

Longfellow's WHALE Tales

Water Habits Are Learned Early

Lesson 5

Play It Smart at Your Home, Pool or Park

ABOUT THIS LESSON

Some water safety rules are the same wherever you go, and some are more specific to certain settings and situations. This lesson explores water safety at pools and waterparks. It also covers other places a participant might encounter water in their home and near where they live or visit that require water smarts.

GUIDANCE FOR THE LEADER

Please refer to the section How to Lead Longfellow's WHALE Tales for full guidance on how to teach this lesson and the Longfellow's WHALE Tales Water Safety for Children program. Leaders are encouraged to follow the lesson plan provided. However, use of the course presentation and videos is optional. You should also adapt the language and activities as needed based on the age and learning level of participants, the teaching setting, local references and available time. In some cases, options are offered for activities based on these factors.

KEY TERMS

- **Arroyo (wash):** Common in arid areas, a waterway that is dry most of the time but can quickly fill with water when there is rainfall
- **Canal:** A waterway built by people to help boats travel from place to place
- **Culvert/drainage ditch:** A special tunnel or dug out area, often along a road or field, where rain or excess water can drain to
- **Retention pond:** A large dug out area that is meant to collect extra water when it rains to help prevent flooding; often found in parks, near buildings or by roadsides
- **Waterpark:** A type of amusement park that features water play areas such as water slides, lazy river rides, wave pools, splash pools and so on



Leader's Note: In addition to the key terms above, you can prepare for this lesson by building an additional list of key terms that include the water features that are common to your region.

TEACHING OBJECTIVES

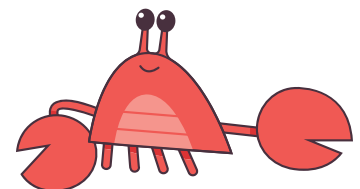
After completing this lesson, participants will be able to:

- Understand pool safety at a community pool.
- Understand pool safety at a home pool or other pool that does not have lifeguards.
- Recognize what pool drains and other suction openings are and know to stay away from these openings while in a pool or hot tub.
- Understand safety at a waterpark.
- Identify nonswimming water dangers around the house and yard and in the communities where participants live or visit.
- Know how to avoid or remove water hazards around the house or yard and in communities where participants live or visit.

MATERIALS, EQUIPMENT AND SUPPLIES

Review the lesson plan prior to leading it to determine which items you'll need for the options you choose. Materials may include:

- Course Presentation 5: Play It Smart at Your Home, Pool or Park
- Poster: Play It Smart at Your Home, Pool or Park
- Longfellow's WHALE Tales animated video: Play It Smart at Your Home, Pool or Park
- Longfellow's WHALE Tales live action video: Pool Drain Safety
- Monitor or computer, projector and screen (for use with downloadable course presentation and videos)
- Dry erase board and marker or other method to record answers for all to see (newsprint and marker, chalkboard and chalk, etc.)
- Sticker badges (one for each participant)
- Coloring Sheet: Play It Smart at Your Home, Pool or Park (one for each participant)
- Activity Sheet 5-1 (one for each Level 1 participant)
- Activity Sheet 5-2 (one for each Level 2 participant)
- Caregiver Letter 5-1 (one for each participant)



TOPIC: INTRODUCTION

Time: 1 to 5 minutes, depending on whether optional video is used



Leader's Note: If needed, start by introducing yourself to participants and allow them to introduce themselves.

SHARE AND TELL DISCUSSION



LEVEL



MATERIALS

Course Presentation 5, Slide 1

■ Tell participants:

- Some kids have many of their experiences with swimming at a pool.
- This could be at a big, in-ground community swimming pool, such as a city pool, YMCA, Boys and Girls Club or at a place you might go to on a field trip, as part of a summer camp or on a vacation.
- It could also be in a backyard pool. These come in all shapes and sizes, including small, inflatable pools, above-ground pools or in-ground pools.
- In this lesson, we're going to do a deeper dive into some of the ways you can be water smart when swimming in a pool of any kind.
- Then, we'll take a fantasy trip to a waterpark, which is a place where you can enjoy pools with special features and water rides.
- We'll also put on our detective hats to hunt for hidden sources of water that might be found in your home, yard, and around where you live that are NOT meant for swimming at all, but where you'll still want to use your water smarts.

VIDEO



LEVEL



MATERIALS

Course Presentation 5, Slide 2

Dry erase board and marker or similar

■ Tell participants: We are going to watch a short video.

■ Play animated video: Play It Smart at Your Home, Pool or Park



Leader's Note: After watching the video, pose the following questions and allow a few participants to provide answers. If desired, and as appropriate for your participants and setting, you can create a Notice and Wonder chart for all to see by making a column for each and writing down what the participants say. You can refer to this throughout the lesson as you cover topics where relevant.




