim is all in that quick wrist snap! It's super important to use a sidearm motion (think about how a cricket bowler delivers a spin, or a baseball pitcher throws a curveball, rather than an overhead throw). An overhand throw will just send your stone straight to the bottom!



**REMEMBER:**  
**ADULT**  
SUPERVISION AT ALL TIMES



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