

Going Ice Skating





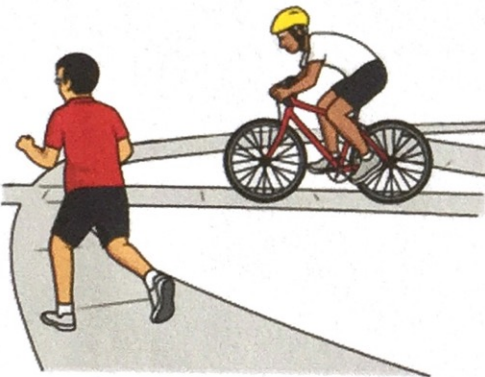
Today I am going to a park in downtown Houston called Discovery Green.



I will see tall buildings around the ice skating rink.



ice skating

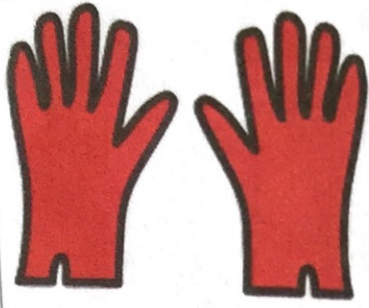


exercise



strong

Skating is good for my body and my brain. Skating is good exercise. Exercise keeps me strong and healthy. It will be fun!



gloves



winter hat



mittens



coat



headphones

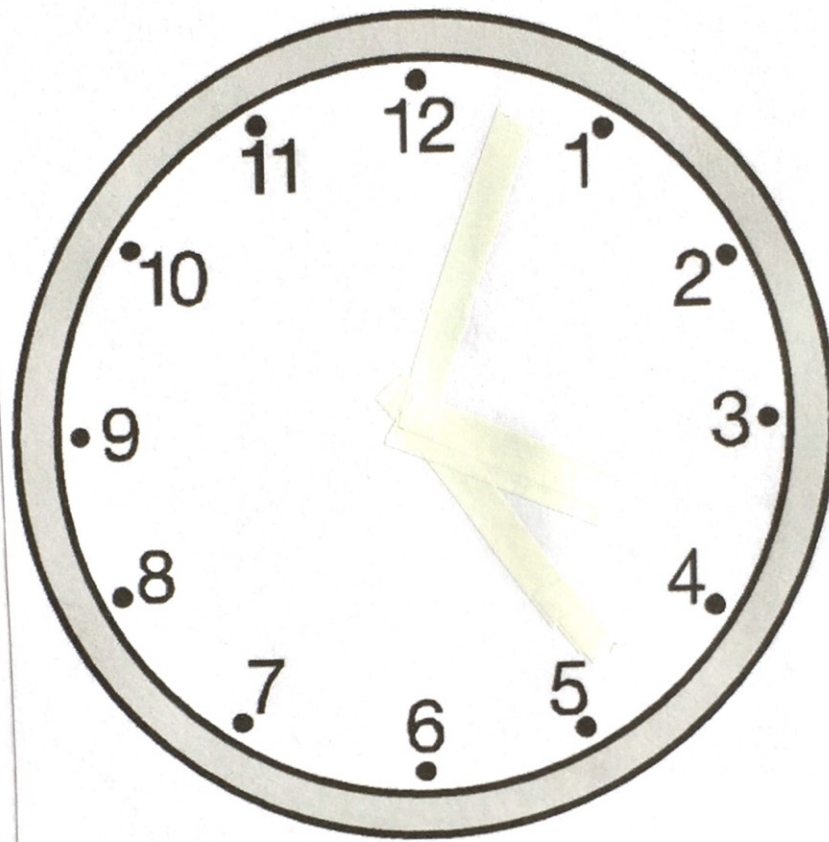


music



helmet

What should I bring? Even though it may be warm outside, it can be cold on the ice. I need to bring a jacket, gloves or mittens, and a hat or helmet. I will also hear music playing. I can bring my headphones if I do not want to hear noise.



I will go skating at _____ o'clock. _____ will go with me. I will stay with _____ at all times.



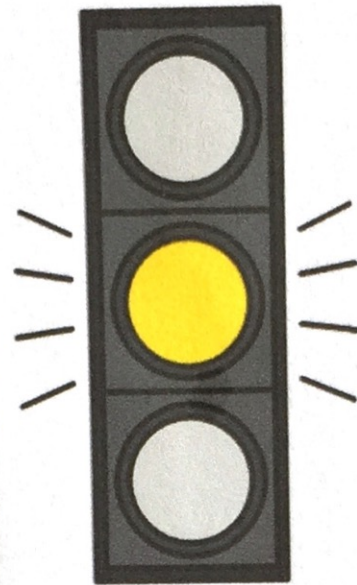
When I arrive at the skating rink, I will walk to the counter to get my skates. I might need to be patient in case there is a line to wait in.



I will let the person at the skate counter know that my shoe size is _____. I can use my voice to tell him, use a communication card, or another communication device.



Next, I will sit down and _____ will help me put on my skates. Or, I can do it all by myself! I can tell _____ if my skates fit correctly.

