My First Surf Stance

MAKE • EXPLORE • DISCOVER | 4–10 with an adult · Time: 15–20 minutes

Make a paper surfboard, discover its parts and try a playful surfer pose on dry land. Your printable footprints turn a small space into a first surfing adventure.

YOU WILL NEED

Printed activity pack, crayons and a pencil • Removable tape and clear, nonslip floor space • An adult to help cut and lead the game

1. Make your paper board

Color the surfboard on your sheet. Circle the nose at the front and the tail at the back. Give your board a name or draw a design inside it.

2. Set up the floor game

An adult places the two paper footprints on a flat, nonslip floor and secures their edges with removable tape. Put one slightly ahead of the other, with enough room for your own comfortable sideways stance. Stand beside the markers if the paper is slippery.

3. Find a comfortable stance

With your adult beside you, stand sideways with feet apart and knees gently bent. Try facing the other way too. This is a dry-land discovery game; your surf instructor can help choose your stance during a real lesson.

4. Play ready, wave, freeze

Your adult calls Ready, Imaginary wave and Freeze. Keep your feet on the floor, look ahead and hold your comfortable pose for three counts. Rest and repeat if you want. No jumping or wobble boards are needed.

5. Make a wave with your arms

While standing comfortably, use your arms to show a tiny wave and then a wider wave. Tell your adult which pose feels steady. Take turns leading the game without pushing or testing each other.

6. Finish your surfboard page

Draw two footprints inside your paper board. Add a face or word to show how you felt. Tell your adult where the nose and tail are and what you did when you heard Freeze.

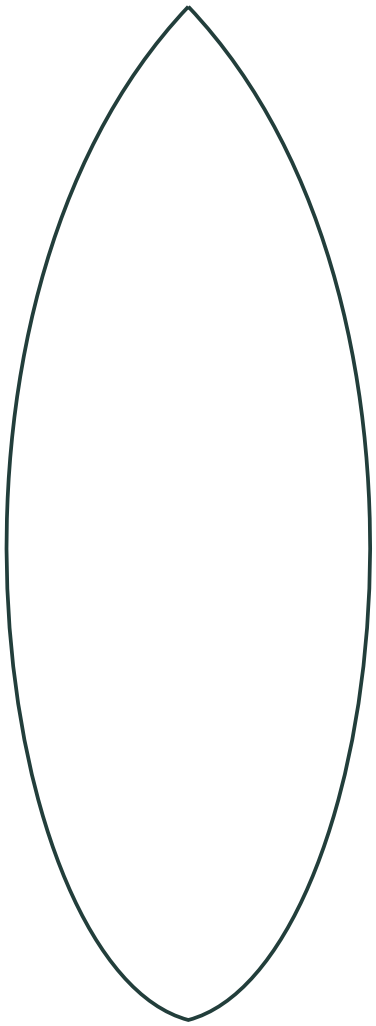
EXPLORE WITH CARE

Keep this game on a flat, clear floor with an adult nearby. Do not stand on loose paper or raised equipment. Water activities belong in an instructor-led lesson, not this floor game.

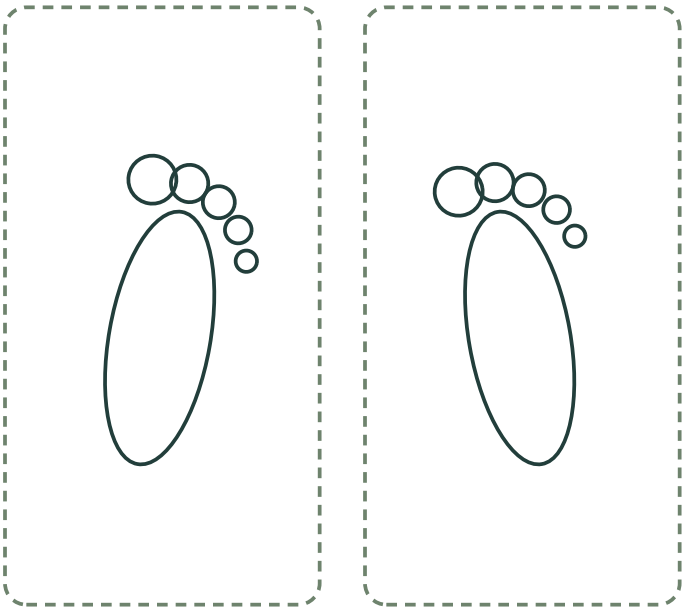
My surfboard & floor markers

Color the small board. Cut out the two footprint cards with adult help for a flat-floor game.

NOSE / FRONT



TAIL / BACK



FOOTPRINT MARKERS

These small cards show positions; they are not full-size foot templates. An adult secures them to a nonslip floor. Stand beside the cards if slippery.

Draw your own footprints inside the board and add a design.

My board is called:

Little Explorers: point to nose and tail. Junior Explorers: label and describe your stance.
Use only on dry, flat land with an adult. No raised boards, jumping or water drills.