WATER SAFETY

Coloring and Activity Book



DEPARTMENT OF NATURAL RESOURCES

A NOTE TO PARENTS AND TEACHERS

This water safety coloring and activity book may be used to instruct children in some of the basics of boat and water safety. We recommend that you go through the book with your children and read the poem on each page out loud. Then discuss the message with your children, and how it may apply to them. The teaching guide in the back of the book elaborates on each picture with an activity that will help reinforce what the children have learned, and will suggest topics for discussion. There are also several pages of puzzles with a water safety theme at the end of the book.

Please take a little time with your children to study this book and help protect Minnesota's most precious resource...our children!

DEPARTMENT OF NATURAL RESOURCES

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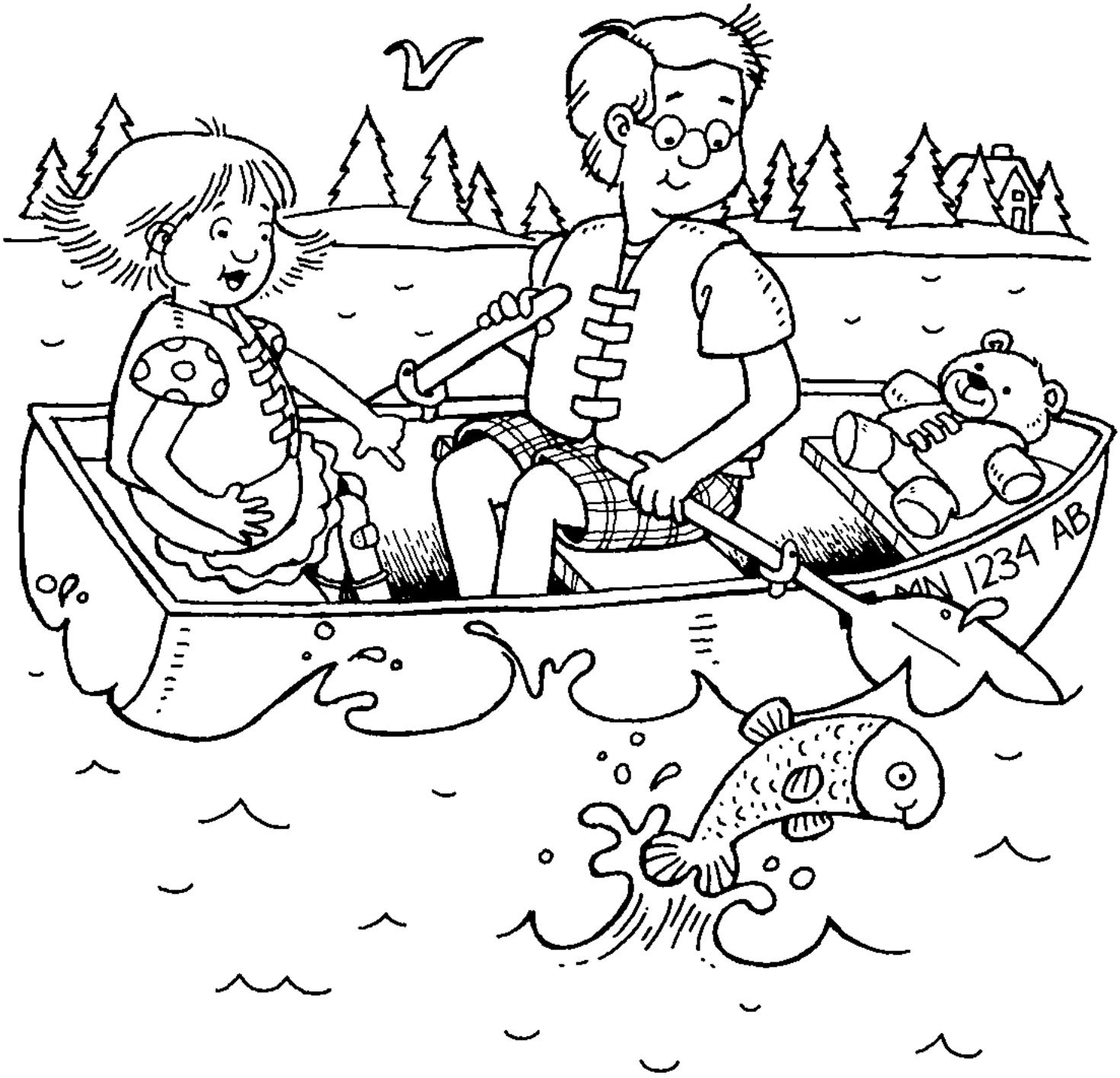
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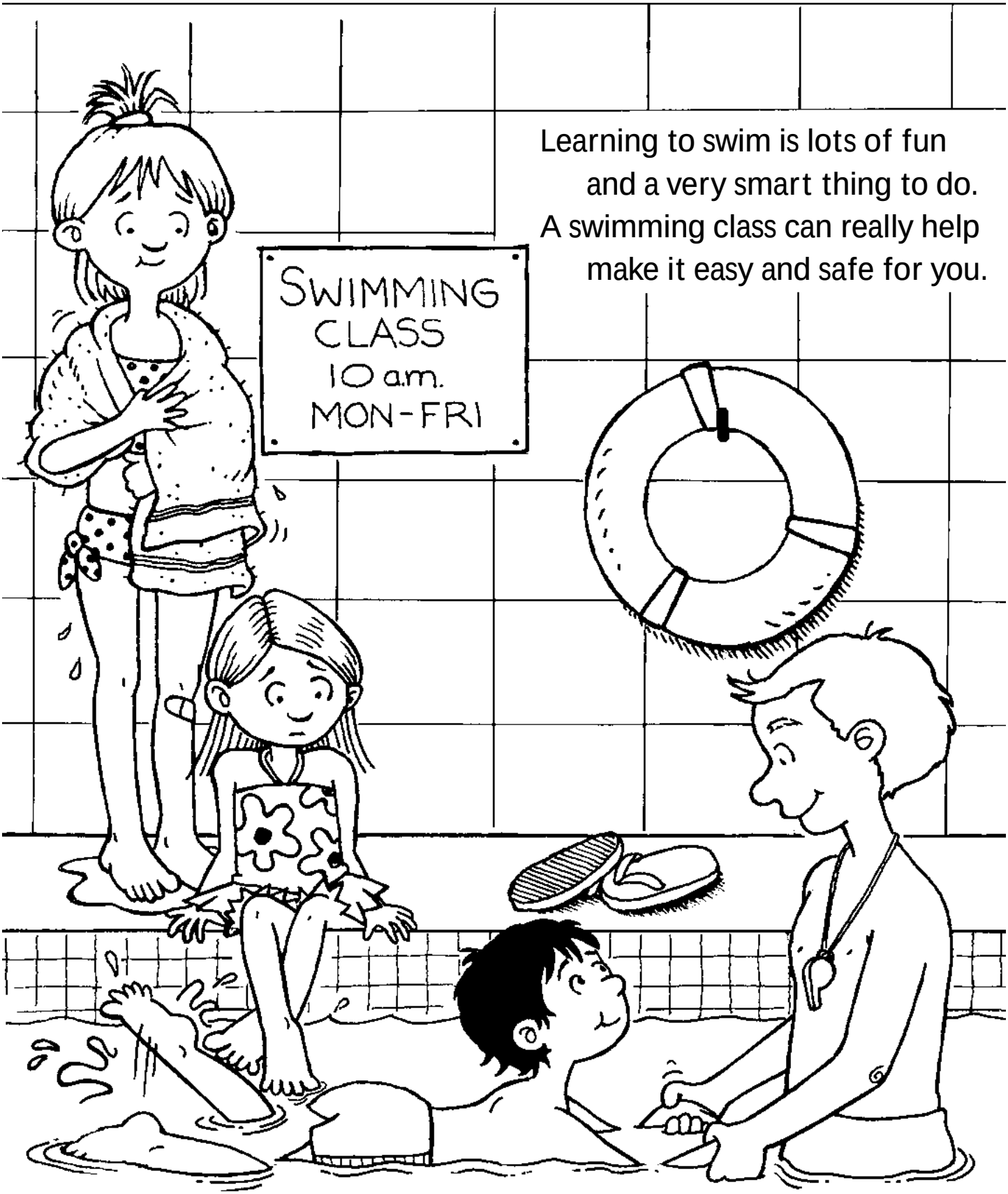
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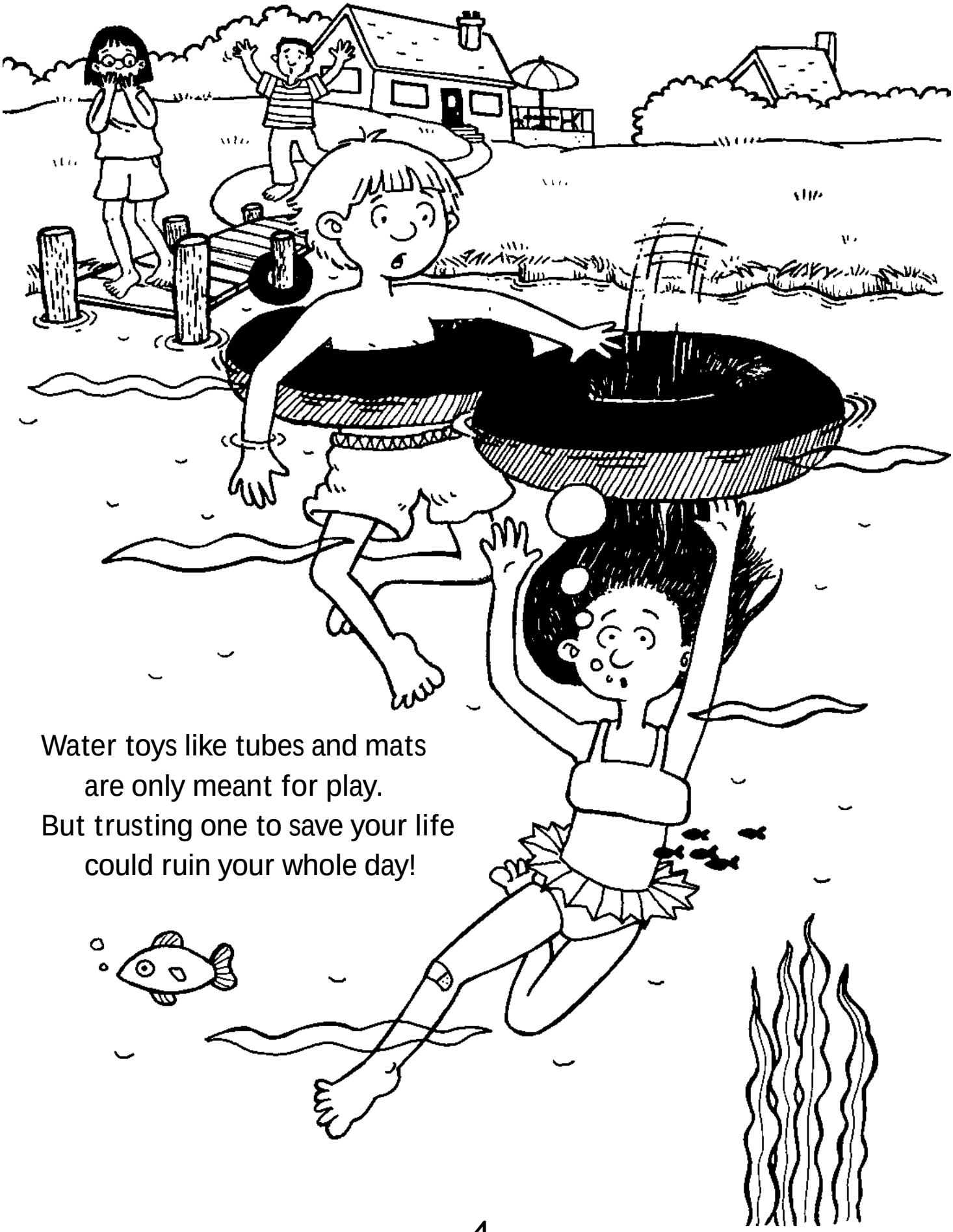
Always wear your life jacket —
that goes for grown-ups too.
A life jacket is your friend for life
and makes boating safe for you.



