



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:
<http://www.cdc.gov/healthyschools/sher/standards/index.htm>

Being in the water can be a lot of fun, whether it's a pool, pond, lake, or ocean. But it also can be dangerous if you don't follow a few simple safety rules. These activities will help your students stay safe in the water.

Related KidsHealth Links

Articles for Kids:

Swimming

KidsHealth.org/en/kids/swim.html

Thunderstorms

KidsHealth.org/en/kids/thunderstorms.html

Swimmer's Ear

KidsHealth.org/en/kids/swimmers-ear.html

CPR: A Real Lifesaver

KidsHealth.org/en/kids/cpr.html

Jellyfish

KidsHealth.org/en/kids/jellyfish.html

Why Does My Skin Get Wrinkly in Water?

KidsHealth.org/en/kids/wrinkly-fingers.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. Do you know how to swim? When did you learn?
2. Name some rules you need remember when you're swimming.
3. What is a lifeguard's main job?
4. What other places besides pools do you need to follow rules for water safety?
5. If you're at the beach or pool and notice that there's no lifeguard on duty, what should you do?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Swimming Smarts

Objectives:

Students will:

- Identify safe swimming rules
- Create posters to promote safe swimming

Materials:

- Computer with Internet access
- Magazines, online photos
- Poster board or construction paper
- Markers

Class Time:

- 1 hour

Activity:

Today we're going to help out some lifeguards by creating posters that clearly show a list of rules for staying safe in the water. First, decide if you'll be helping a lifeguard at a pool, a beach, or a lake or pond. Then make a poster of the Top Three Safety Rules swimmers should follow when they're swimming there. To get ideas, read the KidsHealth.org article on Swimming. Keep the rules short and sweet so people will remember them. You can draw pictures to illustrate your poster, or use photos from magazines or the Internet.

Extension:

[Note to instructor: If you have any students who don't know how to swim, but would like to learn, create and distribute a brief resource list with phone numbers of local places where swimming lessons are taught, such as recreation centers, school district pools, or swim clubs. Have students bring the resource list home.]



Whistleblowers

Objectives:

Students will:

- Learn water safety rules through role playing

Materials:

- Computer with Internet access
- Whistles

Class Time:

- 1 hour

Activity:

A lifeguard's job is to watch swimmers and act immediately if a water safety rule is broken. First, read the KidsHealth.org articles on water safety. Then, with a partner, decide who will be the lifeguard and who will be the swimmer. The swimmer will act out three water safety rules, as well as break three water safety rules, in random order. The lifeguard will blow a whistle when rule a broken and then call out the safety rule to the swimmer.

Extension:

Have a lifeguard visit the class to talk about water safety rules.

Reproducible Materials

Quiz: Water Safety

KidsHealth.org/classroom/3to5/personal/safety/water_safety_quiz.pdf

Answer Key: Water Safety

KidsHealth.org/classroom/3to5/personal/safety/water_safety_quiz_answers.pdf



Name: _____

Date: _____

Quiz

Instructions: Circle true or false after reading each statement:

1. True or false: If you're a good swimmer, you don't have to wear a lifejacket on a boat.
2. True or false: You should always swim with a buddy.
3. True or false: It's OK to swim during a storm.
4. True or false: If you're caught in a rip current, you should swim toward the shore.
5. True or false: You should always swim with an adult or lifeguard nearby.
6. True or false: Swimming in very cold water can be dangerous.

Fill in the blanks with words from the word box below:

7. If you don't know how, it's a good idea to learn how to _____.
8. Never _____ near a pool. _____ instead.
9. Before jumping into a pool, look for _____ markers so you know where it's OK to swim and dive.
10. _____ is the second most common cause of death from injuries for kids younger than 14.

depth

drowning

run

swim

walk



Quiz Answer Key

1. True or false: If you're a good swimmer, you don't have to wear a lifejacket on a boat.
2. True or false: You should always swim with a buddy.
3. True or false: It's OK to swim during a storm.
4. True or false: If you're caught in a rip current, you should swim toward the shore.
5. True or false: You should always swim with an adult or lifeguard nearby.
6. True or false: Swimming in very cold water can be dangerous.

Fill in the blanks with words from the word box below:

7. If you don't know how, it's a good idea to learn how to swim.
8. Never run near a pool. Walk instead.
9. Before jumping into a pool, look for depth markers so you know where it's OK to swim and dive.
10. Drowning is the second most common cause of death from injuries for kids younger than 14.

depth

drowning

run

swim

walk