■ Ask participants:

- Who can tell me one thing they noticed when watching the video?
 - Allow two or three participants to answer.
- Who can tell me one thing they are wondering after watching the video?
 - Allow two or three participants to answer.

■ Tell participants: As we go through this lesson and we learn more about this topic, think about what you saw in the video to help you in our discussions and activities.

TOPIC: AT A COMMUNITY POOL

Time: 5 minutes

<p>SHARE AND TELL DISCUSSION</p>  <p>LEVEL</p> <p>LEVEL 1 LEVEL 2</p> <p>MATERIALS</p> <p>Course Presentation 5, Slide 3</p>	<ul style="list-style-type: none">■ Tell participants: Although not all community pools are the same, they may share some similar features:<ul style="list-style-type: none">● They are usually big enough to fit a lot of people.● They may have a shallow end that gradually slopes to a deep end.● The water is usually calm and not moving much on its own.● The bottom is smooth and even.● There are markings that tell swimmers how deep the water is in different spots and whether any areas are safe for diving.■ Ask participants: Thinking back to what you've already learned about water safety, what else would you expect to find at a place that's meant for swimming, like a community pool?<ul style="list-style-type: none">● <i>Answers should include:</i><ul style="list-style-type: none">○ Lifeguards○ Safety equipment○ Posted rules■ Tell participants: Right! Pools that are open to guests often have lifeguards on duty, safety equipment that's ready to use, and posted rules and warning signs so the people at the pool know what's OK to do and what is not OK to do.
<p>POP QUIZ</p>  <p>LEVEL</p> <p>LEVEL 1 LEVEL 2</p> <p>MATERIALS</p> <p>None</p>	<ul style="list-style-type: none">■ Tell participants:<ul style="list-style-type: none">● It's time for a pop quiz: Rules for Pools!● Help me fill in the blank for each statement I read based on what you've learned. Raise your hand to be called on if you want to answer. <div data-bbox="483 1234 1458 1350" style="border: 1px solid red; padding: 5px;"><p> Leader's Note: Provide prompts if needed to get the answers below.</p></div> <ul style="list-style-type: none">■ Say to participants: Fill in the blank.<ul style="list-style-type: none">● At a public pool, you should only swim when <i>this person</i> is on duty.<ul style="list-style-type: none">○ <i>Answer: Lifeguard</i>● Always swim as a pair and stick together with your <i>who</i>.<ul style="list-style-type: none">○ <i>Answer: Water buddy</i>● Enter the water <i>this way</i> unless it's marked as OK for diving.<ul style="list-style-type: none">○ <i>Answer: Feetfirst</i>● Don't run on the pool deck. Instead, you should <i>what</i>.<ul style="list-style-type: none">○ <i>Answer: Walk</i>● If you don't know how to swim, wear a <i>what</i>.<ul style="list-style-type: none">○ <i>Answer: Life jacket</i>

TOPIC: AT A HOME POOL

Time: 5 minutes

SHARE AND TELL DISCUSSION






LEVEL



MATERIALS

Course Presentation 5,
Slide 4

- **Tell participants:**
 - It is just as important to know what is OK to do and what's not OK when swimming in a home pool.
 - In a home pool, however, a few things are different.
- **Ask participants:** When you're playing or swimming in someone's home pool, will there be a lifeguard who is there to help keep you safe?
 - *Answer: No*
- **Tell participants:** Right! Most people don't have their own lifeguard at a home pool.
- **Ask participants:** So, does that mean it's OK to get in the water without permission and adult supervision?
 - *Answer: No*
- **Ask participants:** What if the pool is a small inflatable pool or if it is a pool that is shallow enough to stand in everywhere. Is it OK to swim without permission and adult supervision in a pool like that?
 - *Answer: No*
- **Tell participants:**
 - Right! You should never get in the water without permission and supervision from a capable adult who is there to be a water watcher. This could be a parent, caregiver, the pool owner or another capable adult you know.
 - This is true at a home pool, or at any other pool that does not have its own lifeguard.
 - If there is a group of kids and more than one adult, at least one of the adults should be designated as a water watcher at all times. The responsibility for being the water watcher can pass from adult to adult, but everyone, including you, should know who the water watcher is at any moment in time.
 - We learned before that a water watcher should be someone who knows about water safety and can safely respond if there is an emergency. And they should be present to watch you the whole time you are in the water.
 - Another difference between a community pool and a home pool is that most home pools are much smaller. This means they may not be deep enough or wide enough to safely enter the water headfirst even if there are areas of the pool that are too deep to stand in.
 - If you enter the water headfirst in a pool that is too small or shallow and you hit the side or bottom, it could cause a very bad head, neck or back injury.
 - That's why water smart kids always enter the water feetfirst when:
 - The depth of the water is not known to be safe for entering headfirst.
 - There are "No Diving" signs posted.
 - The pool owner or supervising adult tells you not to dive.

