

Longfellow's WHALE Tales

Water Habits Are Learned Early

Discussion Guide for Parents and Caregivers

Your child's personal safety engaging in this content is of utmost importance to us. Using this material is not a substitute for formal instruction by a properly certified swimming instructor. We suggest that you use a certified swimming instructor that you trust to assist your child's transition into swimming. We take reasonable measures to ensure the accuracy and completeness of this content; but, do not warrant the accuracy and completeness of the content. We are not liable for any loss or claim arising out of any event beyond our reasonable control and reserve the right to make changes or corrections to this content, from time to time.

INTRODUCTION

Welcome to the American Red Cross Longfellow's WHALE Tales Water Safety for Children program! We are glad you are here and looking for support to help teach your children about water safety. It doesn't matter what your level of swimming experience or water safety training might be—you've got this! This discussion guide was created to help you—a parent, caregiver or even an older sibling (all referenced from now on as a caregiver)—enhance their knowledge about water safety.

Longfellow's WHALE Tales is a program designed to help children become "water smart." WHALE is an acronym for Water Habits Are Learned Early. Longfellow, the animated whale, guides children through nine lessons about water safety in different situations and environments, such as pools, waterparks, oceans, lakes and rivers. Children learn about potential water hazards around where they live and about sun safety, boating safety, weather concerns and much more.

Each topic is presented as a rhyme to help children remember the important water safety messages.

The lessons are:

1. Do Your Part, Be Water Smart
2. Swim as a Pair with a Lifeguard There
3. First Look Around: Is the Scene Safe and Sound?
4. Don't Just Pack It, Wear Your Life Jacket
5. Play it Smart at Your Home, Pool or Park
6. Wave, River or Tide, Water Smarts are Your Guide
7. Think So You Don't Sink

8. Reach or Throw, Don't Go
9. Stay Calm, Think It Through and You Can Know What to Do

To ensure that the children in your care have the fullest experience with this online program, it is recommended that they complete the age-appropriate activities for each lesson as set out in this guide, which includes:

- Caregiver-guided discussions and activities
- Two video segments—one animated and one live action. You can choose to show one or both video segments based on the comprehension level of your children.
 - The animations take kids on fun, imagination-filled adventures with Longfellow the Whale and his sidekick, Clawdette, serving as their very capable water watchers and guides.
 - Live action videos introduce participants to the charismatic “online video influencers” who happen to love to help kids learn about water safety.
- Activity sheets—Find the answer key to the activity sheets on [redcross.org/watersafetyforkids](https://www.redcross.org/watersafetyforkids).
- Coloring sheet
- Fun, 3-question quiz

A Longfellow the Whale cut-out is also available to download to use as a great way to chronicle your family's experiences of learning about water safety. We encourage you take pictures with the cut-out whale while teaching your kids about water safety. Or show us how your family is applying your water smarts, whether it's learning to swim, practicing reaching and throwing assists, wearing life jackets during water activities or highlighting the features of a swimming area that make it a safer place to enjoy the water. We encourage you to post these photos on social media, tagging @AmericanRedCrossTrainingServices and using these hashtags.

#RedCrossWaterSafety
#SavingLivesStartsHere
#WHALETales

#NotOneMoreDrowning
#MakeWaterSafetyHappen

Once your children have completed all the lessons you want cover, be sure to use the Longfellow's WHALE Tales Water Safety for Children Safety Pledge Certificate, found on the last page of this Discussion Guide, to reward them for a job well done. Posing with your family and their certificates is another photo opportunity!

Gaining Water Smarts

If you would like to gain more water smarts yourself, these free Red Cross resources can help:

- The **Water Safety for Parents and Caregivers** online course focuses on developing an awareness of the risks of drowning and how to minimize those risks, especially for young children. This online course, which is about 20 minutes in length, teaches about water competency, the Circle of Drowning Prevention and Chain of Drowning Survival. It also provides guidance for applying water safety to common environments and situations where children are most at risk for drowning.
- The **Becoming an Ambassador for Water Safety** online course, which is about 30 minutes in length, covers fundamentals of water safety, provides an orientation to Red Cross materials to teach water safety in a dryland, classroom-based setting and offers ideas on how to implement water

safety education in your community. This eLearning module is intended for teachers as well as adult and youth leaders in the community who are committed to sharing Red Cross resources to impact drowning rates, especially in places that are most at risk for drowning.

To register for either course, go to redcross.org/take-a-class and select **Swimming + Water Safety and Online Only**.

The **Red Cross Swim app** features drowning prevention and emergency response information, including:

- Water safety content for home pools, beaches, lakes and rivers
- Safety videos, tips and quizzes designed for children
- Instructional videos with skill performance descriptions
- Learn-to-Swim class progress tracker with shareable badges
- Activities that parents, caregivers and children can do together

To download this free app, visit redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps, text 'SWIM' to 90999, or search 'Red Cross Swim' in the Apple App Store™, Google Play™ or Amazon Marketplace.

RedCross.org/WaterSafety is our webpage dedicated to important water safety information. This page helps raise awareness about the risks around different water environments, how to be safer in and around water and what to do in an emergency. It also offers downloadable resources to print and share.

