



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.
- 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 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>

Playing in water can be fun, but it can also be dangerous if kids don't know the safety rules. These activities will help you teach your students all they need to know about water safety.

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. Have you ever gone swimming in a pool? What are some rules you need to remember when playing in the pool?
2. Have you ever played in the ocean or at a lake or pond? Why do some places have lifeguards? What's their job?



Activities for Students

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

Safety Duck

Objectives:

Students will:

- Identify important rules to help them stay safe in the bathtub
- Create a bathtub safety book that they can keep in the bathroom as a reminder of water safety rules

Materials:

- Chart paper or chalkboard
- Markers or chalk
- Crayons
- Scissors
- "Safety Duck" handout

Class Time:

45 minutes

Activity:

[Teachers: Prepare the books ahead of time, making sure each child has 7 pages – 1 page for each rule listed below, plus a front cover.]

Do you take your bath or shower in the morning or at night? Bath time can be fun, but you still have to be careful. So it's important to know how to stay safe in the bath. Today, we're going to make a bathtub safety book. We'll call it our Safety Duck because it's in the shape of a duck. Each page of your book will list a different safety rule and you'll illustrate that rule. Who can think of some bathtub safety rules? I'll write them on the chart:

- Carefully climb in and out of the tub
- Always sit in the tub – never stand
- Always have a grown-up in the bathroom with you
- Don't drink the bath water
- Don't touch the water faucet or knobs

Now it's time to make your book. Each page of your book has one rule on it. Your job is to illustrate the rule on each page. When you're finished, cut out each page so your book will be in the shape of a rubber ducky! Then come to me and I'll staple your pages together.

Extension:

1. Students can work in groups to create a bathtub or shower safety song to sing at home.



Water Bottle Label

Objectives:

Students will:

- Discuss important rules to remember when swimming in a pool
- Create a label that can be taped to a water bottle listing important pool safety rules

Materials:

- "Water Bottle Label" handout
- Art supplies (colored pencils, markers, crayons, scissors)
- Chart paper, chalkboard, or smartboard
- (If kids bring in water bottles, have a laminating machine and clear heavy duty tape ready)

Class Time:

45 minutes

Activity:

Today, we're going to list all the important rules you need to remember at the pool. First, we're going to read a KidsHealth.org article together, then we're going to create a label to put on the side of your water bottle. Please tell me some pool safety rules and I'll write them down. [Note to instructor: If necessary, encourage students toward these rules:]

- Always have an adult watch you
- Don't go in water over your chest if you can't swim
- Always walk around the pool – don't run
- Listen to the lifeguards and obey pool rules
- Never play rough games in the water
- Always jump feet first and far away from the side when you jump in
- Never push someone into a pool or jump on someone
- Only dive in a diving area

Now you're going to create your water bottle label. [Note to instructor: Younger kids can illustrate the water bottle label handout with rules, older kids can write and illustrate their own rules.]

