# My First Surf Lesson

MAKE • EXPLORE • DISCOVER | 4–10; lesson eligibility set by the instructor · Time: 10 minutes before and 10 minutes after the lesson

Turn your first instructor-led surf lesson into a memory worth keeping. Draw your board, record one new skill and collect a tip to remember next time.

## YOU WILL NEED

A booked beginner lesson with an instructor who accepts your child • The equipment and readiness requirements supplied by the instructor • Printed lesson log, pencil and crayons kept on shore • An accompanying adult, drinking water and sun protection

### 1. Meet your instructor

Your adult checks the lesson requirements, equipment fit and conditions with the instructor. Tell the instructor whether this is your first time and share any worries or questions. If the session is unsuitable, save the log for another day.

### 2. Choose one thing to learn

Ask your instructor for one appropriate focus. It might be finding a comfortable stance, recognizing the parts of the board or responding to instructions. An adult writes a short phrase in the My focus box.

### 3. Enjoy the lesson

Follow the instructor’s demonstrations and directions throughout the session. Your activity sheet stays on shore. You do not need to catch a wave or complete a particular drill to earn a finished page.

### 4. Draw a moment to remember

After the lesson, draw your board or a moment you enjoyed in the large picture box. Little Explorers can describe the picture while an adult writes their words.

### 5. Save your instructor’s tip

Ask what one thing you should remember for next time. Record that tip in the speech bubble, in your own words or with adult help. Check that you understand it rather than trying it again without supervision.

### 6. Complete your explorer log

Add the beach, date and how you felt. Finish I tried… and Next time I would like to ask…. Share your page with your family. A first lesson is about discovery, not comparing your progress with someone else.

## EXPLORE WITH CARE

This printable accompanies a professionally instructed lesson; it does not teach water-entry, falling or rescue techniques. The instructor decides whether conditions and participation are suitable. Keep all paper and art supplies ashore.

# My lesson memories

Name: _____ Beach: _____ Date: _____

**My instructor and my focus:**

DRAW YOUR BOARD OR A MOMENT FROM THE LESSON

**One tip from my instructor:**

**I tried:**

**Next time I would like to ask:**

How I felt: [ ] Excited [ ] Unsure [ ] Proud [ ] Something else: _____
Drawing and dictation count. No wave-catching target is required.