



FUN FITNESS ACTIVITIES FOR KIDS

FROM THE EDITORS

As practitioners in physical education, we recognize and value the importance of a physically active lifestyle and the significance of personal physical fitness. Many adults also realize this and can be found in gyms, clubs, fields and trails pursuing the benefits derived from physical activity. Children, however, often feel invincible and don't recognize that their level of inactivity will have long-term consequences.

This issue of *The Physical Education and Intramural Clipboard* addresses the concern of physical inactivity and children by alerting teachers to the fact that fitness can be fun! Fun Fitness activities can motivate students to not only be active, but to also experience the joy of activity without the drudgery of monotonous and repetitive exercises. "Kids just want to have fun".

Fitness Bingo

Here's a Fitness Bingo game. The kids really enjoy it and, once you've done the initial set-up of creating the Bingo Cards, it's quite easy and runs itself.

Here is a sample Bingo card. You can create additional cards by copying, cutting, pasting and creating additional activities and placing them in different squares.

Instruction:

Kids work in teams of two or three. Place individual activity cards face down in the centre of the gym. Each group leader picks up an activity card and must complete the activity listed. The group marks their Bingo cards when the activity is complete, and then picks another activity card. The game is finished when a group yells out "Active". Background music is great at building on the students' energy.

Adapted from Fanitsa Housdon (Mississauga, Ontario)
fhousdon@hotmail.com

A	C	T	I	V	E
Wall-sit	Lunges	Jumping Jacks	"I Don't Know" Stretch	Squats	Jog on the Spot
Burpies	Bench Step-Ups	Cross-Country Ski	Slow Motion Lie Down	Knee-Ups	Leg Lifts
Bicep Curls	Arm Circles	Choose your own	Curl-Ups	Hamstring Curl	Push-ups
Bicycle	Front Elbow Support	Tuck Jumps	Shoulder Rolls	Butterfly Stretch	Sit-ups
Grapevine	Twist	Seat Walk	Wall-sit	Jog Around the Gym	Toe-Touches



This is our last print issue of *The QPE/ IR Clipboard*! Volume 6, Number 1 will be only available "online" in our member/subscriber zone of www.cahperd.ca.



Developed and produced by Active Health Kids Canada, activ8 is a curriculum-based physical activity challenge program consisting of eight pre-planned lessons for grades K-8. Each lesson includes warm-ups, cool-downs and fun physical activity challenges that help students of all abilities develop their fitness and skill levels. Developed by curriculum and child development experts, activ8's pre-planned lessons are linked to provincial curricula. To order your FREE copy of activ8 today,

call 1-888-446-7432 or visit www.activ8.org

Jump and Stick

Grade 1 Challenge

With the whole class, tell a story while the students act it out. The story may include a baseball game, track and field competition, fire rescue, building construction, hike, or fairy tale.

Include a lot of actions in the story that describe jumping, bending, supporting, turning and twisting.

Optional equipment may be added to suit the theme; e.g., hulla hoops represent puddles, benches represent rocks to climb over.

Encourage moves with one and two-foot hops and jumps and solid landings.



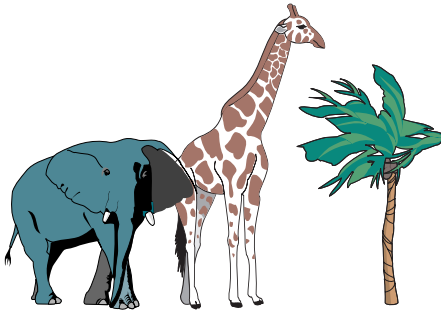
SAMPLE STORY - SPROING'S STORY

Say words that are **bold** loudly and watch for the students doing the actions.

There once was a squirrel who loved to **jump**. This squirrel's name was Sproing. Sproing did not **scamper** most of the time like regular squirrels, but instead **hopped** and **jumped** and **leaped** everywhere she went. She woke up early every morning, **stretched** her arms, **waved** hello to the sun then **scampered** down her tree to begin her day. She rarely went straight down the tree. She liked to **jump** from branch to branch first. She loved it when the branch would **bounce** and she would have to try to **keep her balance** before **leaping** to the next branch.