When swimming at the lake or beach
take a buddy to keep from trouble.
A lifeguard standing by to help
can get there on the double.

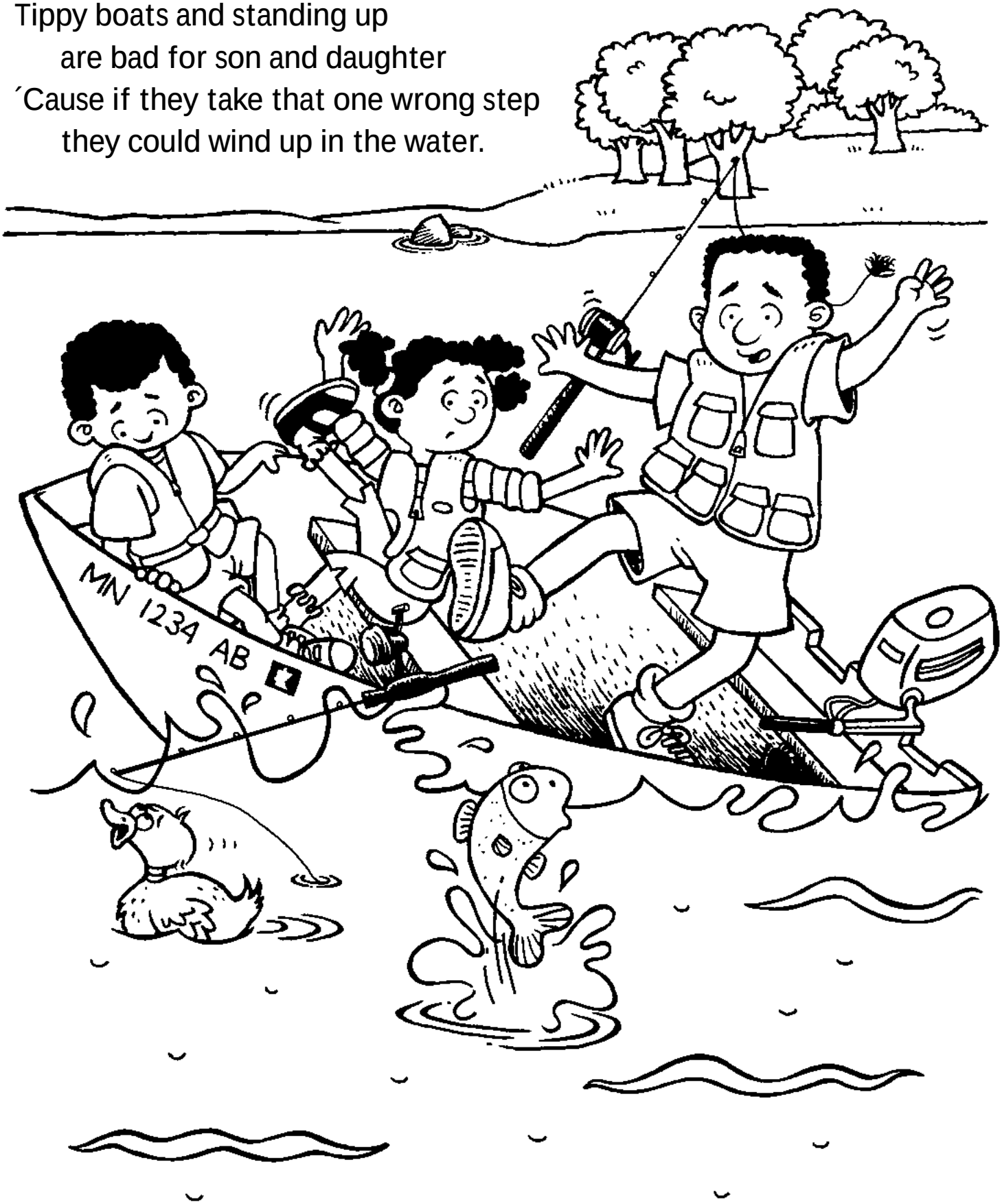



Learning to swim is lots of fun
and a very smart thing to do.
A swimming class can really help
make it easy and safe for you.
SWIMMING
CLASS
10 a.m.
MON-FRI