	<ul style="list-style-type: none"> ● If diving is allowed, a water smart kid also knows that diving is a skill you need to learn how to do correctly. ● It's always best if you first learn how to enter the water headfirst from a qualified instructor or coach. This is a skill that may be taught in swim lessons you take.
<p>GET UP AND MOVE</p>  <p>LEVEL</p>   <p>MATERIALS</p> <p>None</p>	<ul style="list-style-type: none"> ■ Tell participants: We are going to do an activity where you'll decide whether to: "Stop, Don't Go In or Go Swim!" ■ Set up activity: Have participants stand where they are and spread out if needed to give them room to make hand gestures. Tell them you'll describe a few situations where they can choose to stop, don't go in the water or go swim. If the answer is "Stop, Don't Go In," they should raise their hand palm forward in a "stop" motion. If their answer is "Go Swim," they can mimic a swim stroke with their arms. ■ Ask participants: You are at your friend's house. They have a pool. What should you do if... <ul style="list-style-type: none"> ● You ask their parent for permission to swim and they say maybe later. Stop, don't go in or go swim? <ul style="list-style-type: none"> ○ <i>Answer: Stop, don't go in</i> ● Your friend's parent says it's OK to swim, but the parent goes inside to make lunch leaving you and your friend alone. Stop, don't go it or go swim? <ul style="list-style-type: none"> ○ <i>Answer: Stop, don't go in</i> ● There is a water watcher present and it's OK to swim. There is no diving board and you're not sure how deep the water is. Your friend dares you to try to dive in anyway. Stop, don't go in or go swim? <ul style="list-style-type: none"> ○ <i>Answer: Stop, don't go in... (at least not headfirst!)</i> ● There is a diving board, the pool is deep and wide and the water watcher says it's OK to enter headfirst. You get ready to show off the new dive you learned at swim lessons. Stop, don't go in or go swim? <ul style="list-style-type: none"> ○ <i>Answer: Go swim</i> ● Your friend is having a pool party and there are adults by the pool watching you have fun. One adult has announced they will be the water watcher for the next 20 minutes. Stop, don't go in or go swim? <ul style="list-style-type: none"> ○ <i>Answer: Go swim</i> ● You've got your swimsuit on and are trying to be patient, but no one else is outside with you yet. The water in the pool is only waist deep, so you think about getting in and standing in the cool water while you wait. Stop, don't go in or go swim? <ul style="list-style-type: none"> ○ <i>Answer: Stop, don't go in</i> ■ Ask participants: Does anyone have any questions? <ul style="list-style-type: none"> ● <i>Answer any questions.</i>

TOPIC: POOL DRAIN SAFETY

Time: 4 minutes



Leader's Note: For the next section of the lesson there are two options for how participants are taught. Choose the one that works best for your setting, participant learning level and resources:

- Option A: What to Know About Pool Drains (Video)
- Option B: What to Know About Pool Drains (Share and Tell Discussion)

Option A: What to Know About Pool Drains

VIDEO



LEVEL



MATERIALS

Course Presentation 5,
Slide 5

- **Tell participants:** We are going to watch a short video to learn about one more really important water safety rule that applies to many of the types of pools you might swim in, as well as hot tubs and whirlpool tubs.
- **Play live action video:** Pool Drain Safety
- **Ask participants:** Does anyone have any questions about what we just watched?
 - *Answer any questions.*
- **Tell participants:**
 - The most important thing to remember about what we just watched is to never play, sit on or swim near a pool drain, even if it's the newer, safer kind.
 - If you are swimming at a pool and notice that a pool drain is missing or broken, move away from it, and tell the lifeguard or another supervising adult. No one should swim in the pool until the drain is fixed.

Option B: What to Know About Pool Drains

SHARE AND TELL DISCUSSION



LEVEL



MATERIALS

Course Presentation 5,
Slide 6

- **Tell participants:**
 - There is one more very important rule that applies to many pools you might swim in, whether a community pool, home pool or a pool where you visit. It also applies to hot tubs and whirlpool tubs. It's to stay away from pool drains and other openings that cause suction.
 - Suction is a force that pulls things toward it. Just like a vacuum cleaner pulls in dirt from the floor of a home, a pool drain pulls water into its filters to clean it.
 - A pool drain has enough suction that it could also possibly hold you down underwater and cause injury to you if a part of your body got pressed against the opening or if your hair, loose clothing or jewelry got sucked into it.
 - Although many pool drains are now made in a way that makes it harder for a person to get caught by its suction, there are still some older pool drains that are dangerous. A pool drain that's broken or that's missing its cover is also very dangerous.

- You don't need to be scared to swim in a pool with a drain, but you should know how to stay safer when swimming or playing in water where a drain is present.
- To help prevent danger:
 - Never play, sit on or swim near a pool drain, even if it's the newer, safer kind.
 - Tie back long hair and take off any jewelry that dangles.
 - Check for any loose swimsuit strings to make sure they are tied too.
- Before you get into a pool or hot tub, also take a moment to spot where the pool drain or other suction openings are so you can avoid getting too close to that area.
- If you are swimming at a pool and notice that a pool drain is missing or broken, move away from it, and tell the lifeguard or another supervising adult. No one should swim in the pool until the drain is fixed.