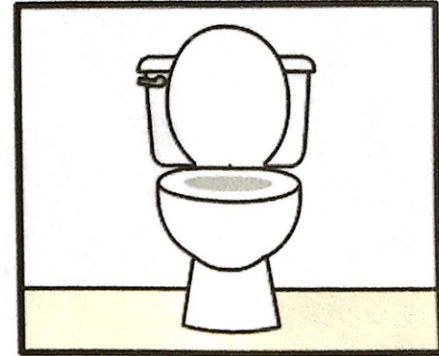


slow

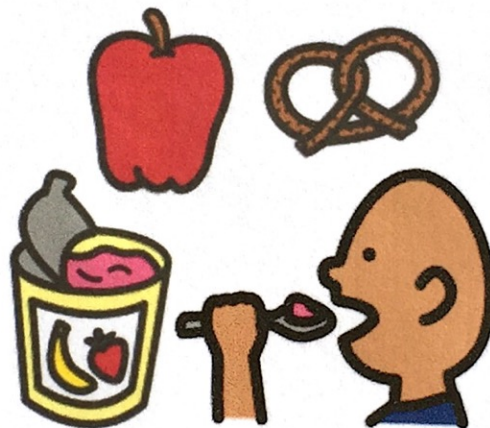
Once the skates are on my feet, I am ready to get on the ice. I will step slowly and carefully. I will hold on to the wall. Someone will be standing beside me if I need help.



I need a break



bathroom

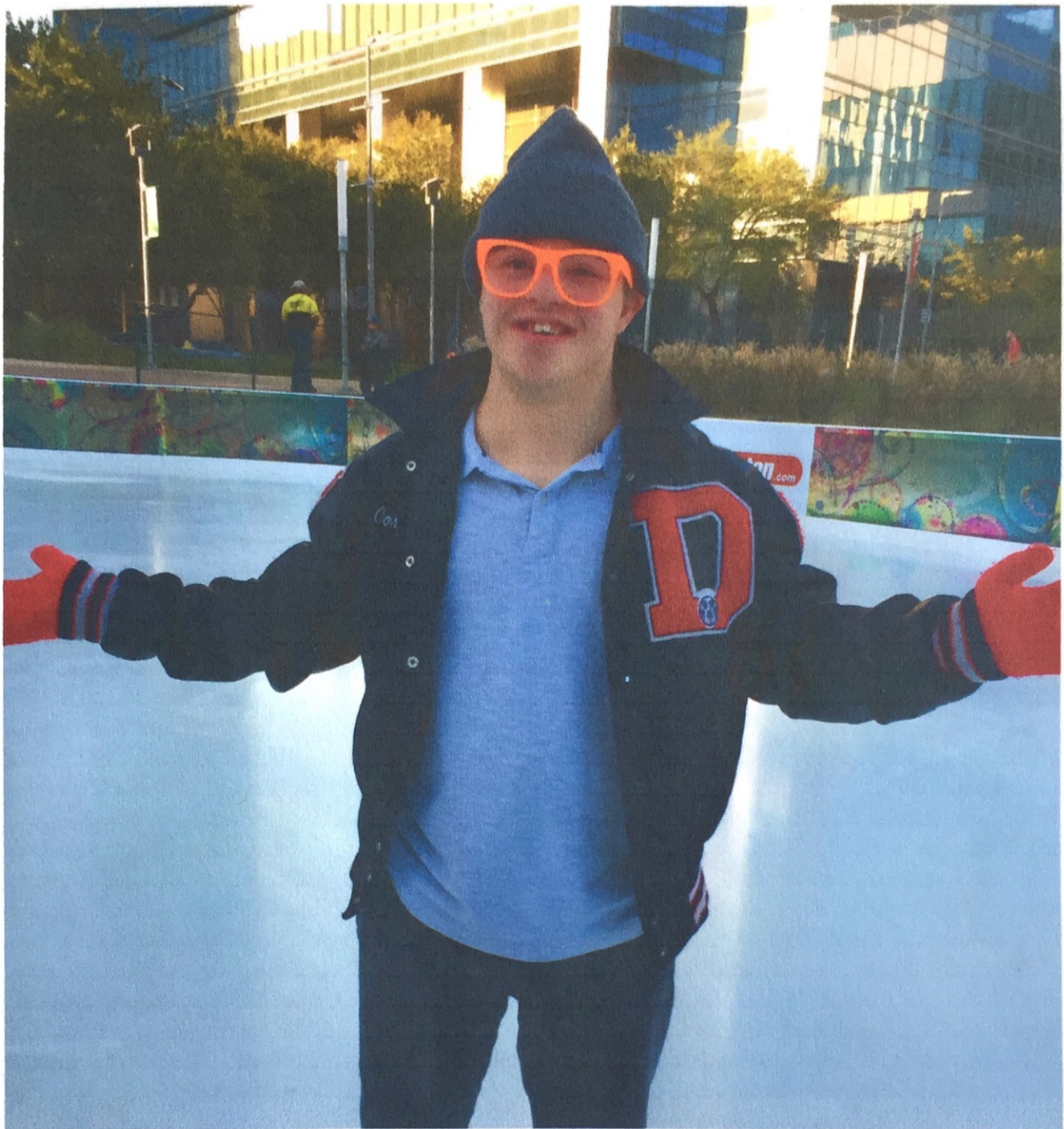


snacks

After skating for a while, I can take a break for drinks, snacks, or to use the bathroom. I can also get off the ice and rest in the "chill out area" by the skate rental counter. I will tell an adult that I need a break using my voice, a communication card or a communication device.



I may fall down while ice skating. That's ok! Falling is a part of skating. If I fall, I will be calm and not get upset. An adult will help me get up again. I can also ask an adult for help or a break anytime!



I will listen to _____. I will do my best.
I will have a fun time at Discovery Green Ice today!