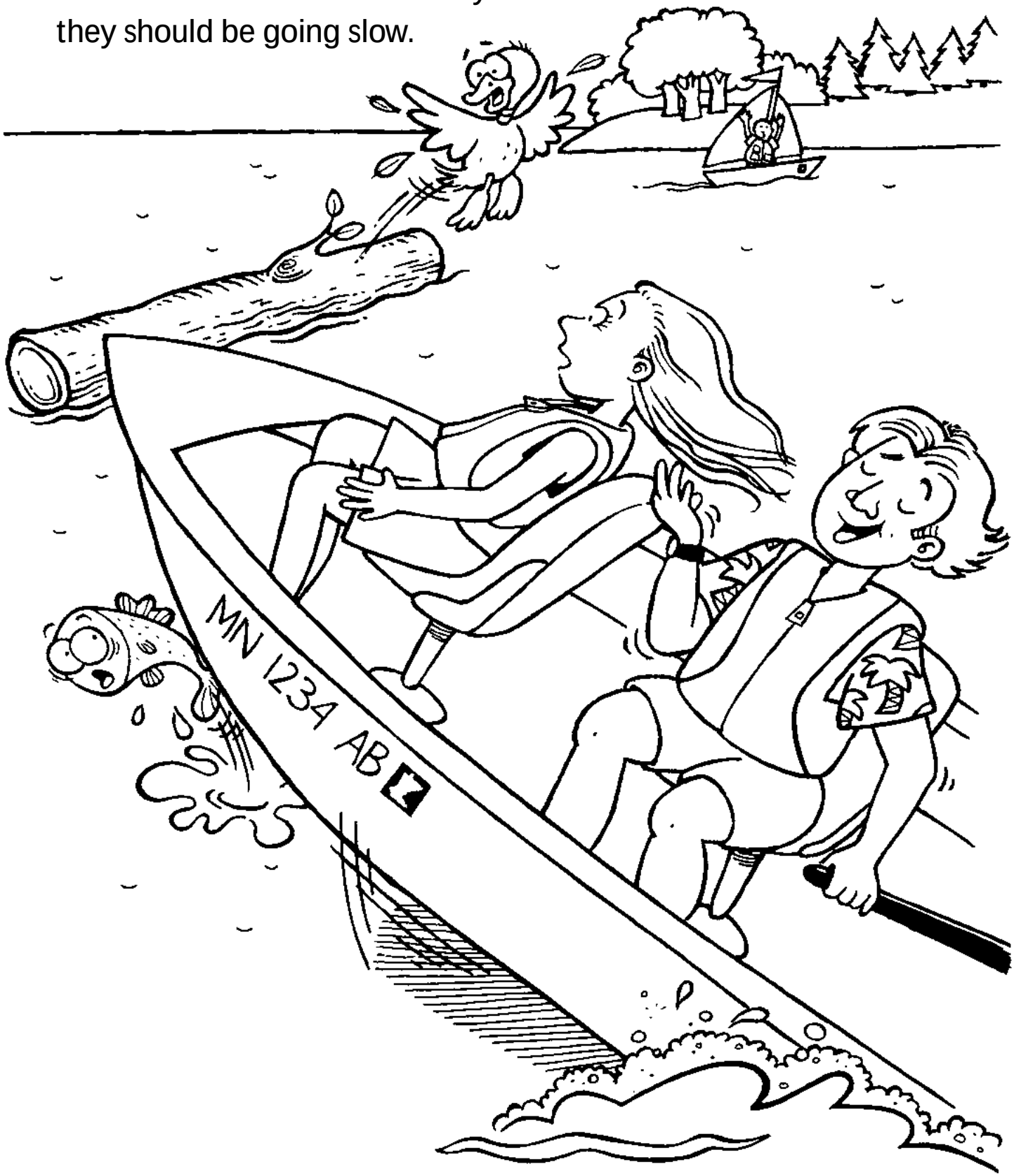


Water toys like tubes and mats
are only meant for play.
But trusting one to save your life
could ruin your whole day!

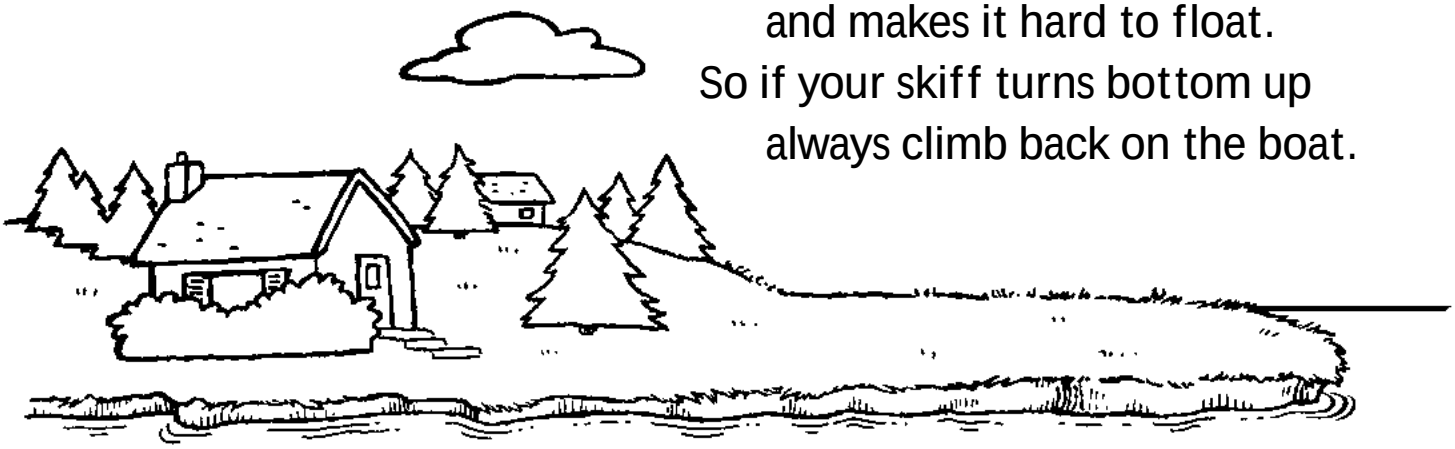
Tippy boats and standing up
are bad for son and daughter
´Cause if they take that one wrong step
they could wind up in the water.



The skipper said, “Full speed ahead —
let’s see how fast we’ll go!”
But if boats or docks are in the way
they should be going slow.