Leader's Note: The caregiver letter included with this lesson includes additional information participants can share with their family members about home pool and pool drain safety.

TOPIC: BEING WATER SMART AT A WATERPARK

Time: 3 minutes

SHARE AND TELL DISCUSSION



LEVEL



MATERIALS

Course Presentation 5,
Slides 7–8

- **Tell participants:** We're going to talk next about what to know when you go to a waterpark or to a community pool or waterfront that has waterpark-like features.
- **Say to participants:** Let's start by taking an imaginary trip to a waterpark to learn more. If you've been to a waterpark or to a pool with waterpark-like features before, I want you to think about what kinds of fun attractions there were. Or, if you haven't been to a waterpark, think about an advertisement you've maybe seen for a waterpark.
- **Ask participants:** Who can tell me one kind of special feature, ride or attraction you might find at a waterpark? What is it like to be in the water for that ride?
 - *Answers may vary, but should include things like:*
 - *Wave pool: There are waves that keep coming, similar to an ocean.*
 - *Water slide: You go fast downhill and might go around curves, through tunnels and more before landing in a pool at the bottom.*
 - *Winding river (sometimes called a lazy river): You may sit in an inner tube or wear a life jacket and move along a long pathway through the water. The water might be calm or fast moving.*

- *Water rapids or a flume: You usually sit in some kind of boat or large inner tube and travel through water that's moving fast and has big rapids and waves.*
- *Splash pool: This is an area with fountains and spraying water that splash you from many directions. There may also be things to play or climb on.*
- *Inflatable obstacle course: This might have a mix of fun slides, climbing areas, bouncing pads and more set up on the water.*



Leader's Note: If needed, help participants create a picture in their mind of what the different rides are like.

■ **Tell participants:**

- At a waterpark, the attractions and rides are designed to be fun and exciting.
- There are lots of lifeguards around and many hours are spent making the rides as safe as possible, but you'll also need to do your part and bring your water smarts with you.
- Always follow the directions given by the lifeguards and any posted rules too. Ask questions if you are not sure about the directions that are given.
- Safety rules may be about:
 - The type of clothing you should or should not be wearing, including wearing a life jacket when needed.
 - The correct position to be in while on a ride, for example, on some slides you must ride feetfirst or only sitting up.
 - How to get on the ride.
 - How to get off the ride.
 - The amount of time to wait between riders.
 - Height and weight requirements.
 - How many people per ride.
- It might feel like it takes too long to do what you're asked to do, or you might think that a ride would be more fun if you try it a different way, but rules are always there for a reason, mainly to keep you or another person from getting hurt.
- Remember to know your limits. Because some rides have waves, moving water and may be very deep, they may also require the ability to swim in order to safely go on the rides.
- Always be honest with yourself about your skills. Strong currents or large waves could cause trouble for someone who is not a strong swimmer.

TOPIC: AROUND THE HOUSE, YARD AND WHERE YOU LIVE

Time: 8 minutes

SHARE AND TELL DISCUSSION



LEVEL



MATERIALS

None

■ Tell participants:

- The final part of our lesson today is about water you might find at home, in your yard and around where you live and visit that's NOT meant for swimming.
- Although you might think a person can only be in danger of drowning when swimming, boating or playing around a body of water like a pool, lake, river or the ocean, a person can drown in even just a few inches of water.
- If water can cover a person's mouth and nose, a person can drown if something goes wrong.



Leader's Note: Hold up your hands to emphasize what a few inches of water might look like in relation to the distance between your mouth and nose.

- You can be a real safety champion by knowing what to look for and what to do anytime there is water around.



Leader's Note: For the next section of the lesson there are two options for how participants are taught. Choose the one that works best for the participants' learning level:

- Option A: Be a Safety Detective (Brain Game—Level 1)
- Option B: Be a Safety Detective (Brain Game—Level 2)

After selecting an option, learning for this topic continues with the More Ways to Be a Safety Champion at Home section that follows.

Option A: Be a Safety Detective

BRAIN GAME



LEVEL



MATERIALS

Poster: Play It Smart at Your Home, Pool or Park
OR

- **Ask participants:** Who in this group has a younger sibling, cousin, friend or neighbor who comes to visit?

- *Allow participants to answer.*

■ Tell participants:

- You can stay safer and help keep other younger children safer by being able to spot water dangers at home. You can also learn ways to help avoid or fix them.
- We're going to play a game called Safety Detective.

- **Set up activity:** Display the poster: Play It Smart at Your Home, Pool or Park. As an alternative (or in addition to displaying the poster), distribute the Coloring Sheet and tell participants to circle or color the water dangers they find there. If desired, break kids into groups of two or three to work together as you lead them through the following scenario.