The first stop in Sproing's day was almost always the park. She would find the benches and **climb** up onto the seats. She would **walk** carefully along the benches then **jump off**, making a **safe landing**. She would **look under** the benches to see if she could find any food or treats to eat. Another one of Sproing's favourite things to do was to **run** along the path in the park and **jump high** over every crack in the sidewalk. She liked to pretend that she was a **super flying squirrel**, **jumping** as high as she could over every line she saw. Sproing's day went on like that with every activity involving **jumping**. She **hopped over small things** like leaves, she **jumped over big things** like rocks, she especially loved to **jump** over things that were in a row – like **jumping from rock to rock** in the river.

Sproing's day usually ended with a visit to the garden. She would **jump** from flower bed to flower bed, **sniffing** the beautiful flowers, **reaching up** to touch the tall sunflowers and **crouching down** to look at the tiny pieces of grass. Sproing was usually pretty tired at the end of the day. She liked to do a little **stretching** in the garden before going home to her nest. She **reached high** to the sky, **stretched her paws out to both sides**, **stretched down** and **touched her toes**. She **shook out her legs** after all of her jumping, then headed home for one **leisurely climb** into her tree. In her nest, she **curled up**, **closed her eyes** and went to **sleep**, dreaming of another day of **jumping** tomorrow.



Elephants, Giraffes and Palm Trees

ELEPHANT – Shoulder on nose with arm dangling to form the trunk. People on either side hold extended palms to form elephant's ears.

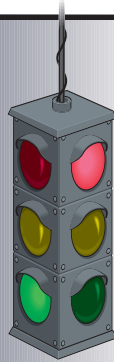
GIRAFFE – Right hand up in a fist over the head, head down.

PALM TREE – Both arms up over the head swaying back and forth while making noise (whooooooh) like a breeze. Two other students attach themselves to either side of the first students' hips to become side palm trees.

The teacher works from the middle of circle. After explaining the three positions, the teacher points to a student (in rapid/random order) naming one of the three positions. The student then assumes that position. If the student (and partners) makes a mistake, they run around the circle (or do pushups, sit-ups etc.) and return to their place.

Submitted by: Karen Tsuji (Hamilton, Ontario)
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Get on the computer and give your students a "CertiFITicate" for reaching their goals!!



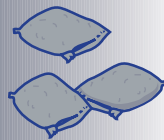
Traffic Lights (K-3)

Students run freely around the activity area: when RED is called – everyone stops; YELLOW – walk; GREEN – run. Add to the game by having students perform balances or stretches for RED, funny movements (hands over head waving, knees high etc.) for YELLOW, and zig-zag movements for GREEN. This is a good warm-up activity.



Scout's Pace (3-5)

This is an interval training activity. Select a route (distance determined appropriate to students). Students start by practicing the pattern of running for 20 paces in a localized area and then walking for 20. Once they understand the sequence, they can move out onto the selected course or trail. The idea is not to challenge one another, but to complete the distance without becoming out of breath.



Shuttle Run Relay (K-3)

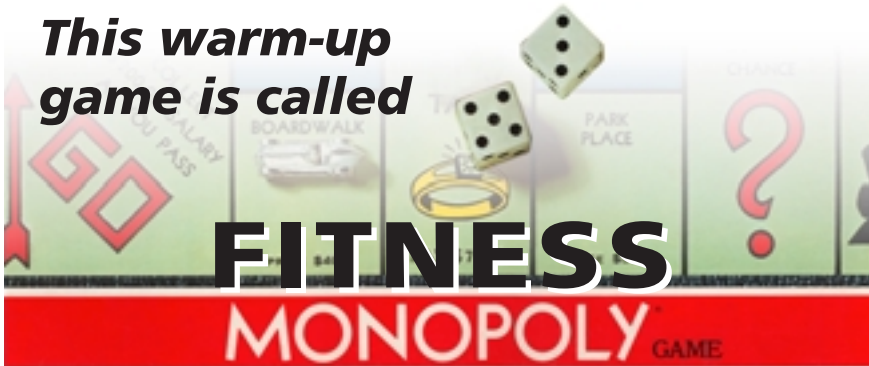
Working in teams of two to three students, provide three bean bags to each team. Each person on the team takes a turn to run where all three bean bags are placed, picks up one and returns it to their starting point. Once all three bean bags have been collected, students take turns returning them to the original position. The game is over when each player has had a turn and the team is sitting quietly.

