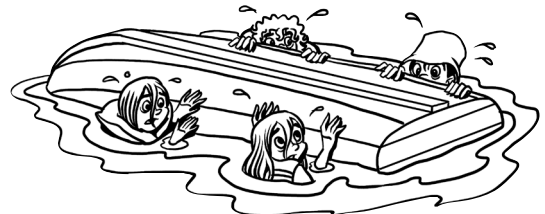
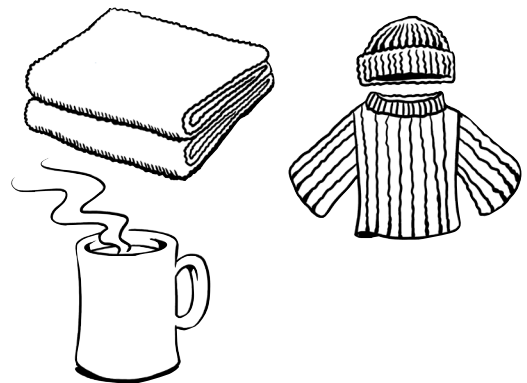
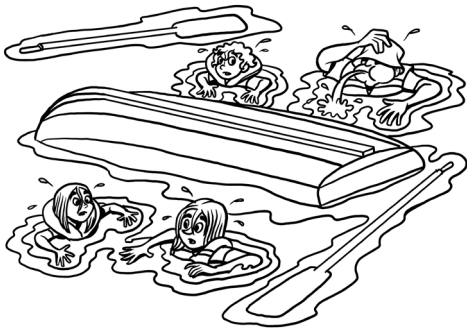
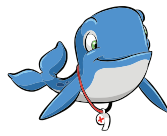


Help Yourself

Name: _____

Here are some pictures of things that could happen to you around water. Draw a line from each problem to the self-help picture that shows how to solve the problem. Then color the pictures.

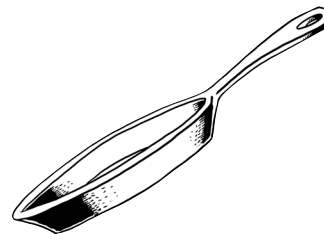
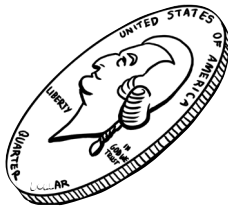
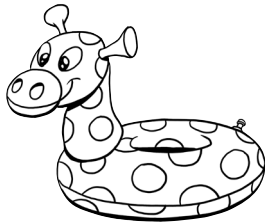
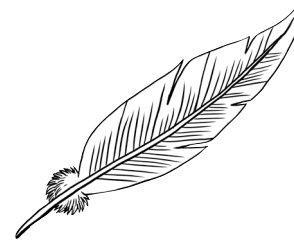
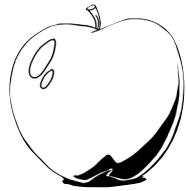




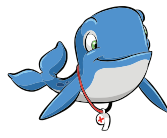
Find a Float

Name: _____

Look at each drawing and put a check mark next to it if you think it will float and an X if you think it will sink.



Write about why you think some objects float and some sink.



Don't Panic

Name: _____

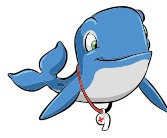
Read each scenario below and write about what you think the person should do. Draw a picture of one scenario on the other side of this page.

1. Earl and Louanne are having a contest to see who can swim the farthest. Earl gets tired and turns around to swim back to shallow water. Louanne keeps swimming. Suddenly, she realizes that Earl is not there and she has swum farther than she intended. She turns around to swim back but becomes tired before she reaches shallow water. She starts to get scared because she does not think she can make it. What should she do?

2. Jose and Chris are on a river canoeing trip with their scout troop. Their canoe hits a rock and turns over. Both boys have on life jackets. What should they do?

3. Sam and Eva are swimming in a pond when Sam feels something wrap around his ankle. When he tries to swim, he finds that he is caught in water weeds. What should he do?

4. Abe and Brandon are standing on the edge of the pool deck at the deep end. Abe pushes Brandon into the water. Because he was not prepared to go in, Brandon swallows a mouthful of water. When he comes up, he is coughing. What should he do?



Stay Calm

Name: _____

Find the hidden words listed below. They describe things that could cause even good swimmers to panic if they do not think first. The words can run across or down.

i d s s w a t e r w e e d s n
g s t n e r r u t n q v c o v
c j w j c c o l d w a t e r u
s u d d e n i m m e r s i o n
a i a y o f p b n s m p v m r
q a y h i k d c y n t m p t i
u r i v e r c u r r e n t o p
a j b t f s m h s c u q d j c
t h e h d s l e g c r a m p u
i m x p r r w o k v r v o w r
c b n x h v b b a k k x w x r
l z a r f s s t e g a x h c e
i l p e x h a u s t i o n y n
f r c y a b i m b k b z w g t
e s t m a l c h c a m t s t n

Word List

aquatic life

exhaustion

rip current

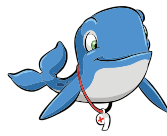
sudden immersion

cold water

leg cramp

river current

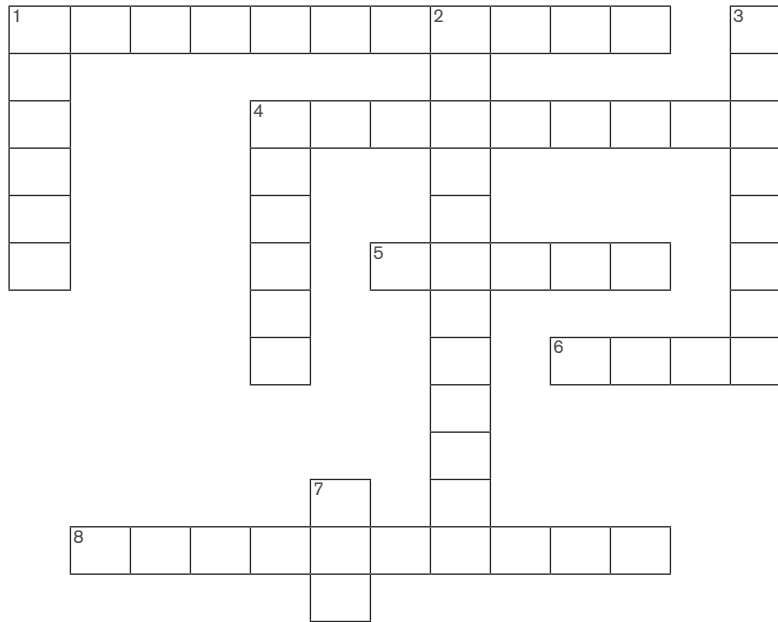
water weeds



Think So You Don't Sink

Name: _____

Read each clue. Then enter the word in the correct spaces on the crossword puzzle.



Across

1. This is what it is called when your entire body cools and is unable to keep warm.
4. Do not stay in the water if you feel cold or you start doing this.
5. Always check the warning flags before swimming here.
6. If you are wearing a life jacket and you fall into cold water, get into this position.
8. To prevent this, take frequent rests out of the water.

Down

1. If you end up in cold water and other people are with you, then you can get into this position.
2. If you are caught in this, float downstream feetfirst on your back (two words).
3. If this happens, relax, bend over and massage the muscle (two words).
4. You move this way if caught in water weeds.
7. You can help prevent choking if you do not eat or chew this while swimming.