Course Presentation 5,
Slide 9

Coloring Sheet: Play It
Smart at Your Home,
Pool or Park



Leader's Note: Provide prompts if needed to help participants find the right answers, such as, "Remember, even a few inches of water can be dangerous" or "Look at places where there is water, even if you wouldn't think of ever getting into it."

- **Say to participants:** Let's look at this poster and be safety detectives. Help me look for water danger so we can fix it.
- **Ask participants:** Where do you see water that could be dangerous?
 - *Answers should include:*
 - *Bathtub*
 - *Toilet*
 - *Bucket of water*
 - *Fishpond*
- **Tell participants:**
 - Great job, safety detectives! There is enough water in these places that they could be dangerous, especially to a young child.
 - Now, let's think of some ways we can help remove the water danger. There is water left in the bathtub and the toilet seat was left open.
- **Ask participants:** To fix these dangers, what can we do?
 - *Answers should include:*
 - *Ask an adult to drain the tub*
 - *Close the toilet seat lid*
 - *Close the bathroom door so younger children can't get in as easily*
- **Say to participants:** That's smart! How about that bucket we noticed?
 - *Answers should include:*
 - *Empty it/have an adult empty it*
 - *Ask an adult to move it out of reach*
- **Say to participants:** Well done! Here's a harder one. What do you think you can do about that fishpond? The fish might not want to see that emptied!
 - *Answers should include:*
 - *You should not play near the pond*
 - *If you see other kids playing near the pond, let an adult know right away*
 - *Alert an adult if you need help keeping a younger child away from the danger*

Option B: Be a Safety Detective

BRAIN GAME



LEVEL



MATERIALS

Poster: Play It Smart at Your Home, Pool or Park
OR
Course Presentation 5, Slide 9

Coloring Sheet: Play It Smart at Your Home, Pool or Park

Paper and writing utensils

- **Ask participants:** Who in this group has a younger sibling, cousin, friend or neighbor who comes to visit?
 - *Allow participants to answer.*
- **Tell participants:**
 - You can stay safer and help keep other children safer by recognizing dangerous water situations and avoiding them.
 - Since you are water smart, I bet you'll be able to spot what might be dangerous to a young child.
- **Set up activity:** Display the poster: Play It Smart at Your Home, Pool or Park. As an alternative (or in addition to displaying the poster), distribute the Coloring Sheet and tell participants to circle or color the water dangers they find there. If desired, break participants into groups of two or three to work together. Give each group a piece of paper if needed, a writing utensil and 2 minutes to record their observations. Then allow each group to share an answer until all correct answers have been covered.
- **Tell participants:**
 - We are all going to be safety detectives. Here's the scenario:
 - Danger is lurking! Water danger that is! And you have a little friend who is coming over to play. Can you spot the potential water dangers so you can help make a plan to protect your friend?
 - Work together as a group to identify as many of the issues as you can spot, and then think of something you could do to fix the danger. We'll then discuss your answers as a group.
- **Ask participants after time is up:** What did you find that could be a danger?
 - *Answers should include:*
 - *Bathtub with water in it: To fix it, drain the tub/ask an adult to drain the tub; close the bathroom door*
 - *Toilet with lid open: To fix it, close the toilet lid; close the bathroom door*
 - *Bucket of water: To fix it, empty the bucket/have an adult empty the bucket; move the bucket out of reach*
 - *Fishpond: To fix it, do not play near the pond; alert an adult if you need help keeping a younger child away from the danger or if you see other kids playing near the pond*



Leader's Note: If participants are not spotting all of the issues, share hints, such as, "Remember, even as little as an inch of water can be dangerous" or "Look at places where there is water, even if you wouldn't think of ever getting into it."

More Ways to Be a Safety Champion at Home

SHARE AND TELL DISCUSSION



LEVEL



MATERIALS

None

■ Tell participants:

- It's water smart to always be aware of any water around your home and yard that could become a danger.
- After pools, bathtubs are the next most common place where young children drown if they are in the water unsupervised.
- Young children also may drown by falling headfirst into buckets, toilets, wading pools, hot tubs and other sources of water that most people would not think could be dangerous.
- Like we said with pool drains, You don't have to be scared about water in and around your home. You just have to be smart about it.
- While you should never be the only one watching another child when you are swimming—that's the job of a lifeguard or adult water water—if you are helping with a younger child around the house or yard, know where sources of water are and don't play in or near them.
- If you spot water and need help to empty or block it, tell an adult so they can fix the dangerous water situation.

Being a Safety Champion in the Places Near Where You Live

SHARE AND TELL DISCUSSION



LEVEL



MATERIALS

Course Presentation 5, Slide 10

Dry erase board and marker or similar

■ Tell participants:

- Now, let's think about what water might be found near where you live or in the places where you go to school or visit family and friends.
- For example, this might be water found in a pond in the park. It could be a canal that runs through town. Or, it could be drainage ditches or culverts along the side of roads.

