

STRIDE Skiing Social Story



My name is

_____.

I will learn how to ski with STRIDE.

We ride in the car with

to the mountain. I will ski at _____.

(insert mountain name ex. Jiminy Peak)

At the mountain, I get ready for my lesson. This year will look different from when I have come before.

- I will need to wear a mask all the time.
- My instructor will wear a mask all the time too.
- _____ will need to stay with me during my lesson to help.

At the mountain, I get ready for my lesson. This year I will need to get dressed and ready for my lesson outside.

- I get skis and boots and put on my warm clothes



I will go with my instructor & _____
to the snow, with my skis.

- My instructor & _____ will keep me safe when I slide on the snow.



- I can learn to stop, and turn. I can ride the chair lift on the beginner hill.



- When skiing is finished, I take off my skis and boots. I can say, “Good bye” to my instructor.

- Skiing with STRIDE can be a lot of fun. I may want to ski again on another day.