RedCross.org/WHALEtales contains free educational resources that can be used by anyone to teach water safety by completing a simple orientation to the materials. This site provides the full set of educational materials, including complete lesson plans with activities, for each of the Longfellow's WHALE Tales lessons.

Gaining Water Competency Skills and More

A recurring message in Longfellow's WHALE Tales is that everyone should become water competent. This is important for children but it is equally important for adults who supervise children around water. American Red Cross swim lessons are offered for people of all ages and varying abilities by Red Cross training providers at aquatic facilities throughout the United States.

If your children are interested in becoming future lifeguards, youth can participate in American Red Cross Junior Lifeguarding, starting at 11 years old. Through this program, they learn knowledge and skills to help set them up for success in participation in Red Cross Lifeguarding courses once they reach the age of 15 years.

To find these programs in your area, visit redcross.org/learntoswimproviders or check with a local aquatic facility and ask for Red Cross programs.

DISCUSSION GUIDE BY LESSON

Here are our recommendations for ensuring that your children have the fullest experience with this online program. For each lesson:

1. Follow the discussion guide for the lesson. Most lessons start with the animated videos to help reinforce and teach important ways to be water smart.

- After viewing the animated video together, facilitate a “Notice and Wonder” conversation with these prompts:
 - What did you notice when watching the video?
 - Encourage your children to tell you at least one safety point that they noticed.
 - What are you wondering after watching the video?
 - Encourage your children to ask at least one thing they are wondering about what they saw.
 - It is likely that things they are wondering about will be covered in the Discussion Points that follow.
- 2. Continue through the discussion points and activities. Each lesson also includes watching a live action video that focuses on a specific element of the lesson. If your children are on the younger side of the age range for this program, you may determine that the content in these videos is too advanced. It is perfectly acceptable to skip that content at this time. You can always go through the program with younger children again as they get older!
- 3. After you finish the Wrap Up and/or Extra Activity, click on the tab for the children’s age group to get access to a downloadable activity sheet they can complete. A coloring sheet is also available for each lesson.
 - Answer keys to the activity sheets are on [redcross.org/watersafetyforkids](https://www.redcross.org/watersafetyforkids).
- 4. Have your children click on the tab for their age group to complete the 3-question quiz on the lesson.

Once your children have completed their learning, be sure to download the safety pledge certificate at the end of this guide to reward them for a job well done.

LESSON 1: DO YOUR PART, BE WATER SMART

Animated Video

- Watch the animated video, Do Your Part, Be Water Smart. This video celebrates water safety with Longfellow and friends through a music video which reminds us to be water smart because when you jump in safe, the fun can start.
- After viewing it together, facilitate a “Notice and Wonder” conversation with your children with these prompts:
 - What did you notice when watching the video?
 - Encourage them to provide at least one safety point that they noticed.
 - What are you wondering after watching the video?
 - Encourage them to ask at least one thing they are wondering about what they saw.

Discussion Points

- Being water smart means knowing how to be safer when in, on and around the water.
- It also means being a safety champion who can help your friends and family be safer too.
- Swimming, boating or just being near the water can be really fun when done safely. But these things can also be dangerous if you don’t know how to be water smart.
- One really dangerous thing that could happen is that a person could drown. Having water smarts can help prevent this from happening.

- Water safety takes a team. It's not a one-kid job.
 - There should always be a lifeguard and/or other capable adult water watcher who is there while you do water activities.
 - And you should have a water buddy by your side!
- You should always follow all rules you see or hear.
 - Rules help keep you safer, keep the area safer and keep things fun for everyone.
 - Some rules are posted on a sign.
 - Others are things a lifeguard or other adult tells you.
 - Either way, it's important to follow all rules you see or hear.
- Water smart kids know that every minute matters. It's possible to drown in just a few minutes, even in shallow water. So, if there is no adult present to supervise you, even if someone will be there soon, stay out of the water until they arrive and say it's OK to swim.

Live Action Video and Activity

- Show the live action video, What It Means to Be Water Smart. This video highlights that anyone can be water smart! It starts with easy-to-learn ways to be safer in, on and around the water.
- Have your children stand up in place. Tell them that they're going to mimic what they just saw in the video to help them remember some of the important things they learned about what water smart kids know.
- Say each of the 8 phrases, marked below in bold, while doing the hand gestures, marked in italic, first. Then have your children repeat the phrase and hand gestures.
 1. (*Use your hands as binoculars*) **Follow all rules you see or (cup your ear) hear.**
 - Rules are there for a reason: to help keep things safe and fun for everyone.
 2. (*Say as you make a swimming motion with your arms*) **Swim as a (hold up two fingers together) pair with a (hold a hand over your eyes as if you are scanning the distance then point forward) lifeguard there.**
 - This means to never go in the water alone and to never go in if there is not a lifeguard or another capable water watcher watching you.
 3. (*Say as you look up and down, left and right*) **First look around (hold your hands up as if you are asking a question) is the scene safe and sound?**
 - You should only go in the water in a place that is marked as safe for water activities.
 - You should also always check for people or things that are in your way before you enter the water, and always go in the water feetfirst unless it is marked as OK to dive headfirst. You'll know it's OK to dive if there is a sign that says so.
 4. (*Say as you wag your finger no*) **Don't just pack it, (act as though you are putting on a jacket) wear your life jacket.**
 - You should always wear a life jacket, which is a type of jacket that helps you float in the water, if you are going boating or don't know how to swim well.
 5. (*Say as you point to the side of your head [brain] and then to yourself*) **Know your (hold up your hand as if to say stop) limits.**
 - This means that if you don't know how to swim, don't go in water that is too deep. And if you are getting tired, take a break.