Reproducible Materials

Handout: Safety Duck

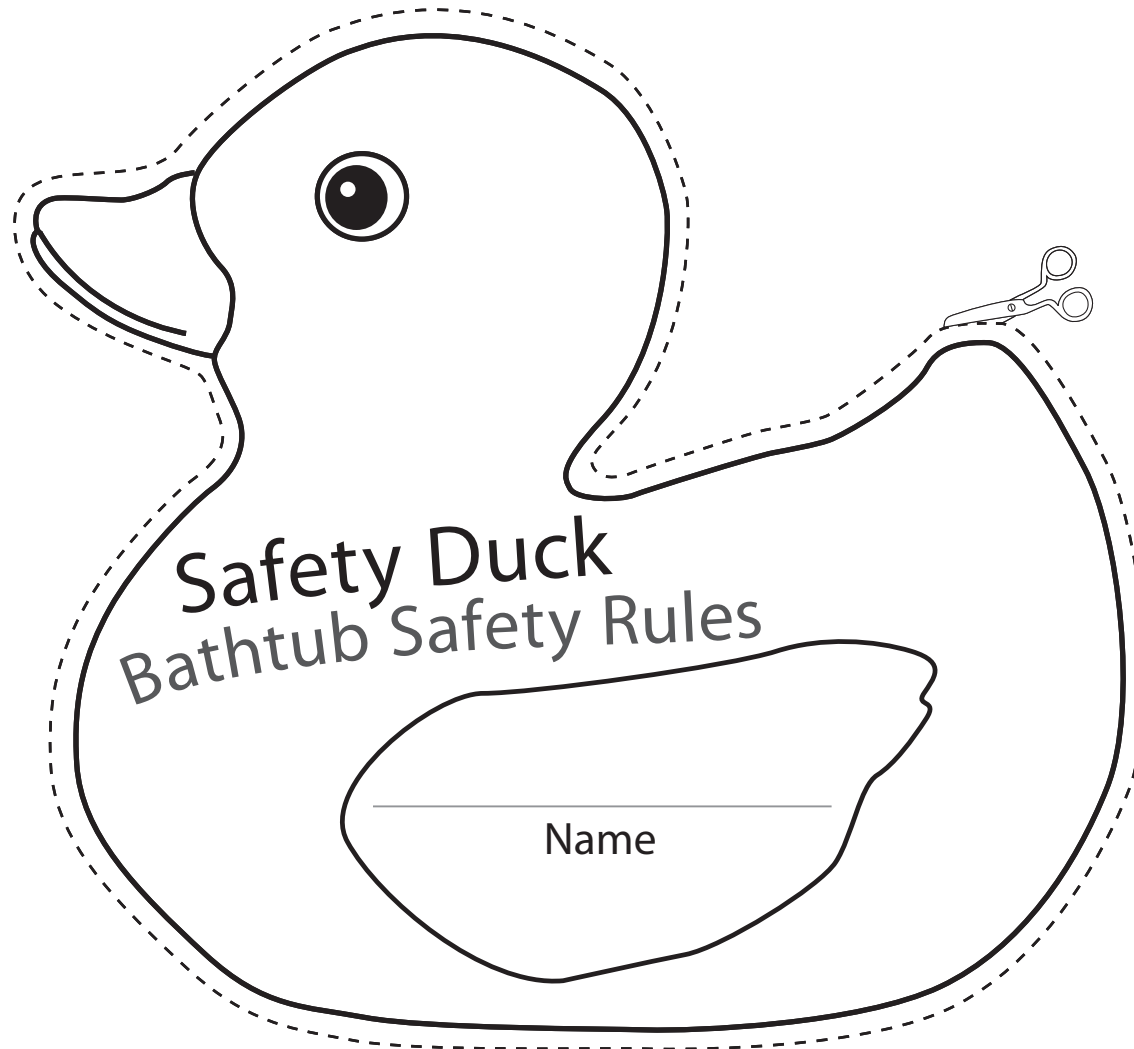
KidsHealth.org/classroom/prekto2/personal/water_safety/handout1.pdf