Submitted by Garth Wade garth.wade@nbed.nb.ca



FUN FITNESS FOR KID

This warm-up game is called



It follows a similar premise to the Monopoly board game.

Materials:

- A few pairs of dice (large size – can be found at your local dollar store)
- Whistle
- Laminated activity/exercise cards (to be posted around the perimeter of the gym on the walls)
- Laminated \$200 dollar bills (with school logo or team mascot)
- Creative GET OUT OF JAIL station card (example-the entire group must chant out one or more nursery rhymes while doing jumping jacks)

Activity:

- Divide the class into groups of three or more. Each group is directed to a different square on the wall. That is where they must start. Examples of squares are: one minute wall sit, 25 push-ups, 50 step-ups, 30 tucks...
- When the whistle is blown each group performs the task in their activity square and runs to the center of the gym. The dice are located here and it's a good idea if someone like a peer-tutor or teacher monitors the rolls and accuracy of the next move on the Monopoly board. The group can only roll when all the members are present in the middle of the gym.
- After the group rolls, the students run in a clockwise direction to their next square and the whole process starts over again.
- The object of the game is for each group to get around the board as fast as they can so they can pass Go and Collect \$200. The group with the most money at the whistle (usually after 5 to 10 minutes) wins. It is suggested that either the teacher or peer-tutor issue the \$200 each time the group passes GO.
- This warm-up activity can be changed daily using different exercise tasks for each square and incorporating different penalty scenarios located at certain squares.

Joanne Zizian (Niagara-on-the-Lake, Ontario) jbziz@becon.org

GUARANTEED SATISFACTION

A Checklist for Intramural Success

- Promote the activity in advance – the more hype and hoopla the better.
- Offer incentives to participate. For example, the group with the most participation receives special recognition.
- Complete a safety check of the play area before the event.
- Where large numbers of participants are involved, place spotters throughout the crowd to watch for potential safety hazards.
- Involve teachers, principals, and other participants in the activity.
- Inform helpers and other leaders of the format of the activity. Effective communication in advance will assist in the delivery of a successful event.
- Make sure that you can be heard. Use a PA system or megaphone if necessary.
- Repeat key instructions. Instructions should be clear and concise.
- Incorporate music into the activity whenever possible.
- Break the ice with quick energizers.
- Take pictures and/or video. Display the photos after the event. Use them to promote future events.
- Evaluate and make recommendations. Receive feedback from the participants whenever possible.



DS - INTRAMURALS

All Out Soccer

Equipment:

- Ten white Gator Skin balls
- Ten yellow Gator Skin balls
- Two large cardboard boxes
- Four large pylons and coloured pinnies

Description:

- Divide participants into two teams. Have them stand on the side of the playing area or gymnasium.
- Set up cardboard boxes beside the goals. The goals are six feet wide and two feet high and can be marked by tape.
- Each team can only score a goal using their designated coloured balls.
- Regular soccer rules apply except there are no goalies (optional).
- After a goal is scored, the player picks up the ball and places it in the cardboard box that is beside their opponent's goal.
- The player who scored the goal then runs to their home box and removes one of their balls and play continues.
- If there are no balls in the opponent's cardboard box, the goal scorer must wait until another goal is scored.

Great Gator Games - Awesome Asphalt Activities
(CIRA - Ontario, available through CAHPERD)

Pass Ball Run

Equipment:

- Gator Skin Ball

Description:

Form a circle of six or seven participants.

- The first player passes the ball to another player and so on until every player has touched the ball once and the last player has passed it back to the first person. Be sure no one passes to the player beside them.
- Once a pattern has been established, the players are ready to begin the game, i.e., 1-4, 4-7, 7-3, 3-5, 5-2, 2-6 and 6-1.
- Player "one" makes a pass and then attempts to run around the outside of the circle before player "six" gets the ball and passes it back to "one".
- In order for everyone to get a turn, change the player in the number "one" position frequently.

