



CANA
CANUCKS AUTISM NETWORK

**Going to
GYMNASTICS!**

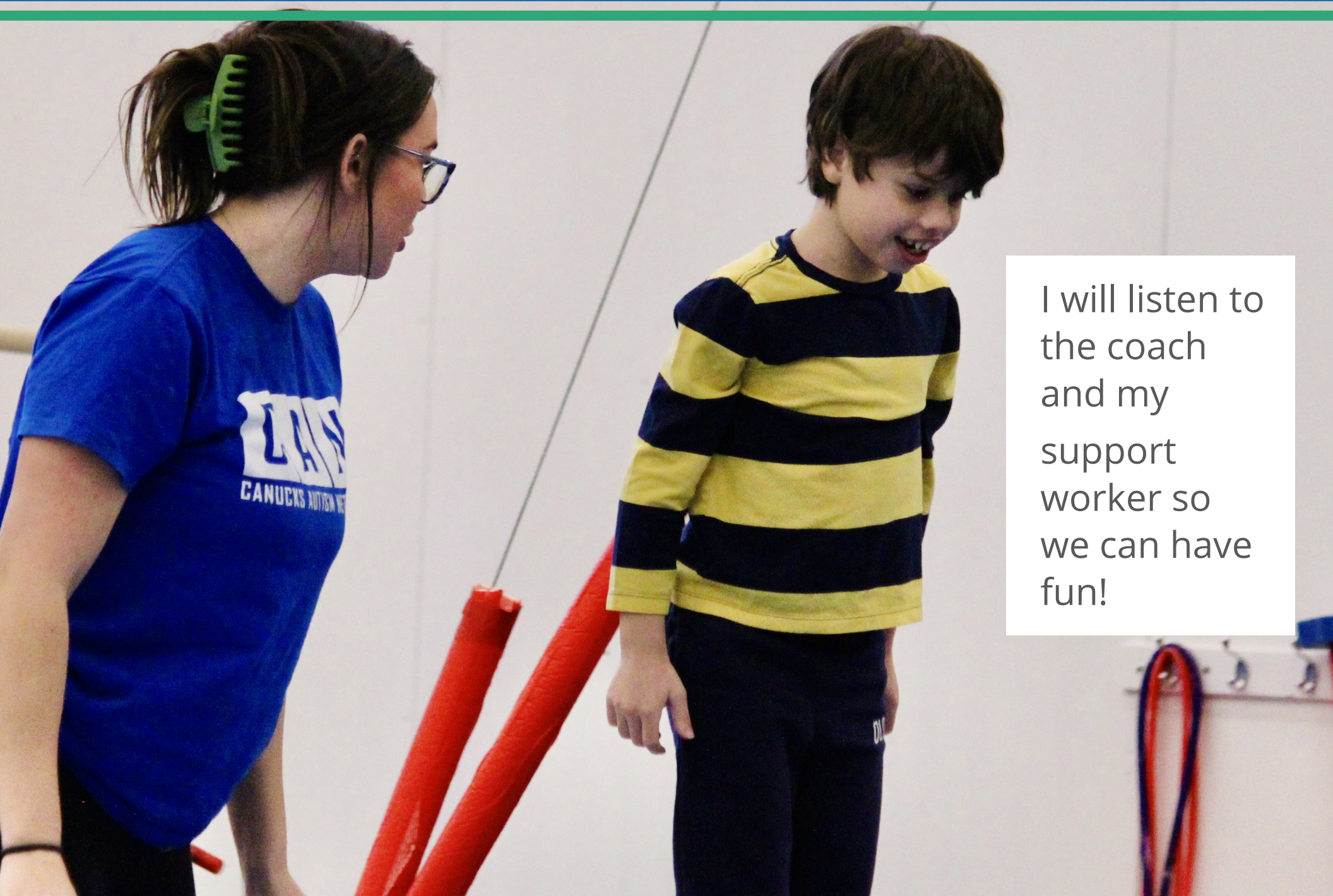




Gymnastics is really fun!



I will play fun games
where I move my
body.



I will listen to the coach and my support worker so we can have fun!



The coaches will show me how to be safe around the equipment.



I will stretch.



I will balance.



I will use the bars.



I will tumble.



I will climb.



I will jump.



There will be new activities I get to try!
If I need help I can ask my coaches.



Or I can ask for a break.



I will be a good team player by being positive and following instructions.



At the end we will do a Team Cheer!



I will have fun at
gymnastics!