■ Ask participants: Who can tell me some of the places you see water where you live and play that's not in a place that's meant for swimming?

- *Answers may vary.*



Leader's Note: As participants name water sources, write them for all to see as desired. Provide prompts if needed or add your own items to ensure the list includes things like retention ponds, fishing or decorative ponds, drainage ditches, arroyos, culverts and so on.

■ Ask participant: Does anyone have any questions about what these things are?

- *Answer any questions about the different types of features. See the key terms at the beginning of the lesson for some definitions if needed.*


■ Tell participants:

- Some of the water features you named might be smelly and gross. You'd never think about getting in. But some might actually look fun for exploring or swimming. You might see something in the water you're tempted to try to retrieve. You could even fall in by accident.

	<ul style="list-style-type: none"> ● If you or a friend are ever tempted to go into the water or play close enough to it that you could fall in, remember to stop and think first. Ask yourself: <ul style="list-style-type: none"> ○ Is this a place that is meant for swimming? ○ Is there a lifeguard or other capable adult watching me who can provide help in an emergency? ○ Do I have permission to go in the water? ● If you answer no to any of these questions, you should not go in or on the water or play too close to it, even if your favorite toy is floating away in it. ● An area that is not meant for swimming can be dangerous no matter how safe it looks. It could be deeper than you think, dirtier than you think or unsafe in another way. <p>■ Ask participants: What do you think you should you do if you want to retrieve a toy or another object from a body of water?</p> <ul style="list-style-type: none"> ● <i>Answers should include:</i> <ul style="list-style-type: none"> ○ <i>Ask an adult to help you retrieve it</i> ○ <i>Try to reach it with another object to fish it out safely from shore—but only if there is an adult who gives you permission to do this and is watching you</i> ○ <i>If there is no adult around, let it go!</i>
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TOPIC: WRAP-UP

Time: 5 minutes

<p>SHARE AND TELL DISCUSSION</p>  <p>LEVEL</p> <div style="display: flex; gap: 10px;"> <div style="border: 1px solid black; border-radius: 50%; padding: 5px; text-align: center;">LEVEL 1</div> <div style="border: 1px solid black; border-radius: 50%; padding: 5px; text-align: center;">LEVEL 2</div> </div> <p>MATERIALS</p> <p>Dry erase board and marker or similar</p> <p>Sticker badge</p> <p>Coloring Sheet: Play It Smart at Your Home, Pool or Park</p>	<ul style="list-style-type: none"> ■ Tell participants: <ul style="list-style-type: none"> ● In today’s lesson, we all learned more about staying safe in pools, as well as around our own homes, schools and places we visit. ● Before we wrap up, let’s review what you learned with an activity. ■ Set up activity: Write the words “I will” on the dry erase board for all to see. As participants give their answers, write them down if desired and appropriate for the participants’ learning level. ■ Say to participants: Complete this sentence. <ul style="list-style-type: none"> ● Around the pool, to be safe I will: <ul style="list-style-type: none"> ○ <i>Allow a few participants to answer.</i> ● If a sign says no diving, I will: <ul style="list-style-type: none"> ○ <i>Allow a few participants to answer.</i> ● If there is no adult around when I want to swim, I will: <ul style="list-style-type: none"> ○ <i>Allow a few participants to answer.</i> ● If I see a water hazard at home, I will: <ul style="list-style-type: none"> ○ <i>Allow a few participants to answer.</i> ● If I see a friend who wants to get into water that’s not meant for swimming, I will: <ul style="list-style-type: none"> ○ <i>Allow a few participants to answer.</i>
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Activity Sheet 5-1 or
5-2

Caregiver Letter 5-1

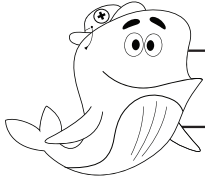
- **Tell participants:** Now everybody, repeat after me:
 - I will be water smart.
 - I will be a safety champion for others.
- **Ask participants:** Does anyone have any questions about what we learned today?
 - *Answer any questions.*
- **Tell participants:**
 - You've all earned a safety champion badge to add to your collection.
 - If you have Internet access at home, you can also view and share videos about what we learned today by following the link on the activity sheet I am going to hand out.



Leader's Note: Hand out a sticker badge to each participant along with the coloring sheet (if not used in the activity), activity sheet and caregiver letter.

If this is the final lesson you will be teaching in Longfellow's WHALE Tales, allow time to do the Closing Ceremony at the end of this lesson to celebrate what participants have learned. You can find this in the Closing Ceremony section of Longfellow's WHALE Tales.

