



# Let's Learn to Ski!

A Social Story for Beginning Skiers



We will drive to Liberty Mountain Resort for a fun day. I am going to learn how to ski!



We will go to the building with the clock tower to get the tickets.



Sometimes we have to quietly wait in line to buy the tickets.



Next, we will go the Nova Room to meet my ski instructor. My ski instructor will teach me how to ski.



I will sit still while my ski instructor helps me put on my heavy ski boots.



My ski instructor will help attach my lift ticket to my jacket or ski pants.



I need to put on my jacket, gloves, and hat to stay warm outside.



Then we will go outside. When we are outside, I will listen very carefully to my instructor's directions. We will walk, jump, and play in the snow. My ski boots might feel funny on my feet.



Then, my instructor will help me put on one ski.



We will have fun while we practice moving and sliding on one ski.



After that, my instructor will help me put on my other ski.



I will be a good listener as we slide and practice skiing on the snow. I will watch my instructor when he shows me what to do.



I might get to ride “The Magic Carpet.” I will step onto it and it will take me up the hill. I have to stand still, and face forward.



Then my instructor will help me ski down the hill. Sometimes we will ski next to each other. We might hold a pole.



Maybe I will get to go on the chair lift. I will listen to my instructor's important directions and sit down on the chair. We will lower the safety bar. I will sit still and quiet on the chairlift and it will take us up the mountain.



Once we reach the top, we will raise the safety bar. When my skis touch the snow, I will stand up and reach my arms forward to slide down the hill.



Sometimes my instructor might ski in front of me. My instructor might face me and hold my hands.



My instructor might ski in front of me and I will follow.



When my lesson is over, we will ski back to the lodge. We will take off our skis and meet my parents in the Nova Room. It is so fun learning how to ski!