

Surfing Support

Sometimes you might need some support while surfing your emotions. Surfing alone can be confusing and get tiring!

Imagine a school of fish swimming alongside you while you surf. It can make it easier knowing you're not alone when you face a big wave.

You can ask a parent or a caregiver for support while surfing, as they have already surfed many waves. You can talk to them about what you have learned in this guide, and they might be able to share some of their own surfing experiences.



We can also seek support from a family member, a teacher, a coach, a trusted friend, or even a pet.

Sometimes, your school of fish can even have some tips and tricks on how to become a better surfer because they have faced a similar wave!