



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

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- 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.

Your state's school health policies:
nasbe.org/HealthySchools/States/State_Policy.asp

Playing in water can be fun, but it can also be dangerous if kids don't know the proper safety rules. This lesson guide provides you with activities and discussion questions you can use with your students to teach them all they need to know about water safety.

Related KidsHealth Links

Articles for Kids:

Swimming

KidsHealth.org/kid/watch/out/water.html

CPR: A Real Lifesaver

KidsHealth.org/kid/watch/er/cpr.html

Why Does My Skin Get Wrinkly in Water?

KidsHealth.org/kid/talk/qa/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? Why do some places have lifeguards? What's their job?
3. Where are some other places that you can play in water? What are some of the rules for water safety?



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 (available at: KidsHealth.org/classroom/prekto2/personal/water_safety_handout1.pdf)

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. Older students can use the cover plus 6 copies of the blank rubber ducky page to write the rules themselves. Younger students can use rubber ducky pages that have the rules written at the bottom of each page.)

How many of you take a bath to get clean? How many of you take a shower? Do you take your bath or shower in the morning or at night? Bath time can be so much fun, but it can also be dangerous if you're not 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.

Extensions:

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



Safety Is Cool at the Pool!

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 (available at: KidsHealth.org/classroom/prekto2/personal/water_safety_handout2.pdf)
- Art supplies (colored pencils, markers, crayons, scissors)
- Chart paper or chalkboard

Class Time:

45 minutes

Activity:

Today, we're going to list all the important rules you need to remember at the pool. Then we're going to create a label that will stick to the side of your water bottle. Please tell me some pool safety rules and I'll write them on the chart paper.

- 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. Remember to pick one rule to illustrate. (*Teachers: Younger kids can use the water bottle label handout that already has rules listed on it. Older kids can use the blank water bottle label and write their own rules.*)

