
White Hall
Stand Up
PaddleBoarding
Social Story
mcconks.com

SUP

Stand Up Paddleboarding is a fun activity where we stand or kneel on a board and move across the water using a paddle. We may play games together and have the chance to swim in the water!



SUP

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 paddleboarding.



SUP

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 might wear a wetsuit which will help me stay warm.



SUP

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.

The water might be cold.

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



SUP

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

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



SUP

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

My paddleboard might capsize, but my buoyancy aid will help me float in the water.

My friends and my instructor can help me get back onto my board.



SUP

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

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



SUP

Once we have finished paddleboarding, 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.