6. (Say as you inhale then briefly stop) **Holding your breath** (shake your head no) **is not a game.**
 - You might think it's a fun game to see how long you can hold your breath underwater. But don't do it! If you hold your breath for too long underwater you could pass out and drown.
7. (Say as you stand like a superhero with your hands on your hips) **To help out**, (cup your hands around your mouth) **give a shout.**
 - If you see someone who is having trouble in the water, shout to get the attention of the lifeguard or adult who is supervising you. Or if there is no one there, try to call 9-1-1 [or your local emergency number].
8. (Say as you hold your arms out as if reaching) **Reach or** (making an underhand throwing motion) **throw**, (hold up your hand as if to say stop) **don't go.**
 - If you are the only one who can help someone who is having trouble in the water, you should never go in the water yourself to help them.
 - Instead, you can try to reach out to them with an object that floats or throw them something that floats that they can grab onto so they can get back to safety.

Extra Activity

- Have your children create a poster based on one or more of things that water smart kids should do to be safer in, on or around the water.

LESSON 2: SWIM AS A PAIR WITH A LIFEGUARD THERE

Animated Video

- Watch the animated video, Swim as a Pair with a Lifeguard There. In this video, Piper learns that while toys may be fun, it's even better to have a "real" water buddy by your side for every swim adventure.
- After viewing it together, facilitate a "Notice and Wonder" conversation with your children with these prompts:
 - What did you notice when watching the video?
 - Encourage them to provide at least one safety point that they noticed.
 - What are you wondering after watching the video?
 - Encourage them to ask at least one thing they are wondering about what they saw.

Discussion Points

- Water smart kids understand that they need a safety team, and each person on that team plays a very important part.
- Supervisors are the people who are in charge and who are there to help keep you safer. They make sure you follow the rules and can help you in an emergency.
 - Lifeguards keep their eyes on the water and everyone in it, at all times. They are trained to prevent and respond to water emergencies. It's their job!

- A capable adult water watcher is the person who gives you permission to be in the water. They help keep an eye on the safety of you and your group. This is often a parent, caregiver, teacher or camp counselor.
- It's best to have both lifeguards and capable adult water watchers there to supervise you.
- A water buddy is a person who you pair up with in the water. You play together and help look out for each other.
 - If you get hurt or are having trouble in the water, your buddy can get the attention of the lifeguard or adult water watcher for help.
 - A water buddy is often a friend or someone similar in age, but it could be an adult who goes into the water with you.
- Water smart kids, like you, also play a very important role by:
 - Listening and quickly following instructions from lifeguards and water watchers.
 - Avoiding distracting the lifeguard while they are on duty.
 - Helping your water buddy remember the rules and to take breaks when needed.

Live Action Video

- Watch the live action video, *Lifeguard on Duty?* This video shows that when it comes to water safety, there's just no substitute for a well-trained, well-equipped lifeguard—especially not this NPC-version!

Discussion Points

- Another really important thing you can do to be water smart is to learn how to swim.
- *Ask:* What are some reasons it's a good idea to know how to swim?
Answers will vary but may include things like:
 - *To be safer in the water*
 - *To be able to have more fun in the water*
 - *To be able to go in water that is over your head*
 - *To be able to stay afloat*
 - *To be able to help yourself get back on land if you fall in the water*
 - *To be able to jump off the diving board*
 - *To be able to become a lifeguard someday, join a swim team, grow up to be a dolphin trainer, learn how to SCUBA dive and so much more*
- You don't need to know how to do every kind of swim stroke or how to be fast. But you'll have a lot more fun in the water and feel safer too if you know how to do some basic things like:
 - Safely entering water that is over your head and coming back to the surface.
 - Floating on your back and treading water.
 - Rotating in a full circle in the water.
 - Moving forward through the water.
 - Safely getting out of the water.

- Knowing how to do these basic skills is part of being water capable and water smart. And once you learn how to swim, it's a skill you'll have for life!
- Of course, it's also water smart to understand that different types of settings might require some different skills.
 - For example, in a pool, the water is usually calm and clear, but in an ocean the water changes all the time because of the waves, and something called tides.
 - This can make swimming in the ocean more challenging and is one of the reasons we say, "know your limits."

Wrap Up

- Remember, you should never go in the water alone and never go in if there is not a lifeguard or another capable water watcher watching you.
- Have your children recite the message and do the gestures they learned in lesson 1 with you: *(Say as you make a swimming motion with your arms)* **Swim as a pair with a lifeguard there.** *(hold up two fingers together)* **pair with a lifeguard there.** *(hold a hand over your eyes as if you are scanning the distance then point forward)*

LESSON 3: FIRST LOOK AROUND: IS THE SCENE SAFE AND SOUND?