Reproducible Materials

Handout: Safety Duck

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

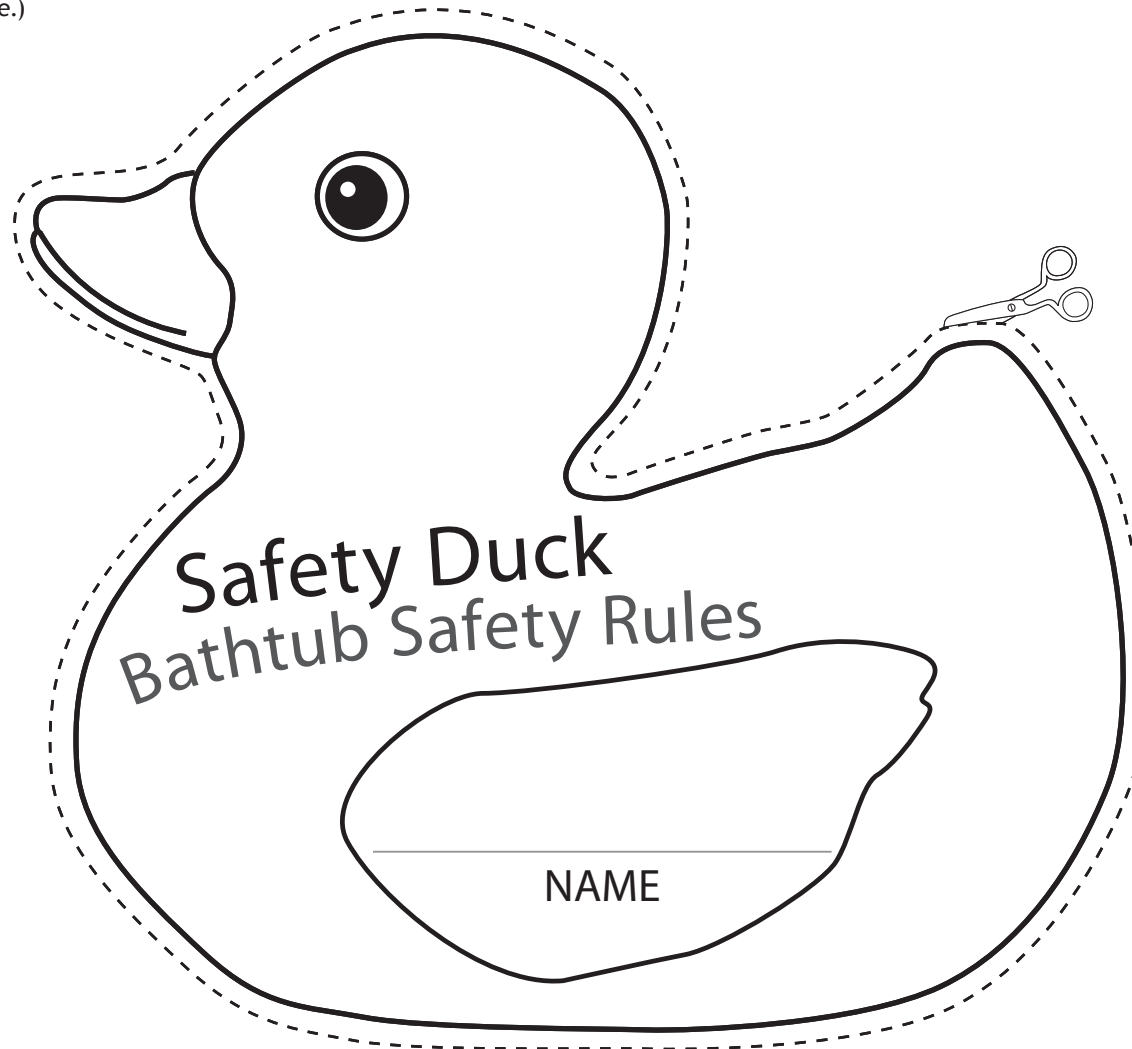
Handout: Water Bottle Label

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



Safety Duck

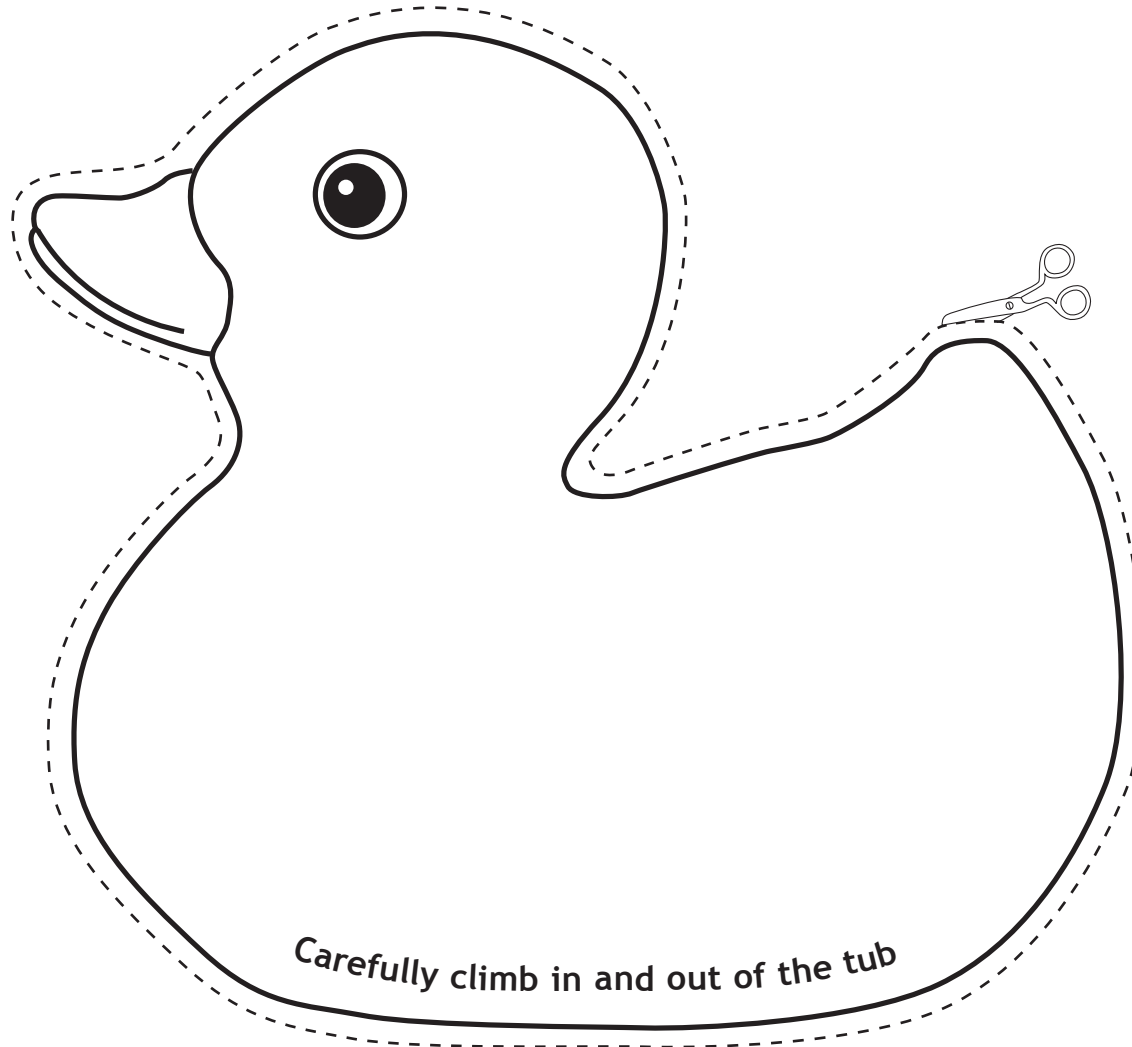
Instructions: (Teachers: Prepare the books ahead of time, making sure each child has 7 pages – one page for each rule listed below, plus a front cover. Older students can use the cover plus 6 copies of the blank rubber ducky page to write the rules themselves. Younger students can use the rubber ducky pages that have the rules written at the bottom of each page.)