Variations:

- Have participants work on different passes, i.e., bounce or chest.
- Have the runner dribble a ball around the circle.
- Have the runner dribble to a basket, make a shot and return back while the players pass the ball three times around the circle.

Great Gator Games - Awesome Asphalt Activities
(CIRA - Ontario, available through CAHPERD)

Thumb Wrestling

Competitors interlock their four fingers on their right or left hand to make what looks like a fist. Players lift their thumbs and touch them to the left, right, left and right again as they say:

"1, 2, 3, 4, I declare a thumb war"

"**Bow**" Thumbs bow to each other

"**Face**" Show the face of your thumb to your opponent's thumb

"**Fight**" Attempt to pin their thumb with your own thumb

Awesome Asphalt Activities (CIRA-Ontario, available through CAHPERD)





Traditional Four Square

Four players are needed for a traditional game of Four Square.

Each person is assigned a square with the goal of the game being to displace the player from the number one square.

The player in square one, who serves from the back corner of their square, puts the ball in play. The ball is dropped and hit with the open hand into one of the other squares. The ball may or may not bounce once in any square before the player in that square hits the ball into another square.

Misses occur when a player fails to hit the ball successfully into another square or hits it out of bounds. When a “miss” occurs, the person who is responsible goes to the end of a challenge line and waits to re-enter the game. The other players move up one square and the first person in the challenge line moves to square four.

Variations

Variations are endless depending on the capabilities of the participants. Allow players to juggle or bounce the ball before batting it, or to allow them to actually catch the ball and bounce it before hitting it.

Awesome Asphalt Activities (CIRA-Ontario, available through CAHPERD)



Imaginary Soccer

Equipment:

- minimum of 8 pylons to make 2 goals for each team (you can have 12 pylons and make 3 goals each)
- pinnies for one team

Playing Area: Make a rectangular field with multiple goals on the end line (start 30 x 20 and adjust).

Players: This game is ideal for students 12 years and up. It can be played with a minimum of 2 vs 2 up to 10 vs 10.

Rules:

- When you are in possession of the imaginary ball you must have your arm extended up so everyone can see who has the ball.
- To pass the ball to a teammate you must call his/her name. When the teammate receives the ball, he or she puts an arm up to indicate possession. (For an icebreaker and learning names activity, you can also have the receiver say “Fred’s ball”).
- To score, a ball carrier runs through any of their designated goals.
- To gain the ball, the opponent tags the ball carrier (arm is up). Immediately after tagging, the tagger becomes the ball carrier and should have his or her arm up.

Principles: Creating space, marking up, communication, looking for the open goal and open player. The benefit of this game is that team play can be practiced with the ball skill of the individual players neutralized.

Submitted by: John Byl byl@redeemer.on.ca

Bottleball

Here's a great game for students or campers who have been "bottled" up all day. The activity promotes physical activity and friendly competition in a non-elimination format.

Equipment:

- A ten inch gatorskin ball(s)
- one empty 2L pop bottle per player (If you're short on pop bottles, pair off players and add additional gator balls.)

"Bottleball" can be played in a gymnasium or on a playing field. The number of participants varies based on the playing space. (e.g., small gym under 50 players, large gym 50+, soccer pitch 100+)

Each player finds a spot on the floor or field to place their bottle. The object of the game is to protect the bottle while trying to knock down the opponent's bottle with the gatorball. If your bottle is knocked over, the player does a penalty exercise and returns to the game. *Suggested penalty activities include:* rope skipping, bench stepping, sit ups, push ups and jumping jacks.

Complementary Activities:

Pop Bottle Drive – Ask the children to bring pop bottles from home and donate the refundable deposit to a local charity or fundraising project.

Good Guess – Fill a 2L pop bottle with marbles or macaroni. Who can guess the number of marbles/macaroni and how much they weigh?

Mass Appeal - Awesome Asphalt Activities
(CIRA-Ontario, available through CAHPERD)



Circle Ball

Equipment:

- 1 soccer ball
- 1 Ping Pong Ball per team
- 1 Skipping Rope per team

This game is ideal for 10 or more players.

Divide the group into two teams. Use the skipping ropes to make two circular goals in either end of the playing area.

Each team is given a Ping Pong ball. The Soccer ball is placed in the middle of the playing area.

