

# Meeting New People

## *at Gymnastics*



Sometimes at gymnastics, we will meet new people.



This could be new children in the class or a new coach.



When we meet a new person, we might feel shy or a bit worried.



It's ok if we feel worried because other people might feel worried too.



If we feel worried, we can tell our coach who can help us.



We can tell our coach with our words or by pointing to a Picture Card.



When our coach helps us, they might introduce us to the new children.



The coach will tell us their name and tell the other kids our names.



When we meet someone new, we can say “Hi” or we can wave, and we can look at their face.



When we say “Hi” to people when we meet them, that also makes them feel happy.

Sometimes when we meet new people, we might forget their names.



That's ok, because we can ask them "What's your name?" or we can ask the coach what their name is.

The children might talk to get to know each other.



When someone asks us a question and we answer it; it helps the other person to get to know us and shows that we are listening to them.





We might also ask them questions like “what’s your favourite gymnastics activity?”.



When we ask questions, we make people feel happy because we are showing that we are interested in them.

When we talk to new people in our class, it makes them feel included and happy.