Safety Duck

Rule 1

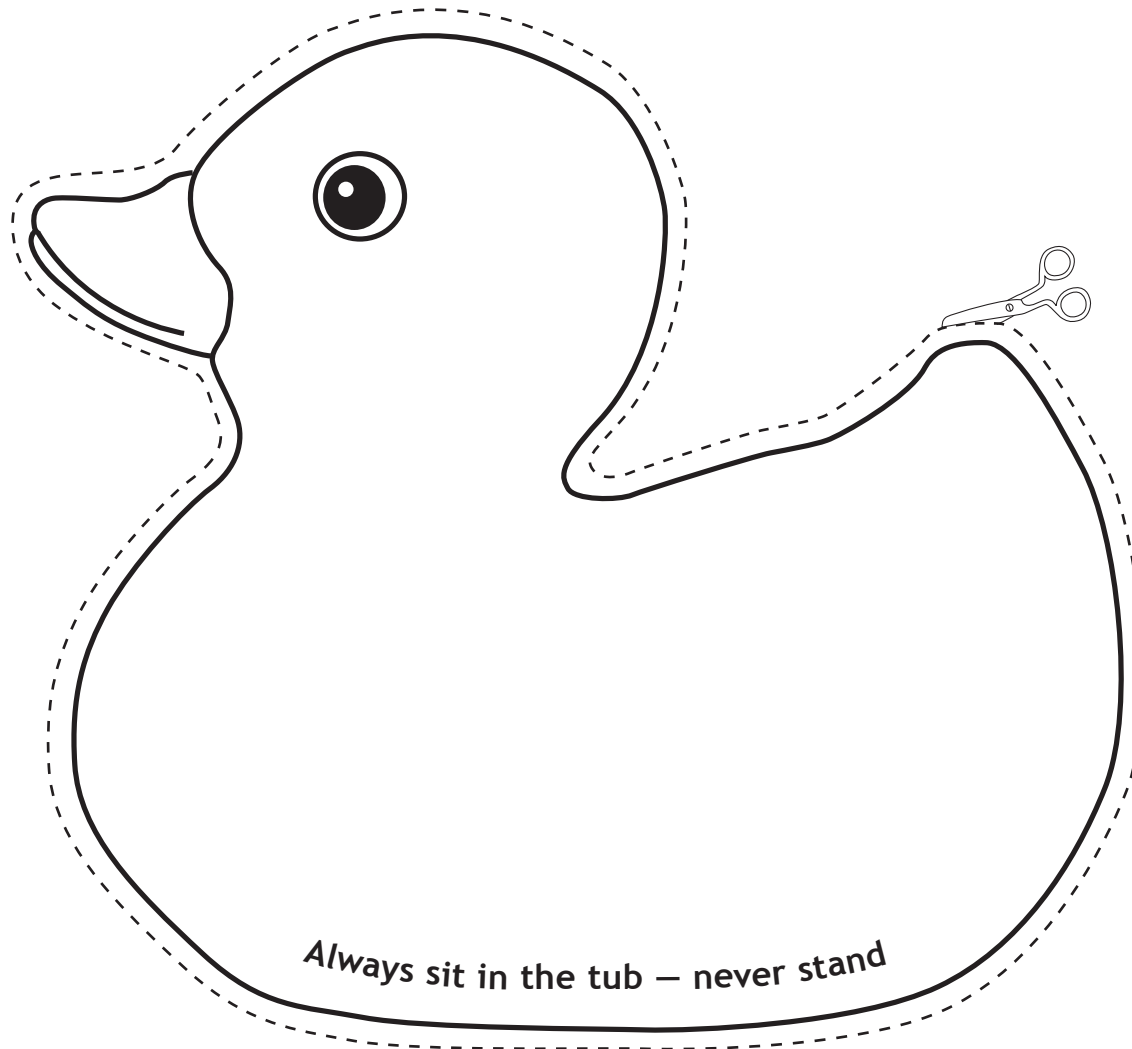


Carefully climb in and out of the tub



Safety Duck

Rule 2

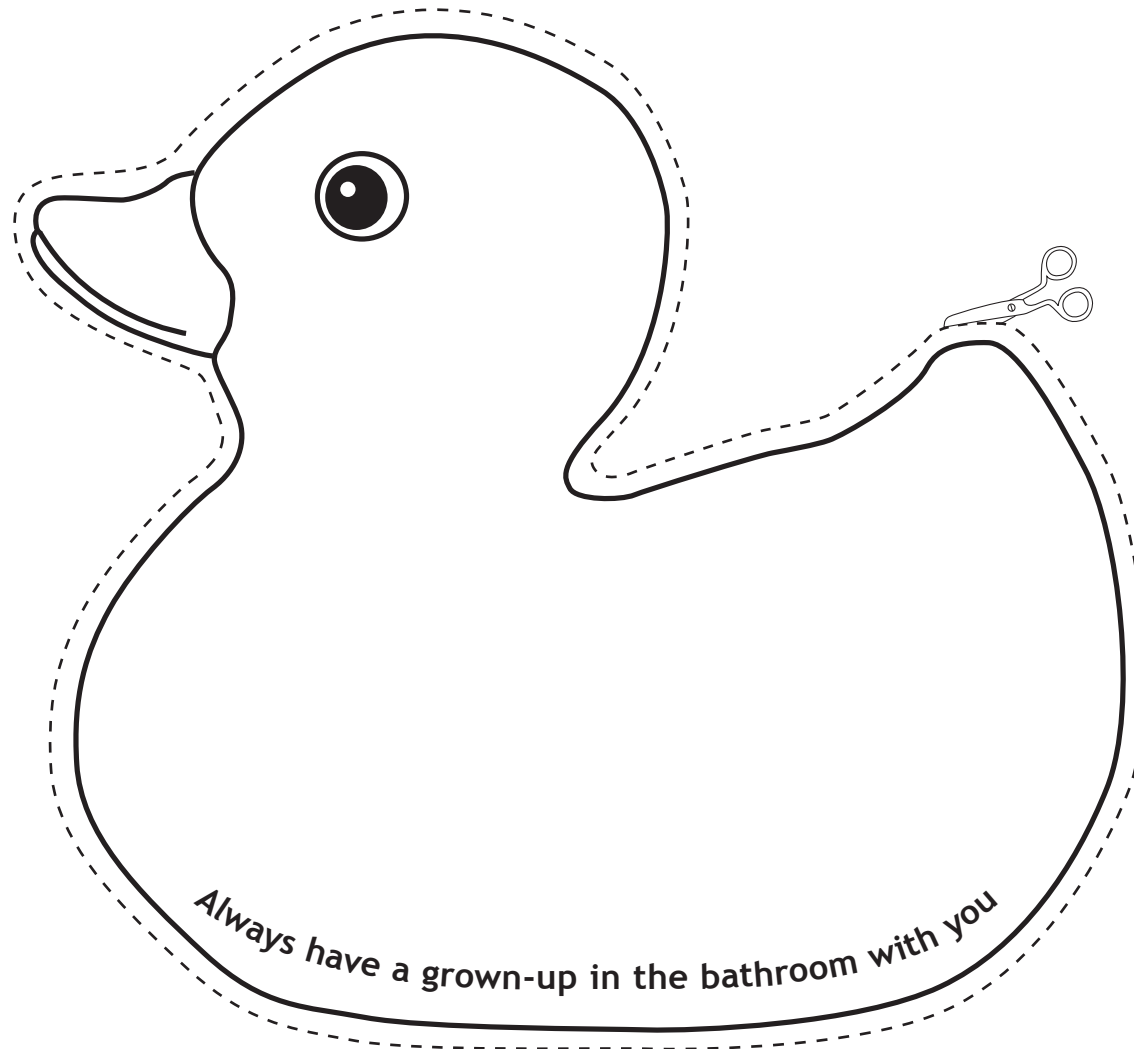


Always sit in the tub – never stand