Each team in the game moves as a unit. If any member of the team lets go or becomes separated from the rest of the group, the team loses a point.

On "GO", each team moves its Ping Pong ball along the ground and into the goal of the opposing team. Any player may touch the ball. No player may touch the ball twice in a row.

As soon as a team "sinks" its Ping Pong ball, it races to the center to try to kick the soccer ball into the opposing goal. The first team to do so scores a point and the game is repeated. The team scoring the most goals with the soccer ball is the winner.

Clouds on the Clothesline and 200 Other Great Games, J. Pearse, J. McCutcheon, B. Laughton (available through CAHPERD)



“Luck of the Draw” Fitness Relays

Purpose:

This is a general warm-up to prepare students for vigorous physical activity. It is especially geared to prepare physical education students for the fitness portion of the curriculum.

Expectations:

- Students will put forth maximum effort to complete the relay.
- Students will enhance their fitness skills in preparation for fitness testing.
- Students will demonstrate an improvement in skill level over time.

Materials Needed:

- The entire gymnasium
- A deck of regular playing cards



LISTEN to the KIDS

Children have cited a number of perceived barriers to increasing their activity levels

- NO FUN.
- Too much supervision.
- Lack of skill and confidence in ability.
- Don't know what's available.
- No time.
- Don't like the programs that are offered.
- Don't know how to get involved.

Ask YOUR kids...

Are there other barriers?

Can YOU eliminate some of these barriers??

Time:

The activity takes about 10 minutes to complete; however it can be shortened or lengthened as per the instructors' time constraints.

Instructions:

- Divide the class into groups of three or four.
- Have each group line up in single file along the baseline at one end of the gymnasium.
- Show the top card from the deck. The number shown (i.e. eight) represents how many push-ups, sit-ups, and jumping jacks the students must complete. You and your class can decide what face cards represent. My class has decided to use “jack” as 11, “queen” as 12, “king” as 13, and “joker” as one.
- The first student in each group must run 1/3 of the gym and then stop and do the number shown on the card in push-ups.
- When they have completed the push-ups, they run another 1/3 of the gym, stop, and do the same number of sit-ups.
- Students then run to the end of the gym, stop, and do the same number of jumping jacks.
- From there the students must run back to their line and stand in the last position.
- Repeat the whole procedure, showing a new card to the next student in line of each group, until every student has had the opportunity to complete the relay five times through.

Assessment:

Students can be assessed on two separate levels. The first level is based on attitude and willingness to participate. The second level is based on competency in completing the activity with skill and demonstrated improvement over time.

Cautions:

To prevent injury, demonstrate the proper technique for push-ups, sit-ups, and jumping jacks before allowing the class to participate in the activity.

Advancement:

When students become more proficient at the activity, consider adding extra challenges. For example, when a red card is pulled from the deck, the number shown must be doubled (i.e. the eight of hearts now represents 16).

Lara Weibe, Niagara District Secondary School lweibe12@yahoo.ca

Single Rope - Individual Skipping Challenges



The following challenges are designed for all ages and abilities. Each participant needs an individual skipping rope.

Skill and Creative Challenges

Ask students to:

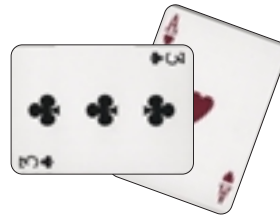
- Play “Copy Cats”. **Skipper A** shows a skipping skill to **Skipper B** who tries to copy it. Then **Skipper B** shows a skill to **Skipper A** who then tries to copy it.
- Skip for a prescribed amount of time (30-60 seconds) while performing skills.
- Determine how many (choose a skill e.g., Front Crosses) can be performed in a row without a miss.
- Perform a sequence of three skills in a row with no misses.
- Find different ways to turn the rope using an arm action and a footwork action.
- Find different ways to jump the rope with arms in varying positions.
- Find different ways to jump backwards.
- Find different ways to change the rope direction from forward to backwards turning.

Fitness Challenges

Ask students to:

- Perform forward jumps in a row. Count how many you can do with no misses. Vary the activity with:
 - Backwards jumps
 - Jumps with arms crossed
 - Specify other skills
- Determine how many jumps can be done in 15 seconds (progressively add time as speed increases).
- Jump for 60 seconds without stopping (progressively add time as endurance increases).