Animated Video

- Watch the animated video, First Look Around: Is the Scene Safe and Sound? In this video, with the help of special safety spotters, Avery and Sophia see what dangers may lurk below the water's surface and how to avoid trouble by using their water smarts.
- After viewing it together, facilitate a "Notice and Wonder" conversation with your children with these prompts:
 - What did you notice when watching the video?
 - Encourage them to provide at least one safety point that they noticed.
 - What are you wondering after watching the video?
 - Encourage them to ask at least one thing they are wondering about what they saw.

Discussion Points

- **Ask:** How can you tell the difference between a place and time that's safer for swimming and an unsafe place and time? What are things you can look for to give you the answer you need? *Guide children to these answers that serve as a "safer swim area checklist":*
 - *Are there lifeguards on duty?*
 - *Is your capable water watcher present?*
 - *Is there safety equipment on site?*
 - *Is there a sign that says swimming is allowed?*
 - *Are there posted rules for how to stay safer?*
 - *At a waterfront, are there ropes telling you where the swim area boundary is?*
 - *Can you tell where the water is shallow or deep?*

- Not every place that's meant for swimming will have everything on the checklist. For example, some pools or swim areas may not have a lifeguard but are still open to guests.
- *Ask: Can you think of when this might happen?*
Answers could include:
 - *A waterfront at a park*
 - *A pool at someone's home (such as an inflatable pool, an above-ground pool or an in-ground pool)*
 - *An apartment complex pool or a hotel pool*
- Before you go in the water, always be sure that you have permission and active supervision from a capable adult water watcher.

Live Action Video and Discussion

- Watch the live action video, *The Puddle Pals Talk Water Safety*. This video raises the question of shallow or deep? It teaches kids to always look before they leap to avoid an unpleasant surprise and stay safer too.
- Facilitate a discussion that reinforces what they saw and heard in the video with questions such as these:
 - *Ask: Why is it important to know how shallow or deep the water is before going in?*
Answer: So, you don't get into danger by going in too deep or beyond your skill level
 - *Ask: What are some clues that can tell you how shallow or deep the water is?*
Answers: Depth markers, how deep the water is on other people
 - *Ask: If you can't swim or are still learning, what is the maximum depth of water you should go in?*
Answer: Waist to chest deep
 - *Ask: How should you enter the water?*
Answer: Always enter feetfirst unless an area is marked as safe for diving.
 - *Ask: What should you do to make sure there are no obstacles in the water or below the surface?*
Answer: Look before you leap!

Discussion Points

- You should be sun smart, too. While outdoors and by the water, remember to protect your skin and eyes from sunburn, damage and skin cancer. Here are some ways to do that:
 - Put on sunscreen and reapply often.
 - Use it when the sun is strongest—from about 10:00 a.m. to 4:00 p.m.
 - Put it everywhere you have exposed skin, including your ears, neck and feet!
 - Then put it on again, about every two hours or after you swim or sweat a lot.
 - Cover up what you can.
 - Wear clothing that protects you from the sun—like hats, shoes and sunglasses—to cover body parts you can't easily apply sunscreen to.
 - Find shade.
 - Take breaks from the sun under a tree, awning, umbrella or other shady structure for the best protection of all.

Wrap Up

- Remember, you should only go in the water in a place that is marked as safe for water activities **and** if you have supervision from a lifeguard and capable adult water watcher.
- You should also always check for people or things that are in your way before you enter the water, and always go in the water feetfirst unless it is marked as OK to dive headfirst. You'll know it's OK to dive if there is a sign that says so.
- Have your children recite the message and do the gestures they learned in lesson 1 with you: (*Say as you look up and down, left and right*) **First look around** (*hold your hands up as if you are asking a question*) **is the scene safe and sound?**

Extra Activity

- Have your children search your home for hats, sunglasses and other clothing to wear outside for protection against the sun.

LESSON 4: DON'T JUST PACK IT, WEAR YOUR LIFE JACKET

Animated Video

- Watch the animated video, Don't Just Pack It, Wear Your Life Jacket. In this video, when Sophia isn't sure why it's important to wear a life jacket while boating, she gets the answer in a most unexpected way!
- After viewing it together, facilitate a "Notice and Wonder" conversation with your children with these prompts:
 - What did you notice when watching the video?
 - Encourage them to provide at least one safety point that they noticed.
 - What are you wondering after watching the video?
 - Encourage them to ask at least one thing they are wondering about what they saw.

Discussion Points

- *Ask:* Do you know what a life jacket is? What is it?

Answers:

- *A life jacket is something that can be worn to help a person float.*
- *A life jacket helps a person keep their head out of the water, even if they are very tired.*
- The most important thing to know about a life jacket is that it only works if you wear one!
- When are times when someone should wear a life jacket?

Answers:

- *If you don't know how to swim (or can't swim very well yet)*
- *Anytime you go on a boat or other watercraft, even if you do swim well*
- *Anytime there are rules that say to wear a life jacket*
- *When doing activities around cold water or ice*
- There are different types of life jackets for different water activities.
- They also come in different sizes for different sized people.

- A life jacket should be U.S. Coast Guard approved (Look for: USCG-approved on the label).
- You should never use a pool noodle, blow-up toy, water wings, raft or any other water toy or floatable as a substitute for a life jacket.

