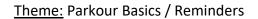
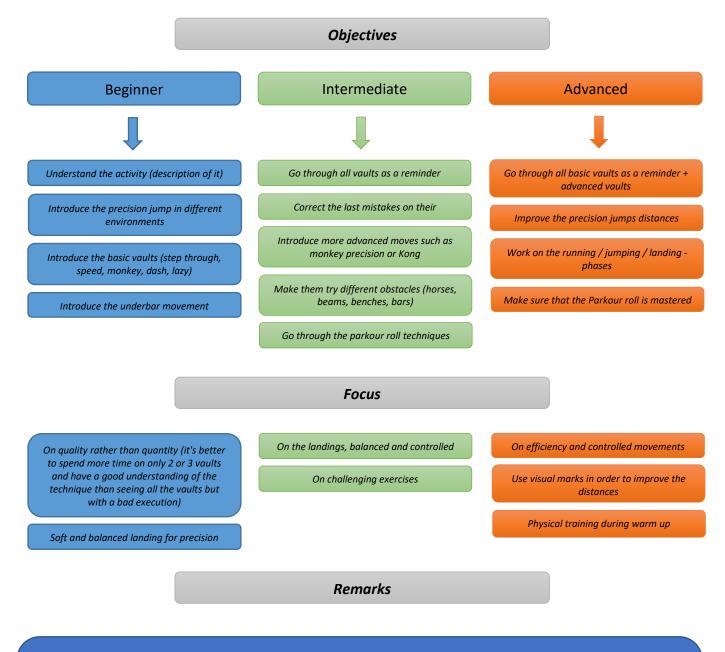
## Session 1 Parkour – Stockholm Barnidrottsförening





- Keep in mind that it is always nice to finish the session with a small journey where the kids could apply what they've learnt.
- Do not underestimate the safety, put mats around, it's alway better to have more than not enough.
- It is the first session of the term and you might hear parents worrying about doing the same thing as last term, so remind them nicely that we have to go through a reminder everytime we have a long break between terms.