



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
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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.
- 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>

In or near water, fun can turn dangerous in seconds. It's important for middle school students to know how to stay safe in the water and protect younger kids they may be watching over. These activities will help your students understand basic water safety rules.

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

Articles for Teens:

Water Safety

TeensHealth.org/en/teens/water-safety.html

Safety Tips: Swimming and Diving

TeensHealth.org/en/teens/safety-swimming.html

Swimmer's Ear (External Otitis)

TeensHealth.org/en/teens/swimmers-ear.html

Discussion Questions

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

1. Drowning is one of the most common accidental causes of death among kids younger than 14. Name some basic ways to avoid such a tragedy.
2. Do you know how to swim? Do you know someone who can't swim? How can knowing how to swim help save lives?
3. Say you and a friend find a great swimming spot at the beach, but there are no lifeguards. Should you swim?
4. What are the top three rules for staying safe in the water?



Activities for Students

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

Water Safety *Dos* and *Don'ts*

Objectives:

Students will:

- Identify water safety rules
- Develop a list of water safety rules and hazards

Materials:

- Computer with Internet access
- Chart paper, markers
- “Water Safety *Dos* and *Don'ts*” handout

Class Time:

- 1 hour

Activity:

In small groups, read the KidsHealth.org articles related to water safety. Then develop a list of as many water safety *dos* and *don'ts* as possible on chart paper. Each person should copy his or her own Top Five *dos* and Top Five *don'ts* onto the “Water Safety *Dos* and *Don'ts*” handout, then get the signatures of at least 10 people outside this class to show that you helped spread the word about water safety.

Extensions:

1. Research and write a brief report on rip currents and illustrate how they flow and how swimmers should deal with them.
2. [Note to instructor: If you have any students who don't know how to swim, but would like to learn, have them research and write 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. Post the list on a hallway bulletin board.]



Pool Safety Song for Kids

Objectives:

Students will:

- Discuss important safety rules to remember when swimming in a pool
- Create a song for elementary students about pool safety rules

Materials:

- Computer with Internet access
- Writing paper, pencils or pens
- Poster board, markers

Class Time:

- 45 minutes

Activity:

After checking out the KidsHealth.org articles on water safety and the "Water Safety *Dos* and *Don'ts*" handout, brainstorm a list of safety rules specifically for young children and pools. Then, working in small groups, we'll reword the rules as needed and write a song for elementary school kids to help them remember the safety tips. The melody of the song can be a kids' nursery rhyme or a pop song that's appropriate for young children. When we're done writing our songs, we'll write them on poster boards with notes stating which song the lyrics go with, so the posters can be hung up in local elementary school hallways.

Extension:

Create music video versions of the pool safety songs.

Reproducible Materials

Handout: Water Safety *Dos* and *Don'ts*

KidsHealth.org/classroom/6to8/personal/safety/water_safety_handout1.pdf

Quiz: Water Safety

KidsHealth.org/classroom/6to8/personal/safety/water_safety_quiz.pdf

Answer Key: Water Safety

KidsHealth.org/classroom/6to8/personal/safety/water_safety_quiz_answers.pdf



Name: _____

Date: _____

Water Safety *Dos* and *Don'ts*

Instructions: Write five *dos* and *don'ts* related to water safety below, then get at least 10 friends, neighbors, and/or family members (anyone not in this class) to sign the sheet to show that you've shared safety rules that could save a life someday.

Do:

1

2

3

4

5



Don't:

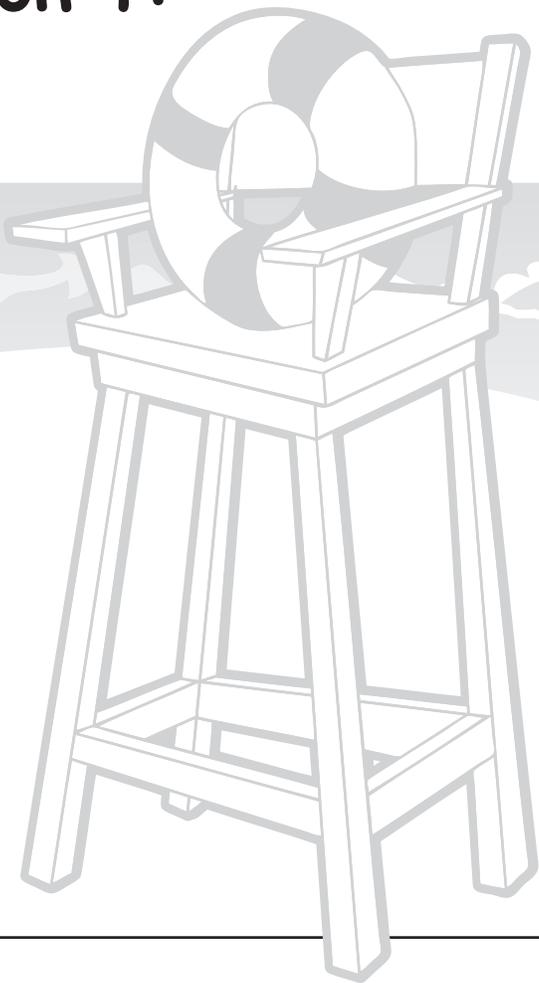
1

2

3

4

5



Signatures:



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. True or false: Always check the depth of water before you dive in.
2. If you don't see a lifeguard on the beach, you should:
 - a. only swim in shallow water
 - b. only swim up to your waist
 - c. not go in the water
 - d. only swim with experienced swimmers
3. You should wear a lifejacket:
 - a. any time it's raining
 - b. only if you're a beginning swimmer
 - c. only if it matches your lifehat
 - d. any time you go in a boat
4. True or false: You should always swim with another person even if you're a good swimmer.
5. True or false: More people die in boating accidents than in airplane or train crashes each year.

Extra credit:

List three water safety rules that you'll remember to follow the next time you're near or in the water:



Quiz Answer Key

1. True or false: Always check the depth of water before you dive in.
2. If you don't see a lifeguard on the beach, you should:
 - a. only swim in shallow water
 - b. only swim up to your waist
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 - d. any time you go in a boat
4. True or false: You should always swim with another person even if you're a good swimmer.
5. True or false: More people die in boating accidents than in airplane or train crashes each year.

Extra credit:

List three water safety rules that you'll remember to follow the next time you're near or in the water:

(Any three safety rules from KidsHealth.org/en/kids/swim.html, TeensHealth.org/en/teens/water-safety.html, or TeensHealth.org/en/teens/safety-swimming.html)