Handout: Water Bottle Label With Safety Rules

KidsHealth.org/classroom/prekto2/personal/water_safety/handout2.pdf

Handout: Water Bottle Label Without Safety Rules

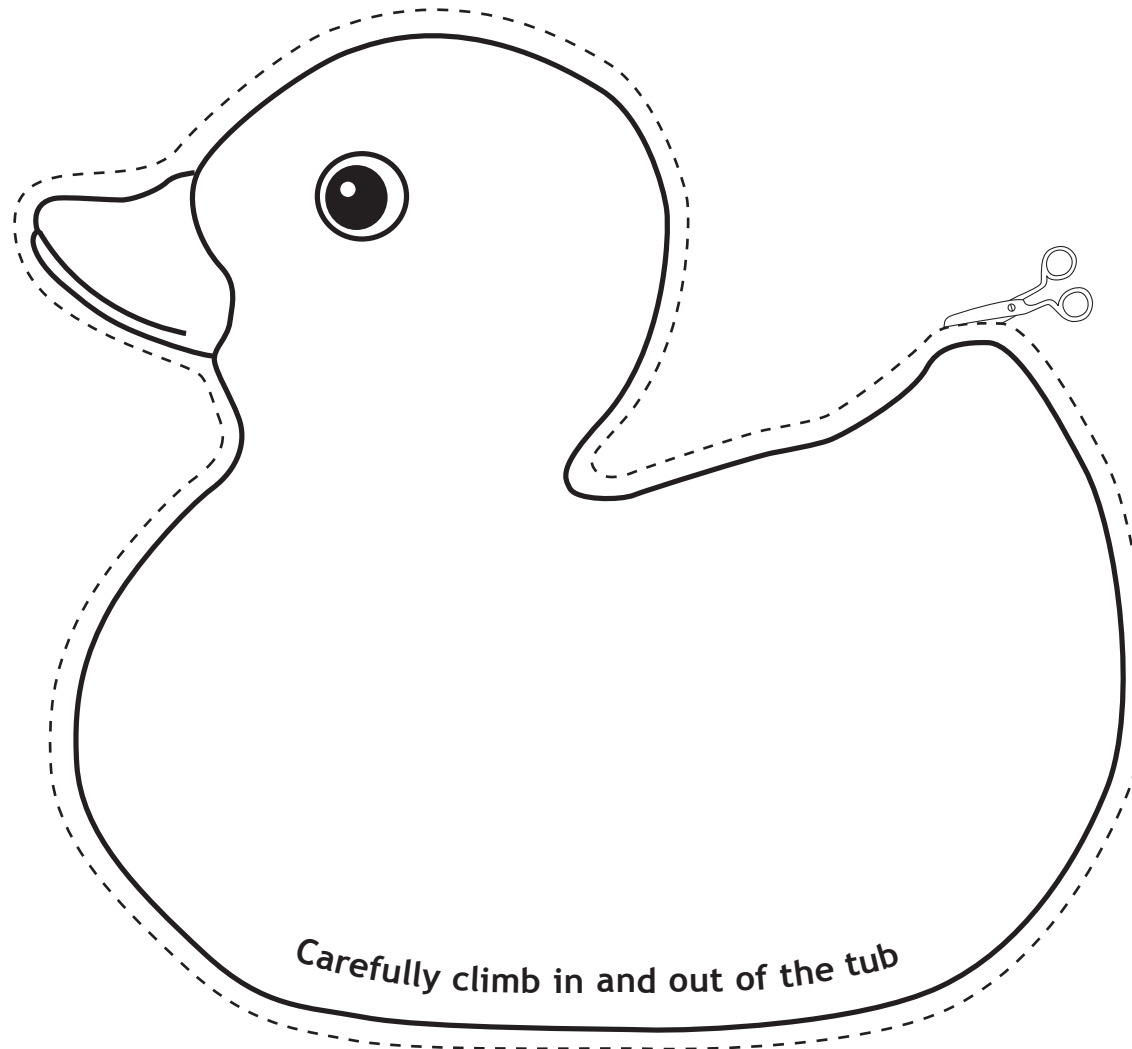
KidsHealth.org/classroom/prekto2/personal/water_safety/handout2.pdf





