

Waiting for a Turn

at Gymnastics



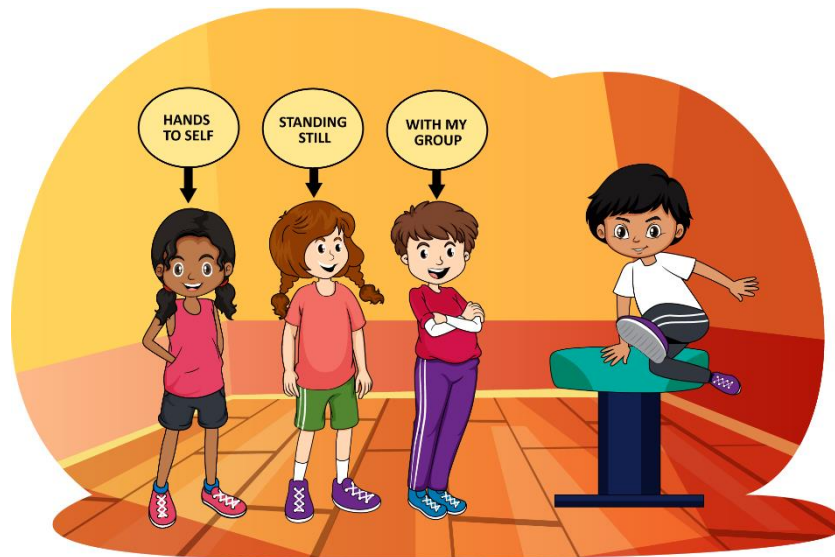
Sometimes at gymnastics we have to take turns.

This means only one person can be on the equipment at a time.



When it is not our turn, we have to wait.

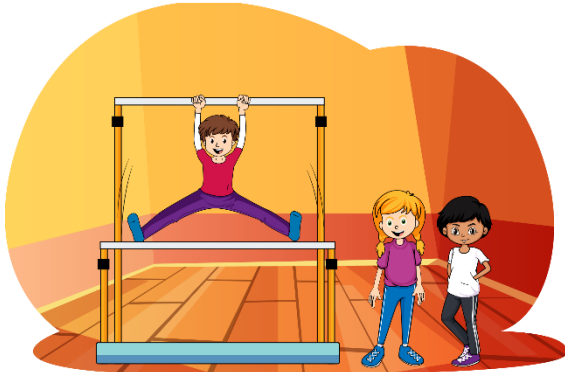
Waiting means: we stand still, with our group and with our hands to ourselves.



Waiting means: we wait until it's our turn and we don't push in front of others.



There are different ways we might need to wait at gymnastics.



We might need to stand in a line when we wait.



We might need to stand with our group while we wait.



We might be given a number, so we know when our turn will be.

We might have to wait until the coach tells us that it's our turn.





Sometimes we wait for a short time.



Sometimes we wait for a long time.

When we have to wait, we might feel anxious, excited, angry or annoyed because we want it to be our turn.



If we feel angry, anxious or annoyed we can:



Tell our coach.



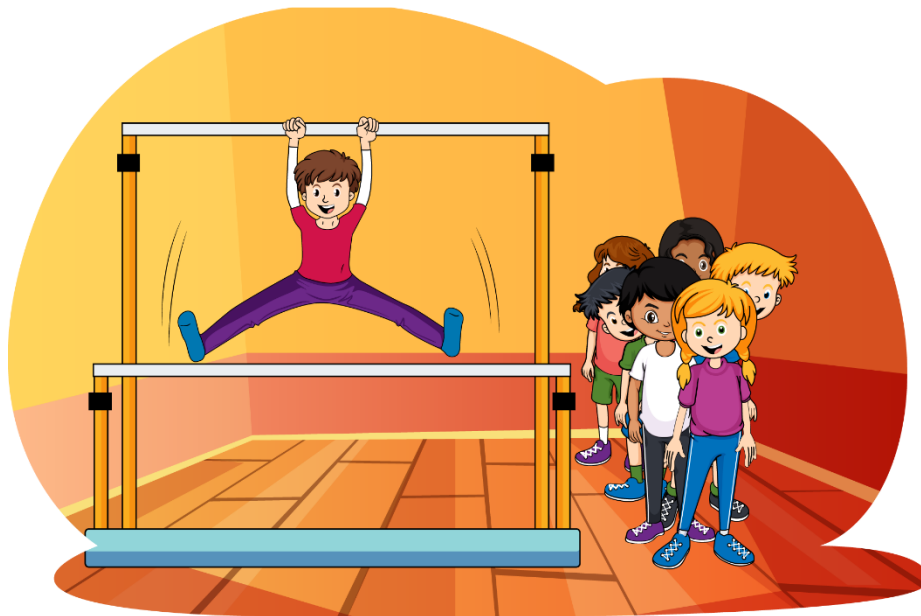
Take a deep breath.



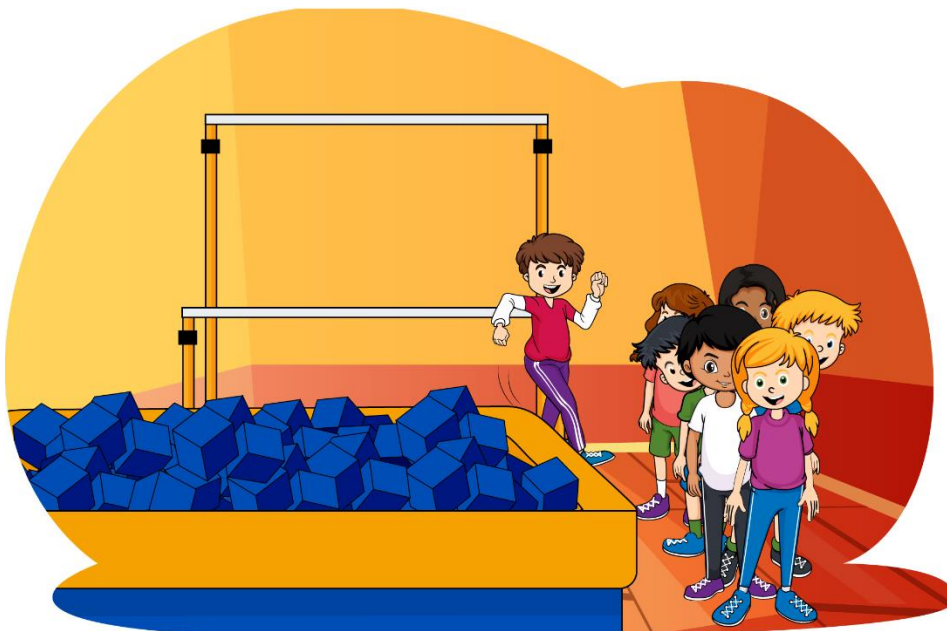
Have a drink.

This will help us to feel calmer while we are waiting.

Then, when it's our turn, we can have a go on the equipment or with the activity.



When our turn is finished, we go back to our group and practise waiting until everyone has had their turn.



Waiting and taking turns makes other people feel happy because it is fair for everyone.