Submitted by: Susan Kalbfleisch
(Ancaster, Ontario) susan@jumprope.com



Let's Make a Deal

This is a fun fitness warm-up activity that gets the kids hootin' and hollerin' and hearts a-thumpin'.

Quickie Version:

- Shuffle a deck of cards and make three equal stacks. The stacks represent the doors that the students will choose (Door #1, Door #2, or Door #3). The instructor calls out an exercise (e.g. push-ups, sit-ups, etc.).
- Students choose their door by going to three areas in the gym (such as basketball keys and center court circle).
- Each door/area has a corresponding stack of cards. After students have moved to their door/ area, the cards are turned over and the students perform the activity the number of times shown on the card (If the card is a seven and the activity is sit-ups, they do seven sit-ups.)
- The activity continues as more activities are called out.
- Continue until all warm-up exercises are completed.

Longer Version:

- Make up a series of cards with a variety of exercises and number of repetitions beforehand.
- Shuffle cards and put into three piles representing three different doors.
- Students choose a door and move to that area.
- Cards are turned over.
- To increase the fun, add some silly cards (i.e. twiddling your thumbs).

Herwig Baldauf, Niagara-on-the-Lake, Ontario wig@mergetel.com

**“ No one knows what they can do until they try.
When it comes to physical activity, the only
losers are the ones who don't try.”**



ELBOW

KNEE
RIGHT FOOT

MOVE YOUR BODY!

SHOULDER
BELLY
TOES

This activity is suitable for any number of people and can be played just about anywhere. It is a great energizer to liven up any group.

Equipment:

- The game requires large cards with pictures or names of body parts marked in bright, bold colours.
- Loud, upbeat music would definitely be an asset!

Play:

To begin, the group leader flashes a card and everyone is instructed to “move” or “shake” that body part. Cards continue to be shown until the participants are “all shook up”. Try flashing toe cards quickly to see the laughter and mayhem that follows!

CHIN

FINGERS
HAIR

Introduce an added challenge by identifying a penalty body part. When that body part is shown, players must sit down. Whoever forgets and shakes that body part instead, is eliminated. See which players stay in the game the longest!

Complementary Activities:

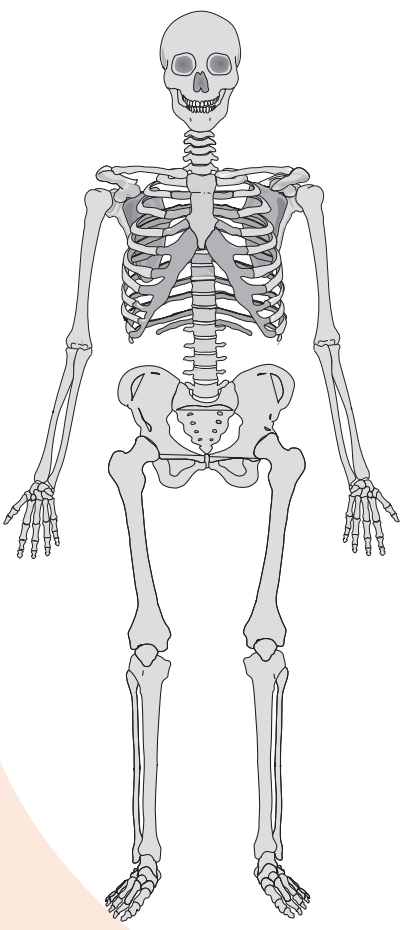
Skeletal Remains – On a diagram of a skeleton, name the parts of the body.

Pin the Ear on the Skeleton – Pin the tail on the donkey with a twist!

Target Exercises – Identify a specific body part and target an exercise for that part of the body. How about “nose push ups” – scrunching your nose up and down?

Mission Impossible – Try to avoid using a certain body part for a day or a portion of a day.

Boney Relay – Divide teams into groups of ten. Using paper, make a lifesize skeleton. Each skeleton should have 10 joinable parts. In a relay format, each team member runs, picks up a body part and places it on the skeleton.