Safety Duck

Rule 1

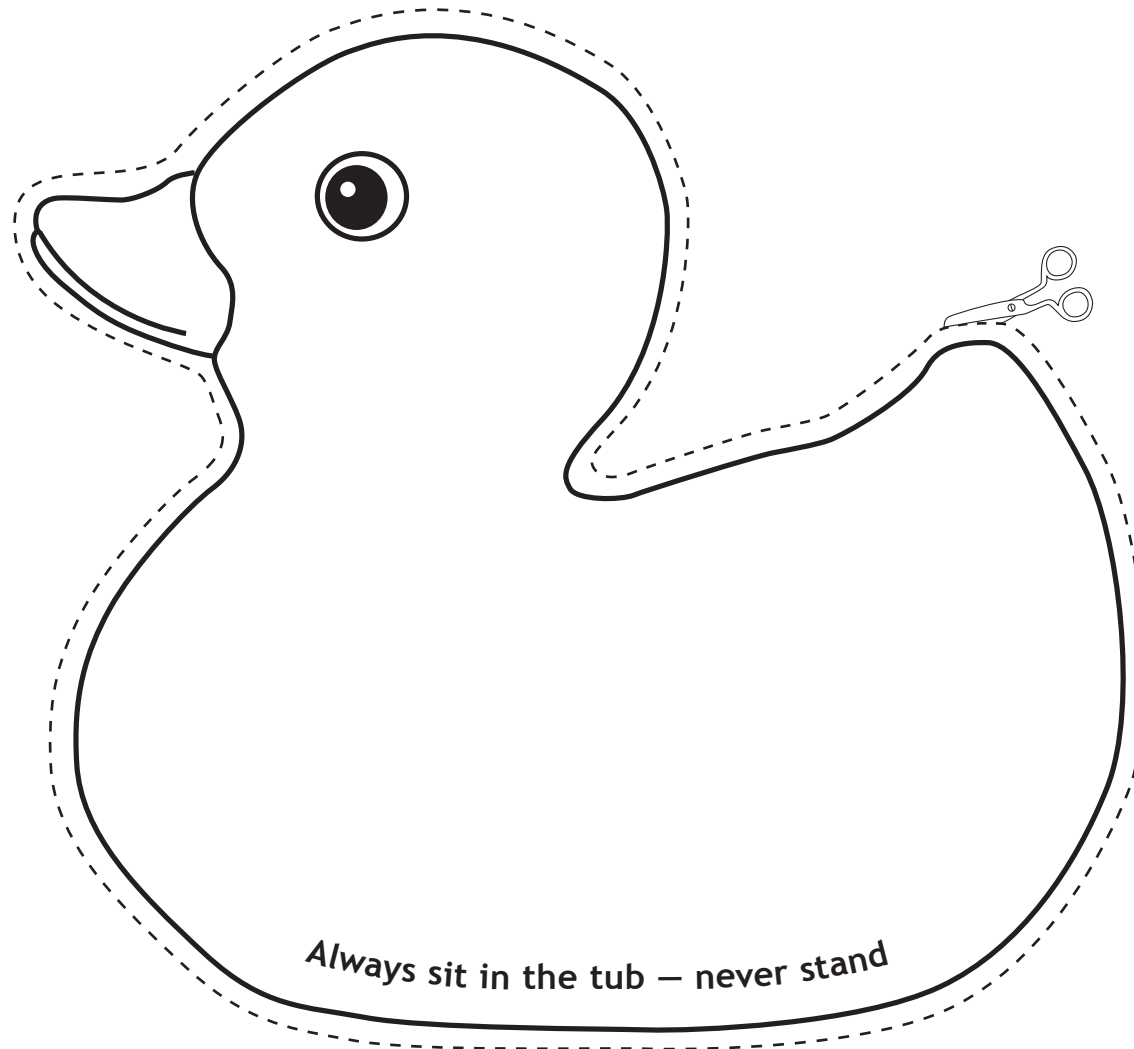


Carefully climb in and out of the tub



Safety Duck

Rule 2

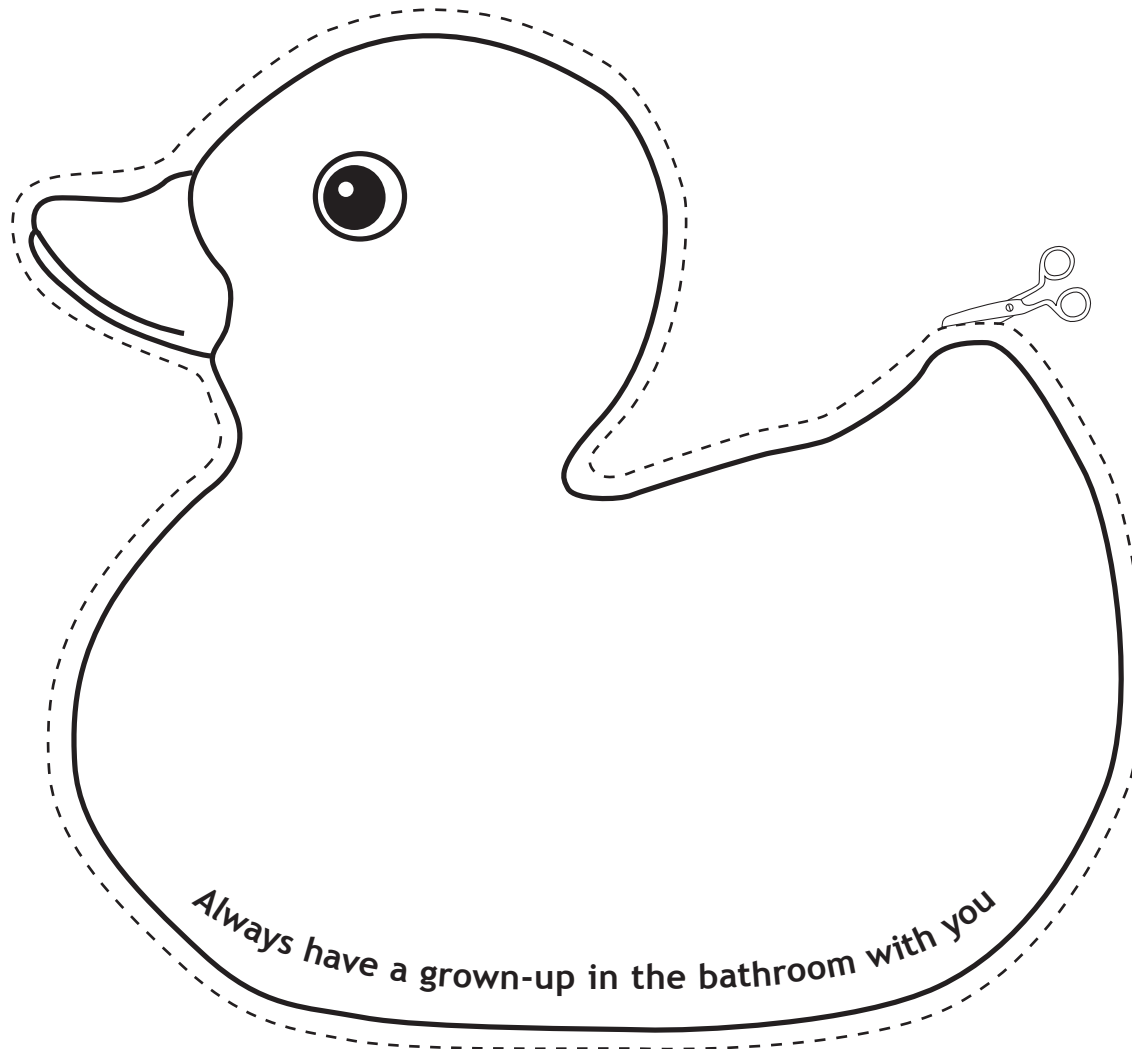


Always sit in the tub – never stand



Safety Duck

Rule 3



Always have a grown-up in the bathroom with you



Safety Duck

Rule 4

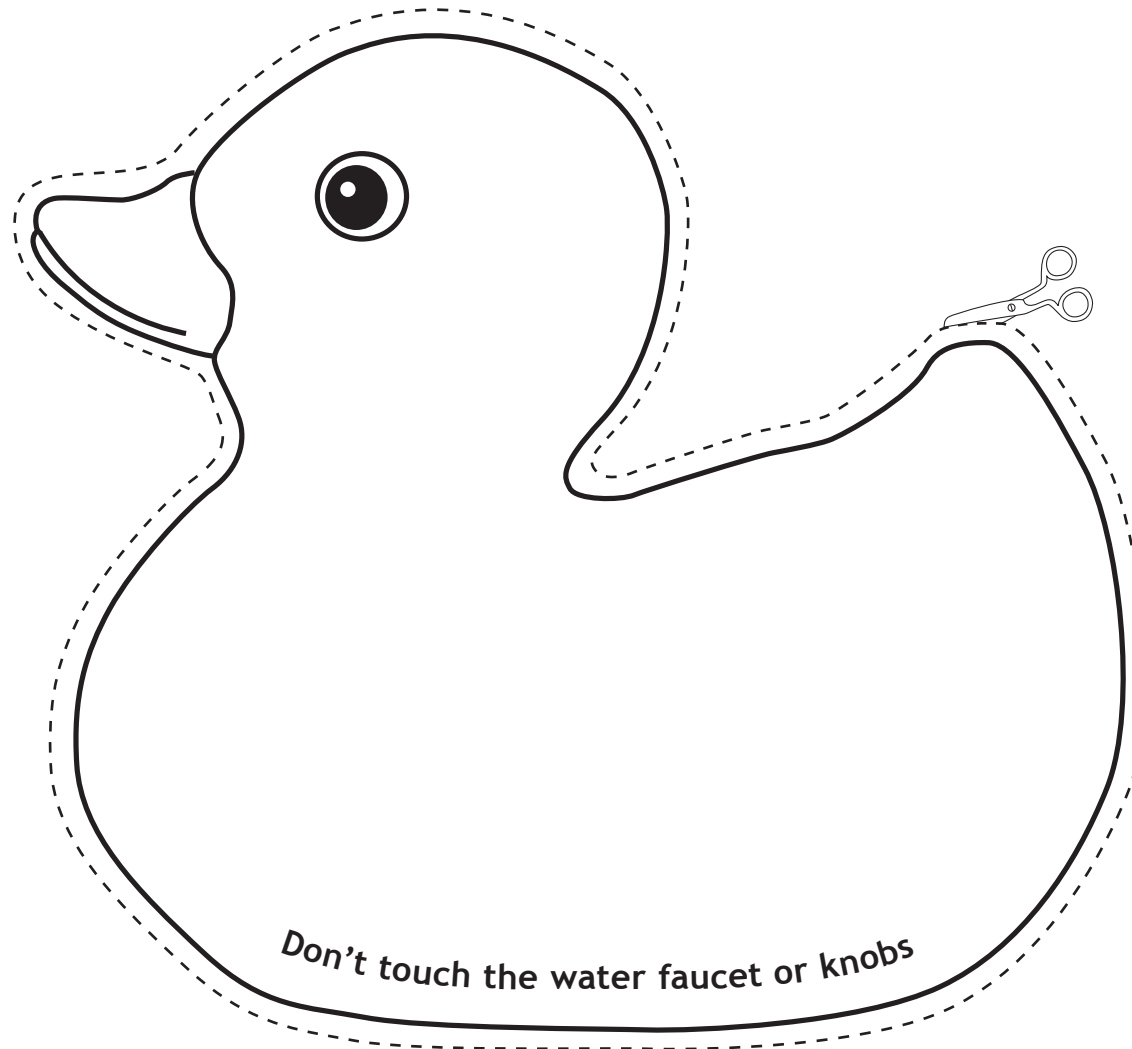


Don't drink the bath water



Safety Duck

Rule 5

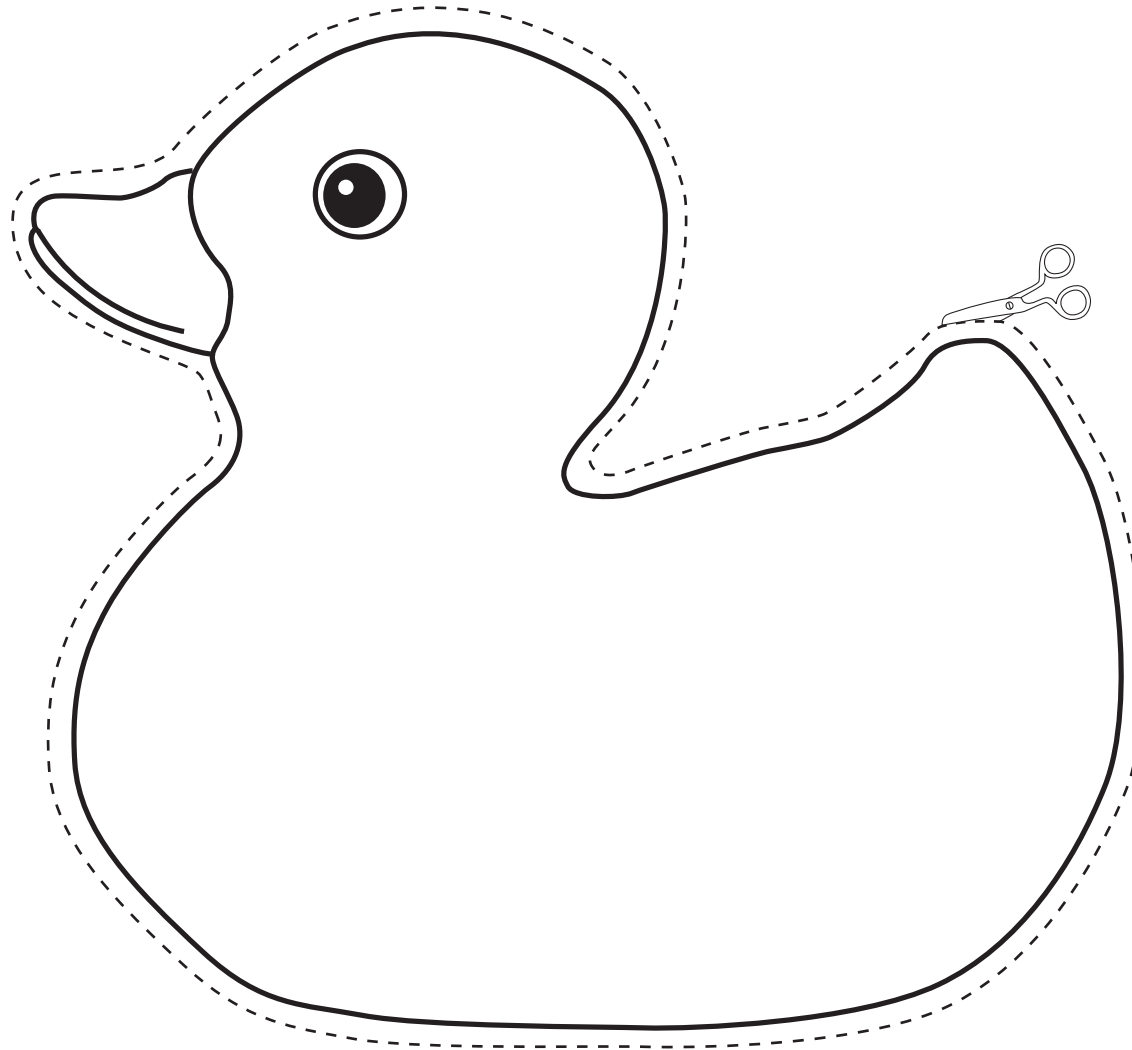


Don't touch the water faucet or knobs



Safety Duck

Make your own rule





Name: _____

Date: _____

Water Bottle Label With Safety Rules

Instructions: Pick one safety rule you need to remember at the pool and illustrate it on the blank area on the label below.

Safety is Cool at the Pool!

- Always have an adult watch you
- Don't go in water over your chest if you can't swim
- Always walk around the pool – don't run
- Listen to the lifeguards and obey pool rules
- Never play rough games in the water
- Always jump feet first and far away from the side when you jump in
- Never push someone into a pool or jump on someone
- Only dive in a diving area





Name: _____

Date: _____

Water Bottle Label Without Safety Rules

Instructions: Write one safety rule you need to remember at the pool and illustrate it on the blank area on the label below.

A large rectangular label template with a dashed border. At the top, there is a black header bar with the text "Safety is Cool at the Pool!" in white. Below the header bar are two wavy lines representing water. The rest of the label is a large blank white area for writing and drawing. A pair of scissors icon is positioned at the top right corner of the dashed border, indicating where to cut.