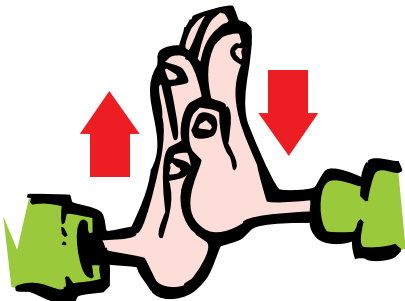


What is Friction?

Friction is the rubbing of one object or surface against another. Place your two palms together with your palms only lightly touching each other. Slide your palms back and forth against each other. There is only a little friction and your hands move easily. Push your palms tightly together and try to move them back and forth. It will be harder to move your palms because there is a lot of friction and that slows the motion.



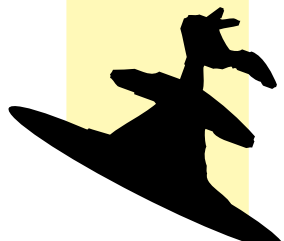


Now put soap and water on your hands. This will reduce the friction and your hands should move together faster. Athletes wax skis, boards and runners to lower friction and help them go faster.

Lesson: Science: Identify forces that can act on an object, including friction.

SNOWBOARD CHALLENGE

The athlete who did the best job waxing their board will win this race. (The lowest number is the fastest time.)

11 6 + 5 <hr/> 	10 2 + 5 <hr/> 	12 3 + 1 <hr/> 
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