Mass Appeal - Awesome Asphalt Activities (CIRA-Ontario, available through CAHPERD)

Need MORE Ideas for Your Fun and Exciting Intramural Program??

See the CAHPERD “Play Days” CLIPBOARD (Vol. 3, No1) or visit our e-bookstore.

www.cahperd.ca



“It takes a lot less energy to be active with kids than it takes to control kids who want to be active.”

Fruit Salad

Grade 4 Warm Up

Set-up:

- Briefly discuss the importance and content of a nutritious snack and how energy helps fuel the body.
- Identify four or five teams by naming students as bananas, oranges, mangos, grapes or other creative choices chosen by the students. Each fruit group moves to one end of the gym, with two or three students remaining in the middle of the gym to act as taggers.
- Active music should be played in the background

Activity:

- Call out one or two fruit groups. Students attempt to travel from one end of the gym to the other without being tagged. If tagged, the fruit/student goes to a designated “fruit salad bowl” at the side of the gym and moves to the music.
- Randomly call “fruit salad!” and all tagged fruits run to the opposite wall and then back to their fruit group. Call “fruit salad” frequently so students keep moving.
- Restart the game often so students start “fresh”.

Conveyor Belt

Grade 1 Cool Down

This activity is a unique way to have students put equipment away. Students put the equipment that was used (e.g., balls and hoops) in a pile.

Students lie down with knees bent and arms stretched out over their head, forming a line that stretches from the equipment room door to their pile of equipment.

Students pretend to be a conveyor belt, moving their equipment from their pile back to the equipment room. The student at the end of the line nearest the pile of equipment picks up a ball or a hoop from over their head, sits up, reaches forward and places it in the hands of the next student in line. That student sits up and carries the equipment forward to the next student in line. The students continue in this manner until all of the equipment has been transported to the equipment room.

April Rain

Grade 3 Cool Down

In scatter formation, students lie on their backs with their hands by their sides and their shoes on.

Instruct students to drum their heels on the floor to resemble the pattern of light, medium and heavy raindrops.

Repeat the drumming action using cupped hands on the thighs for heavy rain, medium rain and light rain.

Finish with silence.

For more fun fitness activities, teachers can order their free copy of *activ8*. Call 1-888-446-7432 or visit www.activ8.org



Submitted by: Karen Hood, Projects Leader, OPHEA karen@ophea.org



*The mediocre teacher tells.
The good teacher explains.
The superior teacher demonstrates.
The great teacher inspires.*
- Author Unknown



Canada's Physical Activity Guide for Children and Youth

The Guide will help children:

- ▶ Increase time currently spent on physical activity, starting with 30 minutes more per day.
- ▶ Reduce "non-active" time spent on TV, video, computer games and surfing the internet, starting with 30 minutes less per day.

For More Information www.healthcanada.ca/paguide

ENDURANCE — FLEXIBILITY — STRENGTH

all contribute to a healthy body. For best results all three types of activities should be combined and performed regularly.

Endurance activities

make you breathe deeper, your heart beat faster, and make you feel warm. They include activities such as running, jumping, skipping, skating and swimming. Endurance activities strengthen the heart and lungs.

Flexibility activities

like bending, stretching, twisting and reaching, keep your joints moving. Flexibility activities include gymnastics and dancing.

Strength activities

build your muscles and bones. Strength activities include climbing or swinging across the playground ladder.



Canada's Physical Activity Guide for Children and Youth

HOW MANY WAYS CAN YOU SAY "Very Good"???



- | | | |
|------------------|-----------------|---------------|
| Super! | That's Right! | Good Work! |
| That's It! | Great! | Terrific! |
| Sensational! | Excellent! | Perfect! |
| Wonderful! | Outstanding! | Fantastic! |
| Tremendous! | Marvelous! | I like that! |
| Nice going! | Keep it up! | Wow! |
| Way to go! | Superb! | Good for you! |
| Congratulations! | That's the way! | Much better! |

That's twenty-five... Can you add to the list??

*"The true object of
all human life is play."*

G.K. Chesterton

As a regular reader of the CLIPBOARD, please let us know your needs so that we can try to address them in future issues. We can be reached at: h.sawchuk@sympatico.ca