Live Action Video and Activity

- Watch the live action video, Let's Talk Life Jackets. In this video, our team of kids show what they know about life jacket safety, including how to make sure a life jacket fits, and works, just right.
- If you have life jackets available, have your children:
 - Check for the U.S. Coast Guard approved label.
 - Also check the label to determine which one is the correct size for them.
 - Have them try it on.
 - Check the fit to be sure it is the right size, and make any corrections as needed.
 - Talk with them about what types of activities this type of life jacket is suitable for.
- If you do not have life jackets available, have your children:
 - Tell you how they would figure out if something is a life jacket and if it is the right size for them.
Answer: Look for the U.S. Coast Guard approved label which also indicates the weight of the person it's made for.
 - Pretend to put on a life jacket.
 - Pretend to zip and up buckle up completely.
- Explain that if a child is not sure a life jacket fits them, they should ask a supervising adult for help.

Wrap Up

- Remember, you should always wear a life jacket, which is a type of jacket that helps you float in the water, if you are going boating or don't know how to swim well.
- Have your children recite the message and do the gestures they learned in lesson 1 with you: (Say as you wag your finger no) **Don't just pack it, (Act as though you are putting on a jacket) wear your life jacket.**

LESSON 5: PLAY IT SMART AT YOUR HOME, POOL OR PARK

Animated Video

- Watch the animated video, Play It Smart at Your Home, Pool or Park. In this video, children can sing along as Longfellow explains why swimming superstars always follow water safety rules and play it smart—whether at a public pool or in their own backyard.
- After viewing it together, facilitate a “Notice and Wonder” conversation with your children with these prompts:
 - What did you notice when watching the video?
 - Encourage them to provide at least one safety point that they noticed.
 - What are you wondering after watching the video?
 - Encourage them to ask at least one thing they are wondering about what they saw.

Discussion Points

- Having water smarts can help keep you safer in lots of different settings where you might swim—and also when you're around water that's NOT meant for swimming at all.
- Pools come in all shapes and sizes. There are small, inflatable pools, in-ground pools and even wave pools and pools shaped like rivers!
- *Ask: Where are there pools, hot tubs/spas or waterparks that we can use or maybe go to some day?*
Answers will vary. Use the points below to guide a discussion about safety considerations at each.
 - Community and Public Pools: Although not all community pools are the same, many have lifeguards, safety equipment and posted rules to help keep you safer.
 - Home Pools or Hot Tub/Spas: Going in water at a home is different. For one thing, there won't be a lifeguard on duty.
 - Waterparks: These have attractions and rides that are meant to be fun and exciting. They may also have more kinds of rules to keep you safer.
- Whatever kind of pool it is, safety still rules. Here are some things that are always true when swimming in a pool:
 - Never swim alone, even in the smallest kiddie pool.
 - Never swim without permission and supervision from your capable adult water watcher.
 - Always enter feetfirst unless diving is allowed.
 - Never play, sit or swim near a pool drain or in a pool with a broken or missing drain cover.
- To also keep it safer at waterparks:
 - Always follow posted rules and the directions given by lifeguards.
 - Pay attention to things like height and weight restrictions, how to sit or slide on the ride, and whether you need a life jacket.
 - Know your limits! Some rides have moving water and may be very deep. If you are still learning to swim, be honest with yourself about what you are ready for.

Live Action Video

- Watch the live action video, Pool Drain Safety. It might not be top of mind, but this video teaches that knowing what makes a pool drain dangerous means having the power to stay even safer while swimming at a home pool, community pool or waterpark.

Discussion Points

- There are safety things to consider even around water that it not meant for swimming:
- *Ask: Where is water around your home and yard that could be a danger, especially for young children?*
Answers may include water in bathtubs, toilets, buckets and nearby ponds or canals.
- *Ask: What should you do if you spot a water hazard at home or in the yard?*
Answers should include things like: keep toilet lids closed and tell an adult so they can help fix any hazards or take measures so that a child cannot access the water.
- When it comes to streams, canals, drainage ditches, fountains and other water sources, do not go in the water for any reason. An area that is not meant for swimming can be dangerous no matter how safe it looks.

Wrap Up

- Remember, having water smarts can help keep you safer in lots of different settings—and also when you’re around water that’s NOT meant for swimming at all.
- It’s also important to remember what we learned in lesson 1. You might think it’s a fun game to see how long you can hold your breath underwater while playing in a pool, or in another water setting. But don’t do it! If you hold your breath for too long underwater you could pass out and drown.
- Have your children recite the message and do the gestures they learned in lesson 1 with you: (*Say as you inhale then briefly stop*) **Holding your breath** (*shake your head no*) **is not a game.**

LESSON 6: WAVE, TIDE OR RIDE, WATER SMARTS ARE YOUR GUIDE

Animated Video

- Watch the animated video, Wave, River or Tide, Water Smarts Are Your Guide. In this video, Mateo and Owen show they’ve got great instincts as they seek out the perfect waterfront swim area.
- After viewing it together, facilitate a “Notice and Wonder” conversation with your children with these prompts:
 - What did you notice when watching the video?
 - Encourage them to provide at least one safety point that they noticed.
 - What are you wondering after watching the video?
 - Encourage them to ask at least one thing they are wondering about what they saw.