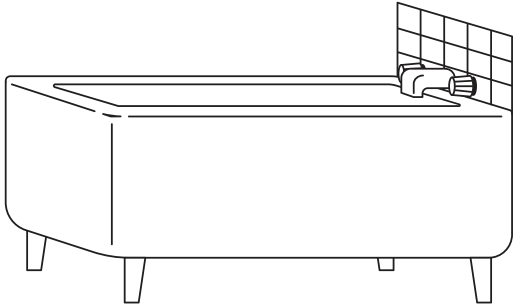
Name: _____



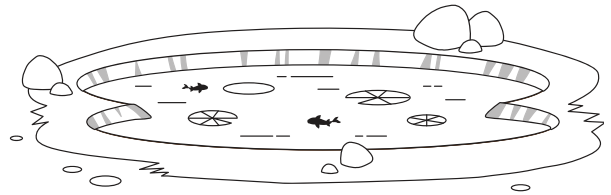
Find the Water Danger!

Circle or color the drawings that show something that could be a water danger for a child.

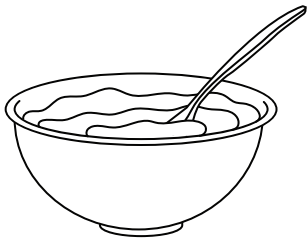
1.



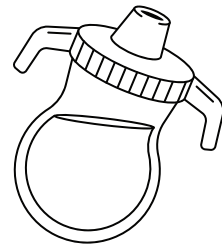
2.



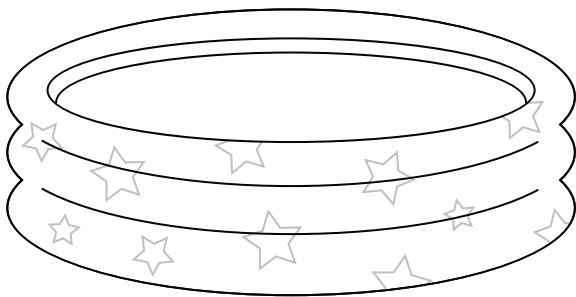
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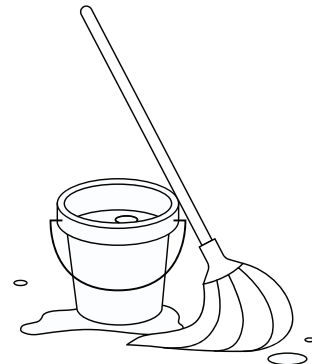
4.



5.



6.