Safety Duck

Rule 3





Safety Duck

Rule 4

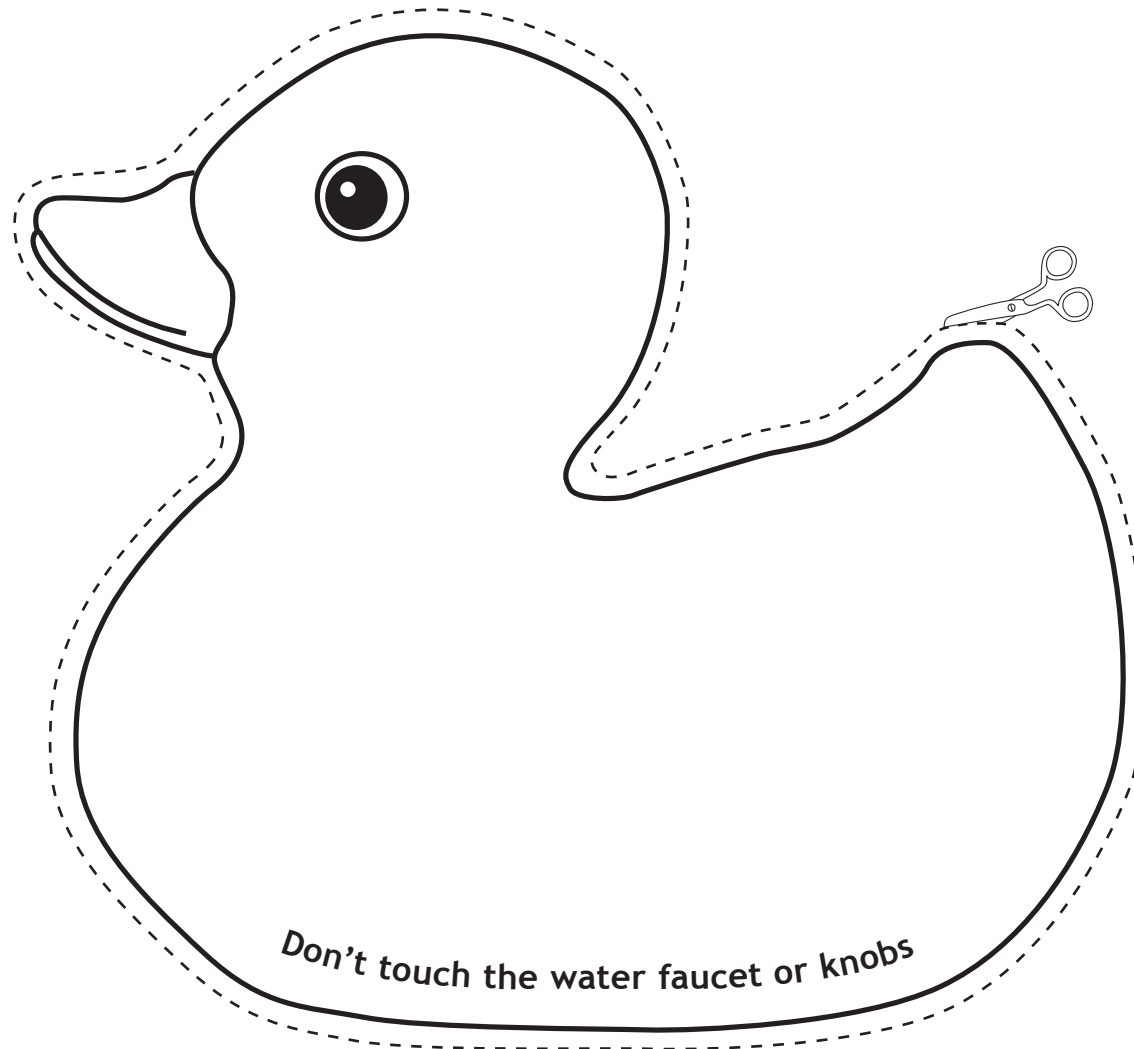


Don't drink the bath water



Safety Duck

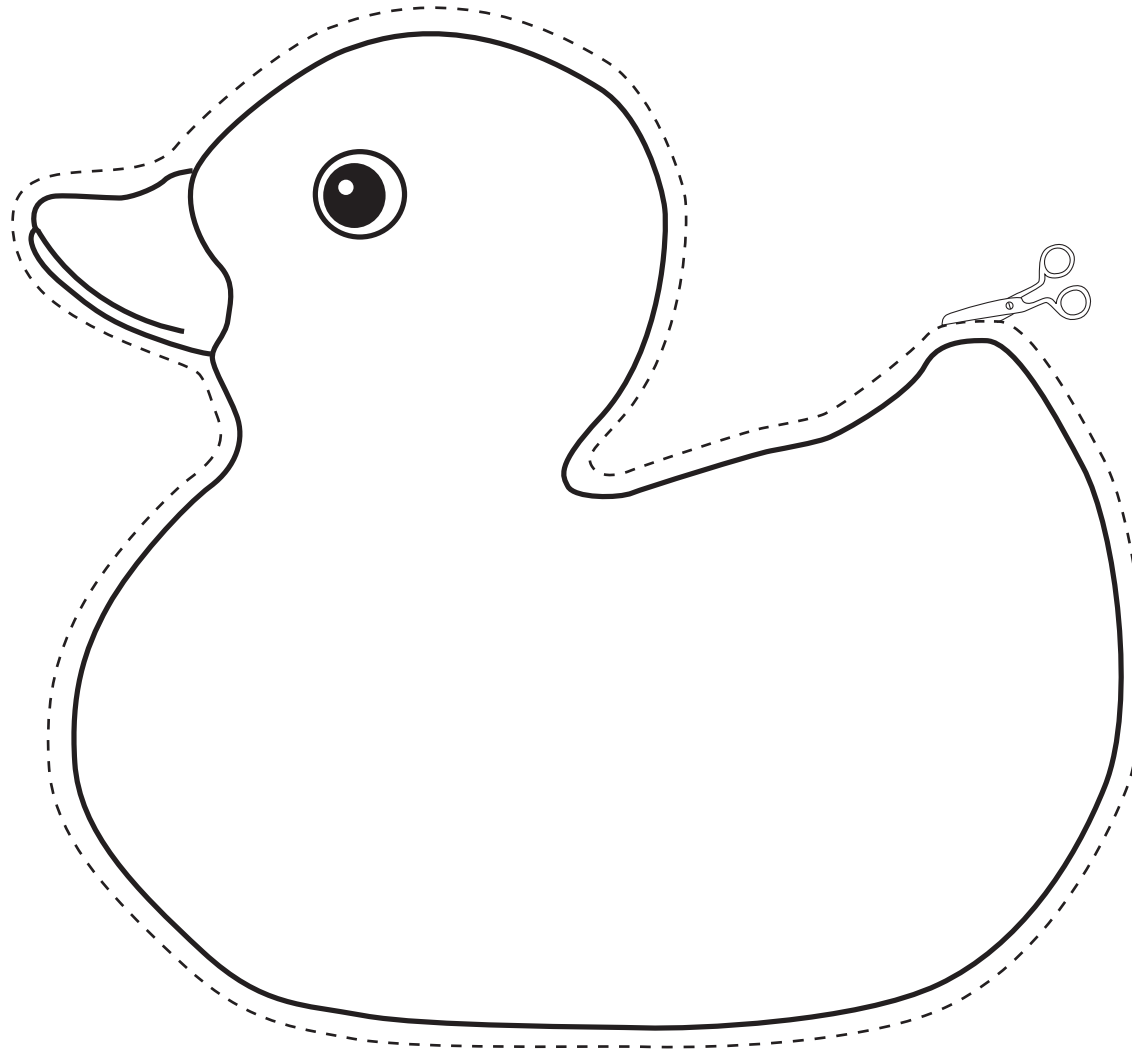
Rule 5





Safety Duck

Make your own rule





Name: _____

Date: _____

Water Bottle Label – Pool Safety Rules

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



Safety is Cool at the Pool!

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