Discussion Points

- Swimming at a natural waterfront, like an ocean, lake, pond or river, is different than swimming at a pool.
 - It takes more skills to swim at a waterfront.
- Ask: What things or conditions might you find at a waterfront?
Answers should include:
 - *Moving water with waves and currents*
 - *Underwater obstacles and uneven bottoms*
 - *Structures like jetties, piers, spillways and dams*
 - *Aquatic life*
- We’ve already learned some things in our other lessons that will help you be water smart at a waterfront.
- A few of the things you learned in the First Look Around: Is the Scene Safe and Sound? lesson are:
 - Make sure you’re in an area and during the time that it is meant for swimming.
 - Look before you leap.
 - Keep an eye out for any signs and posted rules.
- Ask: What did you learn about how you should enter any water unless it’s marked as safe for diving?
Answer: Enter feetfirst

- Ask: What are some of the things you learned in the Swim as a Pair with a Lifeguard There lesson?
Answer:
 - *Have supervisors there to help keep you safer. This could be lifeguards and/or a capable adult water watcher. It's even better if you have both lifeguards **and** capable adult water watchers there to supervise you.*
 - *Have a water buddy to play with in the water and to help look out for each other.*
- In the Play It Smart at Your Home, Pool or Park, we learned about knowing your limits.
- Ask: What are some things that you should do if you don't know how to swim or aren't sure your skills are strong enough?
Answers:
 - *Wear a life jacket when at a waterfront.*
 - *Stay where the water is shallow.*
- Another good thing to remember is to watch out for the “dangerous too’s”: Too tired, too cold, too far from safety.

Live Action Video

- Watch the live action video, At the Ocean. Our video host answers some common questions kids have about swimming in open water at the ocean.

Discussion Points

- Another thing to consider at waterfront areas like the ocean, lakes, ponds and rivers is aquatic life that you might find there.
- *Discuss the type of aquatic life that is common near where you live or visit and any safety guidance related to that aquatic life that is provided through local agencies.*
- If you spot an animal at the waterfront: Do not touch it, move away slowly and tell the lifeguard or an adult where you saw it.
- If you are bitten or stung, tell a lifeguard or an adult, or call for help right away.

Wrap Up

- Just like in any water setting, if you don't know how to swim, you should not go in water that is too deep. And if you are getting tired, take a break.
- Have your children recite the message and do the gestures they learned in lesson 1 with you: *Say as you point to the side of your head [brain] and then to yourself) **Know your** (hold up your hand as if to say stop) **limits**.*

LESSON 7: THINK SO YOU DON'T SINK

Discussion Points

- Having trouble in the water can happen to anyone. It could even happen to you.
- If it does, there are actions you can take to try to return to safety before things turn into a bigger water emergency.

- It can be scary if you are struggling in the water for any reason. But feeling scared can make it hard to think so you don't sink!
- That's why the first step if you're having trouble is always to stay calm. That can help you take the right action next.

Animated Video

- Watch the animated video, Think So You Don't Sink. This video illustrates that a water emergency can happen to anyone. If it does, having the right self-rescue moves in your playbook is something to cheer about.
- After viewing it together, facilitate a "Notice and Wonder" conversation with your children with these prompts:
 - What did you notice when watching the video?
 - Encourage them to provide at least one safety point that they noticed.
 - What are you wondering after watching the video?
 - Encourage them to ask at least one thing they are wondering about what they saw.
 - If knowing more about what to do when feeling tired and cramped was part of a child's question, let them know you'll talk more about that next.

Discussion Points

- We're going to talk more about how you can "think, so you don't sink" in a few situations.
- If you start to feel tired and cramped like what happened in the animation, there are a few ways you can try to help yourself:
 - Roll onto your back and float, or tread water.
 - Grab onto a safety line or other floating object.
 - Stop the kicking action that caused the cramp. Massage your muscle or try using a different kick to swim to safety.
 - If you need more help, try to shout to get attention.
- Ask: Do you know what a current is?
Answer: A current is water that moves in a set path.
- If a current is strong enough or moving fast enough, it can carry you along with it where you don't want to go.
- There are different kinds of currents at waterfronts.
- A longshore current moves along the ocean shore and carries you further down the beach than you would like to go.
 - To escape a longshore current, swim toward the shore. Once on land, walk back to where you want to be. If you get too tired, call for help or float.
- A rip current moves away from the ocean shore and can pull you out with it.
 - If caught in a rip current, face the shore and try to call for help.
 - If you can, swim to your left or right side.
 - Once you are out of the current, swim back to shore with the waves.
 - Float if you get too tired.

- If you get caught in a river current, you may move fast downstream. Always wear a life jacket if swimming in a river.
 - Roll onto your back and position yourself so your feet are moving downstream first.
 - Paddle backwards with your arms to try to get away from the main current.
 - As soon as you are out of fast water, swim or wade to shore.
- Ask: What if you fall into water accidentally or suddenly are in too deep? What things that we've already talked about might also work in this situation?
Answers:
 - *If you can't stand, try to float or tread water.*
 - *Look for something to grab a hold of to help you stay afloat.*
 - *If you are close to shore and can do it, swim back toward shallow water.*
 - *Wave your arms and call for help.*
- If you are in a boat that tips over, be thankful you are wearing a life jacket (right?), then try this:
 - Get back in the boat if you can.
 - If you can't get back in the boat, hold onto it instead. Or climb on top of the boat if the water is cold.
 - Don't swim to shore unless you are very close to land and know how to swim.

