

# Splish, Splash, Safety Dash: A Water Safety Adventure!

## Materials Needed:

- Large paper or poster board (one per child)
- Crayons, markers, or colored pencils
- Optional: glitter, stickers, yarn, or other craft supplies for poster decoration
- Index cards or small pieces of paper (for writing down scenario ideas, optional)
- A fun, upbeat attitude!

## Introduction: Welcome, Water Explorers! (Approx. 10 minutes)

Hello, super swimmers and puddle jumpers! Today, we're going on an exciting adventure to learn all about being safe around water. Water can be super fun, right? We can swim in it, splash in it, and even watch boats float on it! But just like superheroes need to know their powers, we need to know how to be safe around water. Why do you think water safety is so important?

(Allow for discussion. Guide them to understand that water can be dangerous if we're not careful, and knowing the rules helps everyone have a good time and stay safe. Connect it to having more fun when everyone is safe.)

## Activity 1: Where's the Water? Rule Roundup! (Approx. 15 minutes)

Let's brainstorm! Where are all the places we might find water where we need to be extra careful?

- (Parent/Teacher prompt: Pools, beaches (ocean/lake), rivers, streams, bathtubs, even large puddles after rain!)

Great job! Now, let's talk about some SUPER important rules for staying safe. I'll start with one, and then let's see what you know or what you think might be a good rule!

### Key Water Safety Rules (Discuss each one, ask children why they think it's important):

- **Always Ask a Grown-Up:** Never go near or in water without a trusted adult permission and supervision. Who are the trusted grown-ups you can ask?
- **Walk, Don't Run:** Pool decks, docks, and wet areas can be very slippery! What could happen if you run?
- **Look Before You Leap (or Wade):** Always check how deep the water is and if there are any hidden objects (rocks, branches) before getting in. And only get in if a grown-up says it's okay and the area is safe!
- **Wear Your Gear:** If you're learning to swim, in a boat, or in open water, wear a U.S. Coast Guard-approved life jacket that fits you properly. How does a life jacket help?
- **Buddy Up:** Never swim alone. Always swim with a buddy, and make sure a grown-up is watching. Why is having a buddy a good idea?
- **Reach or Throw, Don't Go:** If you see someone in trouble in the water, DON'T jump in to help them yourself! You could get in trouble too. Instead, try to reach for them with something long (like a pool noodle, a towel, or a branch) OR throw them something that floats (like a life ring or even a cooler). Then, yell for a grown-up LOUDLY and immediately. Let's practice yelling for help!

## Activity 2: "What If?" Scenario Splash! (Approx. 20 minutes)

Now it's time to use our safety brains! I'm going to give you some "What If?" situations. Let's talk about what the safest thing to do would be. You can even act them out carefully if you like!

**Scenario Ideas (Parent/Teacher can create more based on the children's environment or adapt these):**

- What if... your favorite toy floats into the deep end of the pool and no grown-up is right there with you? (Answer: Don't go after it. Tell a grown-up.)
- What if... you're at the beach and you see your friend starting to drift away on a floatie? (Answer: Don't swim out to them. Yell for a lifeguard or a grown-up immediately. You can also try to signal your friend to come back.)
- What if... you're getting on a boat and someone hands you a life jacket that feels way too big or too small? (Answer: Tell the grown-up it doesn't fit right and ask for one that does. A life jacket only works if it fits properly!)
- What if... you slip and fall near the edge of the pool, and you bump your head a little but feel okay? (Answer: Tell a grown-up immediately, even if you feel okay. They need to check on you.)
- What if... you want to jump into a lake you've never been to before, and it looks really clear and cool? (Answer: Ask a grown-up first. Check for depth, clearness to the bottom, and any 'No Swimming' or 'No Diving' signs.)

(Discuss safe choices for each. Emphasize asking for adult help, using safety equipment correctly, and knowing when not to enter the water or how to get help.)

## Activity 3: Splash-tastic Safety Posters! (Approx. 25-30 minutes)

Time to get creative and be safety heroes! Each of you is going to design a super water safety poster. Think about the most important rules we talked about, or a scenario we discussed. Your poster should help remind other kids (and even grown-ups!) how to be safe around water.

**Poster Power-Up Ideas:**

- Pick one or two important rules you want to share.
- Draw clear pictures that show someone being safe (or what NOT to do, with a clear 'NO' symbol).
- Use bright, bold colors to make it eye-catching!
- Write the rule in big, easy-to-read letters. You can ask for help with spelling.
- You can even come up with a catchy slogan! (e.g., "Be Cool, Follow the Rule, Stay Safe in the Pool!" or "Don't Splash Out, Think About Safety's Shout!")

(Provide materials. While they work, circulate and discuss their designs, reinforcing the safety messages. Praise their creativity and understanding.)

Once you're done, we can have a "Water Safety Art Show" and you can explain your poster to everyone!

## Activity 4: Water Safety Rhythms (Approx. 10 minutes)

Let's make some noise for safety! We can learn a simple song or even create our own water safety chant using the rules we've learned.

**Example Song (to the tune of "Twinkle, Twinkle, Little Star"):**

*Grown-up near, have no fear,  
Walk around the pool, my dear.  
Life jacket on, fits just right,  
Water safety, shining bright!*

**Or, let's create our own chant!** Pick a rule, like "Walk, don't run!" How can we make that into a catchy chant? (e.g., Stomp-stomp-clap! "Walk, don't run!" Stomp-stomp-clap! "Safety's fun!") Let's try to make a verse for two other rules!

(Spend a few minutes creating, practicing, and performing their chant or song. This helps with memory and makes learning active.)

## **Wrap-up: Super Safety Stars! (Approx. 5 minutes)**

Wow, you are all officially Water Safety Superstars today! Let's quickly go around and have each of you share ONE important water safety rule you will always remember. (Go around and have each child share.)

Remember, knowing these rules helps you make smart choices so you can have lots of safe fun in and around water. Great job today, explorers!

## **Optional Extension Ideas:**

- Visit a local public pool during a quiet time, and (if permitted and a lifeguard is willing) have them point out safety features, rules, and equipment.
- Look up videos online (with adult supervision) about how to properly fit a life jacket for different ages.
- Read age-appropriate picture books about water safety (e.g., "Jabari Jumps" by Gaia Cornwall, which touches on overcoming fear with safety in mind, or specific water safety books).
- Practice the "Reach or Throw, Don't Go" technique in a safe, dry area using a broom handle (for reach) and a soft ball or cushion (for throw).
- Create a family water safety plan for your home (if you have a pool) or for when you visit places with water.