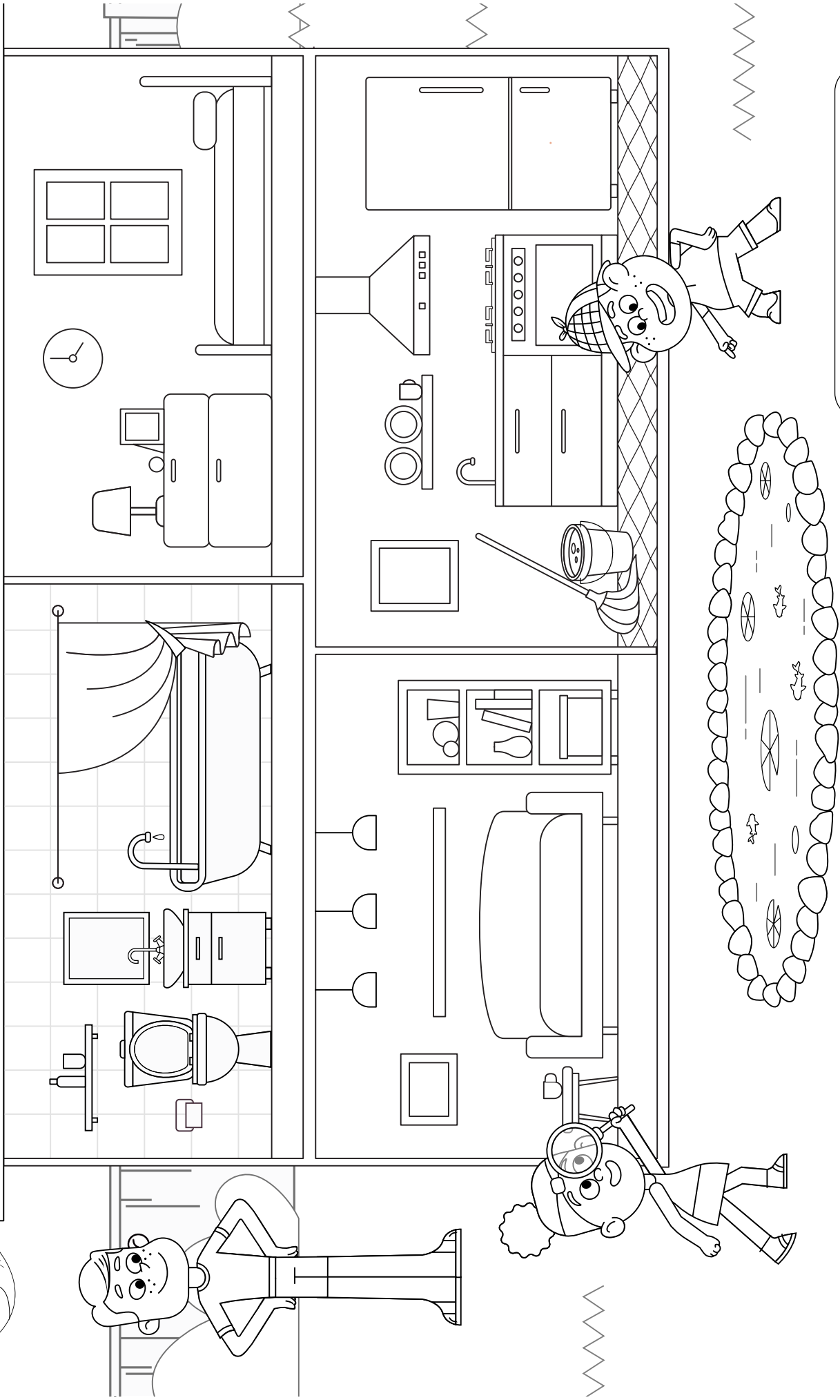
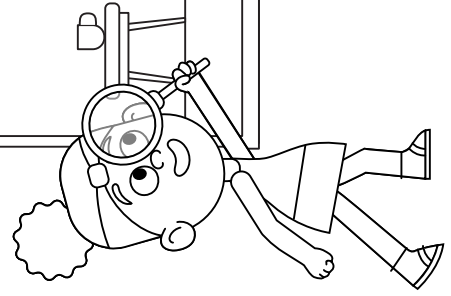
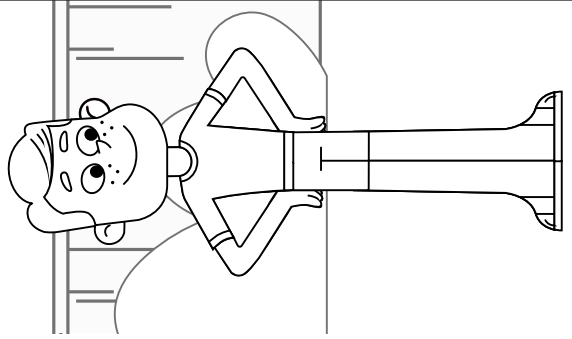
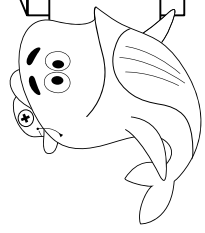


See the answer key, plus learn more at [redcross.org/watersafetyforkids](https://www.redcross.org/watersafetyforkids).

PLAY IT SMART AT YOUR HOME, POOL OR PARK

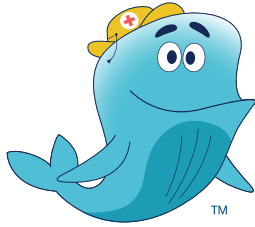


American Red Cross



Can you spot 4 water dangers?

Name _____



Longfellow's WHALE Tales

Water Habits Are Learned Early

Dear Parent/Caregiver,

In today's Longfellow's WHALE Tales lesson, your child focused on the unique experiences one has when swimming in a pool or at a waterpark. This included what is the same and what is different in a public setting versus at a private home pool or a facility without lifeguards.

We also talked about pool drain safety and the importance of staying away from drains and other openings that can cause suction and entrap a child underwater. If you have a pool with a drain at your home or somewhere you visit, it's crucial to ensure there are anti-entrapment drain covers and safety release systems installed to protect against danger. Learn more about this risk and how to help keep swimming safe and fun at thezacfoundation.org.

Finally, we spent part of today's lesson talking about safety when it comes to other sources of water around the home, yard and community that create a potential drowning danger even if they are not meant for swimming.

Did you know? After pools, bathtubs are the second leading location where young children drown. Toilets, buckets, wells, cisterns, septic tanks, and decorative ponds and fountains also pose potential drowning dangers.

In fact, anywhere there is water, there is a risk of drowning, especially for children. All it takes is as little as an inch of water! You can help lower the risk by being proactive about water safety and ensuring every member of your household learns to swim.

To brush up on any of these topics yourself, visit these resources from the American Red Cross:

- For a boatload of great information about how to make water safety a priority at home, and anywhere your family is in, on or around the water, visit redcross.org/watersafety. Learn about using layers of protection to help prevent drowning and how to help in an emergency if needed.
- To take our FREE online course, Water Safety for Parents and Caregivers, visit redcross.org/takeaclass.

You can also download the FREE American Red Cross Swim app for access to more engaging videos and activities for kids and families. Download it from the App Store or Google Play or text "SWIM" to 90999.

We hope you'll visit!