Skipping Rocks

Materials:
- A large, calm body of water like a pond or a lake
- Smooth flat stones

How-to:
1. Find a spot along the water's edge where the water is particularly calm. Rough water – even tiny waves – make it more difficult to skip rocks.
2. Search for good skipping rocks: the best ones are flat, smooth, and fit well in the palm of your hand. Size doesn't matter so much; play around and experiment to figure out which size you like best.
3. Grip the rock: the most common way is to hook your index finger around the edge of the stone while holding the rock between your thumb (on top) and middle finger (on bottom). Make sure the smoothest side of the rock is on the bottom.
4. Throw it: sling your arm around the side of your body at a low angle to the surface of the water. Try to skim the surface with the smooth side of the rock at a high speed to make it skip and bounce.