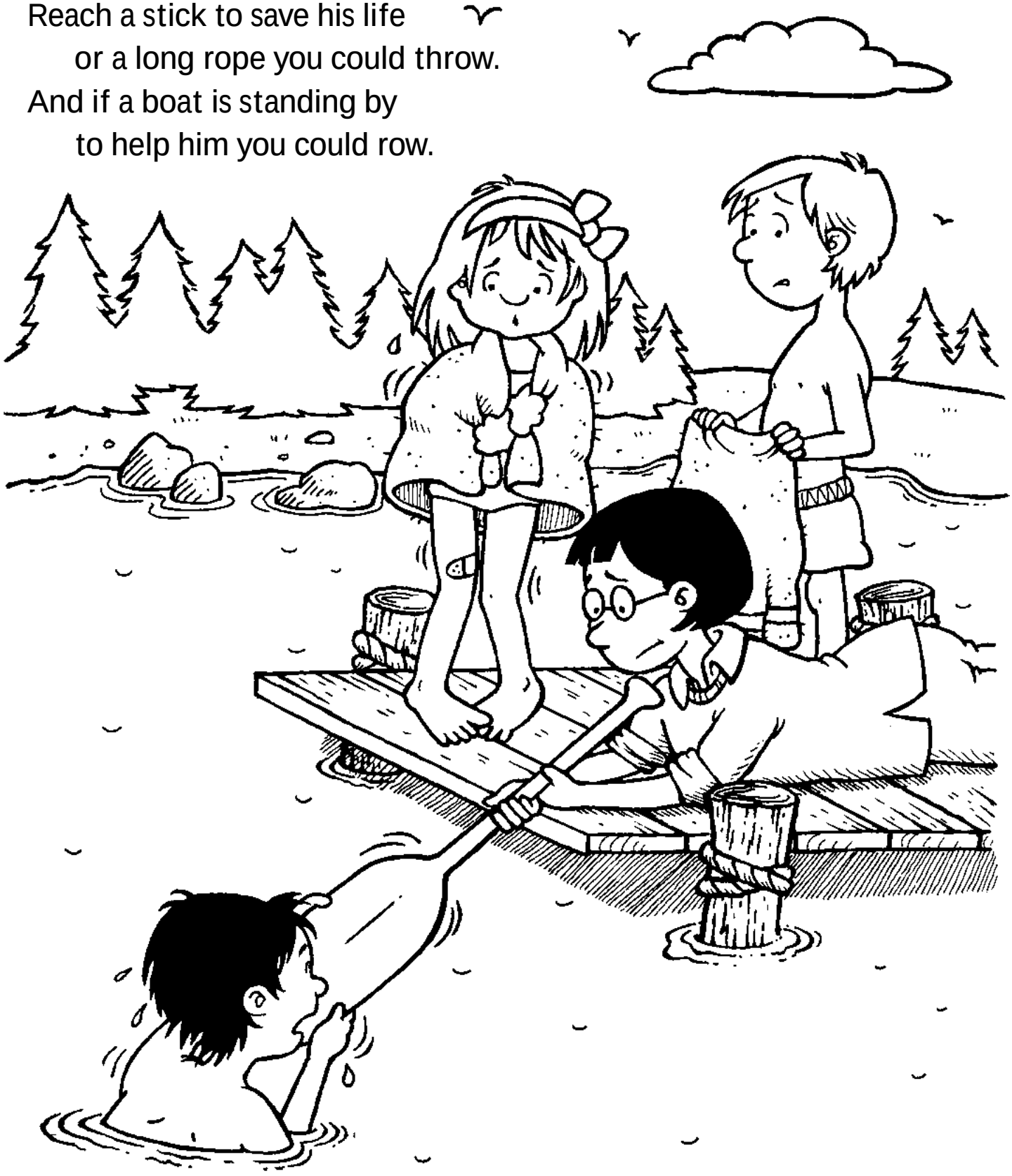
Cold water likes to steal your strength
and makes it hard to float.
So if your skiff turns bottom up
always climb back on the boat.