Live Action Video and Activity

- Watch the live action video, Hypo-what? It may not be the easiest word to say, but this video teaches that it's still important to know what hypothermia is and how to prevent it . . . including for those who live where it's warm.
- Practice getting in these positions:
 - HELP position: Pull your knees to your chest. Hold your head up out of the water. Hold your upper arms at your side and fold your lower arms across your chest, as if hugging yourself.
 - Huddle position: If you are with other people in life jackets, put your arms over each other's shoulders so you are side-by-side. Make a circle. Get as close as possible.

Extra Activity

- Read the following statements to your children, then ask them to fill in the blank with their answer:
 - Instead of panicking, I will:
Answer should be: Stay calm.
 - If there is no adult around who is there to watch me, I will:
Answer should be: Stay out of the water!
 - If I start to shiver while I'm swimming, I will:
Answer should be: Get out and warm up.
 - Before I get in a boat, I will:
Answer should be: Put on a life jacket.
 - Never be afraid to ask questions if you aren't sure how to be safe. Lifeguards and other adult water watchers are there to help.

LESSON 8: REACH OR THROW, DON'T GO

Animated Video

- Watch the animated video, Reach or Throw, Don't Go. In this video, when Longfellow hosts a game show, Avery discovers that with a reaching or throwing assist, everyone can be a winner.
- After viewing it together, facilitate a "Notice and Wonder" conversation with your children with these prompts:
 - What did you notice when watching the video?
 - Encourage them to provide at least one safety point that they noticed.
 - What are you wondering after watching the video?
 - Encourage them to ask at least one thing they are wondering about what they saw.

Discussion Points

- To help someone having trouble in the water:
 - First call for help.
 - Then reach or throw, don't go!
- Going in the water to help someone who is having trouble could put you in danger of drowning too. A reaching or throwing assist is a safer way to help.
- Ask: What do you think a signs that someone in the water might need help?
Answers:
 - *They may have a scared look on their face*
 - *They may be floating or treading water, or looking for something to grab hold of*
 - *They may be trying to wave or call for help*
 - *They may be trying to swim but are not moving forward*

Live Action Video

- Watch the live action video, Doing a Reaching or Throwing Assist. In this video children learn that sometimes learning the best way to help a person who is having trouble in the water starts with understanding what could go wrong.

Discussion Points

- Ask: What is the first thing you should do if you see that someone is in trouble in the water?
Answer: You should first try to shout out to get the attention of a lifeguard or other adult.
- Ask: What if no one is around? Who else can you ask for help?
Answer: You could also call 9-1-1 (or your local emergency number) or ask someone else to call.
- To do a reaching assist, try to reach out to the person in the water with an object they can grab. Then use the object to pull the person back to safety.
- Ask: What are some things you can think of that might be around when you are near water at the pool or a natural area that you could use to reach out to someone in trouble in the water?
Answers should include things like:
 - *Safety equipment like a reaching pole or shepherd's crook*
 - *Tree branch*

- *Boat oar*
 - *Jump rope*
 - *Sports equipment (baseball bat, hockey stick, etc.)*
 - *Piece of clothing*
 - *Beach towel*
 - *Pool noodle*
- A throwing assist is a way to help someone who is too far away to reach.
 - You throw them an object that floats, ideally with a rope attached that you can use to pull them back to safety.
 - *Ask: What are some things you might find near water that you can use to throw to someone in trouble in the water?*
- Answers should include things like:*
- *Safety equipment like a ring buoy or throw bag*
 - *Kickboard*
 - *Empty picnic cooler*
 - *Life jacket*
 - *Basketball or other type of ball*
 - *Water jug with ½" of water in it*
 - *Inner tube or inflatable raft*
- If reaching or throwing doesn't work, the best thing you can do to help a person who is in trouble in the water is to call for help. Do not go in the water to try to help them yourself.

Wrap Up

- If you are the only one who can help someone who is having trouble in the water, you should never go in the water yourself to help them.
- Instead, you can try to reach out to them with an object that floats or throw them something that floats that they can grab onto so they can get back to safety.
- Have your children recite the message and do the gestures they learned in lesson 1 with you: (*Say as you hold your arms out as if reaching*) **Reach or** (*making an underhand throwing motion*) **throw,** (*hold up your hand as if to say stop*) **don't go.**

LESSON 9: STAY CALM, THINK IT THROUGH AND YOU CAN KNOW WHAT TO DO

Animated Video

- Watch the animated video, Stay Calm, Think It Through and You Can Know What to Do. In this video, Longfellow tells his favorite water safety campfire tale: An epic story that has Clawdette bravely facing storms, floods and ice to complete her quest.

- After viewing it together, facilitate a “Notice and Wonder” conversation with your children with these prompts:
 - What did you notice when watching the video?
 - Encourage them to provide at least one safety point that they noticed.
 - What are you wondering after watching the video?
 - Encourage them to ask at least one thing they are wondering about what they saw.

