Name. Learning To Be Safe In Water Date.

1. You find a new swimming spot. Is it safe?

Circle 3 things in each picture to help you decide if it might be safe enough to swim. Tick the place you think is safest to try swimming in.





2. Before you jump in deep water, which of these are important?

you are a beginner swimmer □ you are a strong swimmer ¬you can starfish float ☐ it is a well known swimming spot ☐ it is a new swimming spot \square check if there is a current □ you have just got ready to swim you are wet from swimming already ¬rocks or branches are hidden under the there are no obstacles under the water you know where to get out you have warm clothes ready for afterwa someone else is with you your puppy is barking ∃the water is shallow the water is deep

3. Draw yourself doing a starfish shape to float

water	
ards	
Activ	ities designed by Tina Potter, Healing Waters volunteer

More about the project from @OSBrecks and @TheBrecksLP

Learning To Be Safe In Water

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4. Put these words into the gaps

clean cold dressed feet fish gasp jump muscles shoes swimming weeds

Water s	help to prote	ect my f
If i j in o	c water it w	vill make me g
F and \	w are a s	sign of c water
When I get o	old my m	don't work very well
It is importar	nt to get d	quickly after s

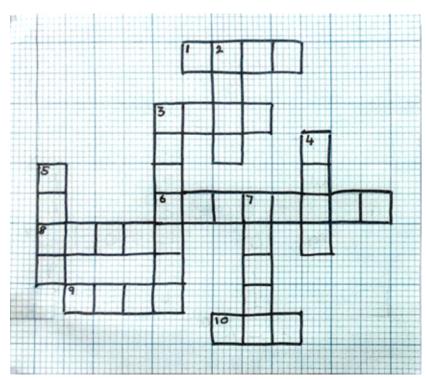
5. Have a go at this crossword

Across

- 1. A big white bird (4)
- 3. Check how **** the water is before you jump in (4)
- 6. Float like this (8)
- 8. Wear these to protect your feet when swimming outdoors (5)
- 9. Get out before you feel **** (4)
- 10. If you don't know if water is safe, *** a local person (3)

Down

- 2. This is often green and grows in water (4)
- 3. Get ******* quickly after swimming (7)
- 4. How you move along in water(4)
- 5. Cold water shock makes you **** (4)
- 7. These are dangerous if they are hidden under the water (5)



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