

A group of people are canoeing on a river. They are wearing blue jackets, red life jackets, and white helmets. The water is calm, and the background shows a green hillside with trees. The text "White Hall Canoeing Social Story" is overlaid on the image in a large, white, bold font with a black outline.

White Hall Canoeing Social Story

Canoeing

Canoeing is a great activity where we will learn how to paddle a canoe on the water. We will go for a journey, and play some games together. We may even go for a swim!



Canoeing

I will need to put a full change of clothes, a towel and my wash kit in the shower room before we go.

This means I can have a shower straight away after we finish canoeing.



Canoeing

I should wear clothes and shoes that I don't mind getting wet.

A buoyancy aid will keep me floating in the water.

A helmet will protect my head.

I will use a paddle to move the canoe through the water.



Canoeing

The equipment may feel tight and have a different texture to what I'm used to. But it will keep me safe.

I will probably get wet feet.

The water might be cold.



Canoeing

When we arrive, I may have to help carry some equipment or canoes.

Once we have carried everything to the water, my instructor will tell me how to stay safe while canoeing.



Canoeing

The boat might feel wobbly on the water. It's okay to feel nervous, but I should get used to it in a few minutes.

During the session I will learn some skills and play a few games.



Canoeing

When I have finished canoeing, I might be able to go for a swim.

Before we leave, I will have to help take some equipment back to the minibus or help carry the canoes.



Canoeing

Once we have finished canoeing, we will travel back to White Hall and I can go for a shower.

It's a great achievement to be involved in the session.

