

# SKIING ACTIVITIES

*Hval Gård Naturbarnehage*

## QUALITIES DEMONSTRATED

### Happy and secure outside

The adults body language is supportive and not overpowering - not having the answers or being directive. They are standing out as good role models and supporting the child to challenge themselves.

### Skills and knowledge

The adult is just helping and Gently guiding when the children need it. There are no "screaming" instructors. The adult lets the child lead the way, based on looking at others and asking for guidance when needed.

### Collaboration

The adults are aware that they must be observant and follow up every child individually. In most cases they divide the children between them before the activity.

**The children begin their skiing journey moving on flat ground, then mastering small slopes up and down, learning how to manage their bodies and coordinate their movements.**



## EXPLANATION OF BEST PRACTICE

This film demonstrates how children are enjoying the playful activity of cross-country skiing. The children are all at different points in their own journey, related to strength, confidence, managing risks and skills. The adult is careful to change her role depending upon the child she or he is supporting. The children learn at the beginning of their experiences that the adult is not there to 'catch' them when they fall - but instead teach them the skills needed to manage their skiing activities. The adults are aware about the risks involved, but see this as normal daily activities, and with very little 'real' risk. They do carry with them a small first-aid kit, in case anything more dramatic should happen. The child will naturally experiment with

their own abilities and increasing skills, and regularly experience a fall or two during the activities. They also know that the snow is mostly soft and not too hard to fall onto. This is real learning by doing, growing from your own mistakes and watching how others manage themselves.

The adult does not tell the child the best way to perform or which direction to take. They offer advice when the child asks for it, or give a helping hand if wanted and needed. This necessity for trust in the relationship is paramount to any active experience. The child knows the adult is always there to advise and support.

See footage Skiing Activities at <https://youtu.be/sQbQjPS8DFQ>



**AS YOU CAN SEE FROM THE PICTURES THERE IS FULLACTIVITY FROM THE EARLY MORNING TO LATE AFTERNOON!  
A GROUP OF CHILDREN TEST THEIR STRENGTH, ENCOURAGE EACH OTHER AND REACH NEW HEIGHTS**

The footage demonstrates how effective children are in supporting and learning from each other. The adult encourages the children to have control and as a result they are able to teach their friends new skills from their own experiences and feel good about themselves. The children encounter very different problems as they are each on their own physical and emotional journey, and it is the key role for the adult to support this for each individual - this is not one size fits all. As they work to reach new heights the adult is connected to the surroundings and the amazing wonders that are occurring in nature, listening and feeling like a child does.

It would be easy to start an experience like this with one goal - to reach a new place or learn a new skill. But instead, she/he draws the children's attention to the smell,

sounds and sights going on around them. From feeling the snow and questioning it's smooth and changing texture - to see how the snow covers up on the branches above their heads.

The children connect their existing knowledge to this and begin to theorise about where the snow comes from, and in which way we use it for play and joy. It is through this questioning and making connections that the adult supports the children to learn more about nature. Comparing their own place in the space to the wild nature surrounding us all. How can we manage out in the cold winter weather and still be comfortable? The things growing and changing with the season. It is important to enjoy the season before the snow melts and spring comes along. Joy to all!



## NOTE FROM THE PRACTITIONER



**Anders Farstad**, Manager from Hval Gård Naturbarnehage says:

*"If as an adult you feel it is difficult to watch the children strive to manage their lack of skiing abilities, and not being able to restrict your advice to the times you are asked for it, or you see a desperate need for it, - you should probably not be the one with the children on this activity. The best way to influence the children, is to be a good role model. So go on with your skiing*

*activities at a stage linked up to the children`s level of ability.*

*And when they fall, just ask them to get on with it. Teach them how to get up and carry on. Without this experience where will a child gain a new perspective, learn how to respond to the weather and seasons and take risks that will benefit their learning 10 fold?"*