Discussion Points

- A thunderstorm is a dangerous storm that includes lightning. It could also bring strong wind, hail, heavy rain that leads to flooding and even tornadoes.
- Remember this: When thunder roars, go indoors.
 - If you are outdoors and see lightning or hear thunder, head indoors for safety. Stay indoors until 30 minutes after the last thunder is heard.
 - Even if you are at an indoor pool, get out of the water and go to a dry area as fast as you can.
- The safest type of shelter to “go indoors” is a sturdy, fully enclosed building. You should stay away from doors, windows and running water.
 - The next best type of shelter is a car.
 - Open structures, like sheds, gazebos or dugouts, are not very good options.
 - The worst way to take shelter during a storm is under a tree

Live Action Video

- Watch the live action video, Staying Safer in a Flood. In this video, children learn that flood safety is no mystery once you know the answers to this quiz game about how to stay out of harm’s way.

Discussion Points

- Floods can happen anywhere water collects on normally dry land.
- Floods can happen very suddenly (like a flash flood) or take hours to happen after rain stops.
- Floods can turn calm water or a dry riverbed into fast-moving water.
- To stay safe from a flood:
 - If you live where floods happen, have a plan for what to do.
 - If there is a flood warning, take action to follow your plan.
 - If there is a flash flood warning get to higher ground fast, even if you don’t see water yet.
 - Don’t enter flooded areas. Turn around, don’t drown.
- Ice safety rules are a lot like swimming safety rules:
 - Don’t go onto ice without permission and a capable adult supervising you.
 - Never go on ice alone.
 - Only go on ice that is meant for winter activities (i.e., ice that is checked daily for safety by a responsible authority such as a park ranger, city worker, resort employee or similar).
 - Always follow posted warnings and rules near ice.

- **Ask:** What do you think you should do if you see someone who has fallen through the ice and needs help?
Answer: Reach or throw, don't go.
- If you fall through the ice, stay calm and:
 - Shout out: Call for help.
 - Grab hold: Use your hands and arms to hold onto the unbroken ice and keep your head above water.
 - Give a kick: This may help you move back up onto the ice.
 - Do a roll: Once on the ice, lie flat and roll away from the hole.
 - Once back to safety, get to a warm place as quickly as you can.

Extra Activity

- Prepare together as a family:
 - Visit **redcross.org/prepare**: Getting Red Cross Ready is as easy as 1-2-3! Work together as a family to build an emergency kit and make a plan so that everyone in your home knows what to do if a weather or other type of emergency happens.
 - **Download the Emergency: Severe Weather App**: Get weather alerts and live updates on this FREE app brought to you by the American Red Cross. It's available in the Apple Store or Google Play.



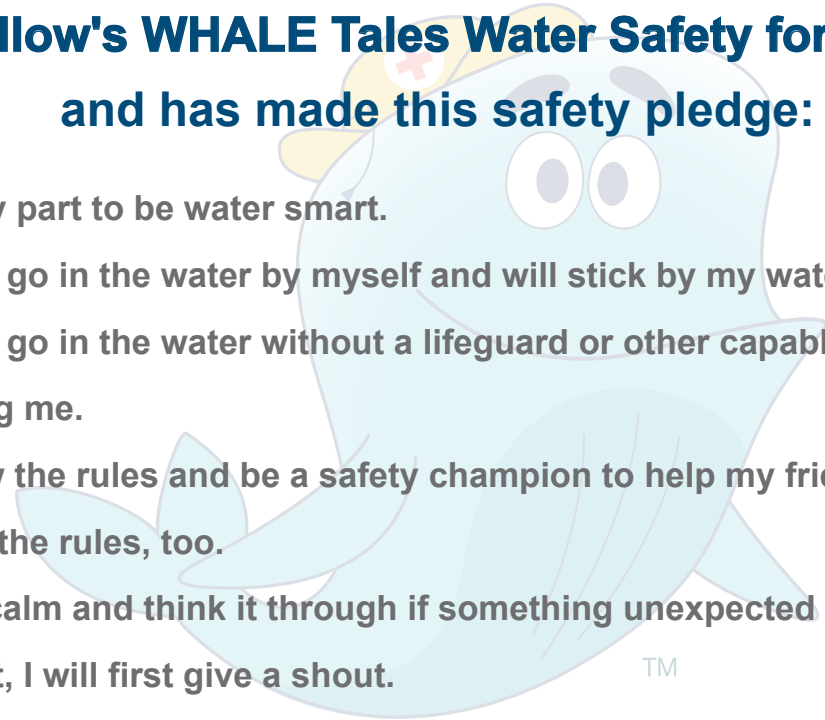
American Red Cross

The American Red Cross recognizes that

Name

successfully participated in
Longfellow's WHALE Tales Water Safety for Children
and has made this safety pledge:

- I will do my part to be water smart.
- I will never go in the water by myself and will stick by my water buddy.
- I will never go in the water without a lifeguard or other capable water watcher supervising me.
- I will follow the rules and be a safety champion to help my friends remember the rules, too.
- I will stay calm and think it through if something unexpected happens.
- To help out, I will first give a shout.
- I will not go in the water to help someone myself. I will only “reach or throw.”



Participant Signature

Presented by

and

Leader Date

Longfellow the Whale 