



CAN
CANUCKS AUTISM NETWORK

Going to
SKATE!





Skate is really fun!



I will learn
and practice
my skating skills.



I will listen to the coach and my support workers.

I will put on my skates. I can ask for help if I need it.





I will put on my helmet to protect my head. I will make sure the straps are secure.



There will be different stations and I will try new things.



I will learn how to skate.



I will learn how to stop.



I will learn how to glide.



I will fall down and
that's okay!



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!