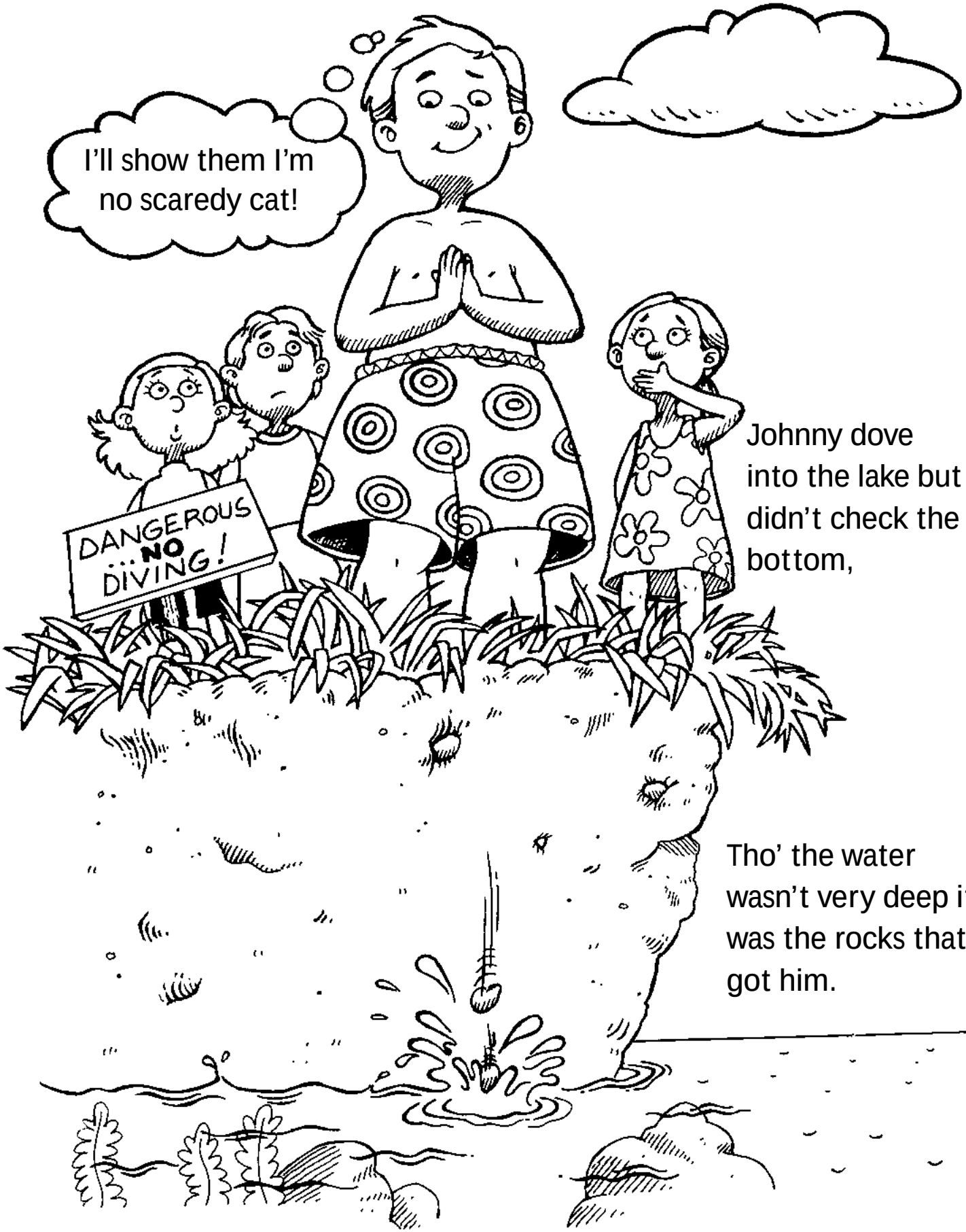






Reach a stick to save his life
or a long rope you could throw.
And if a boat is standing by
to help him you could row.

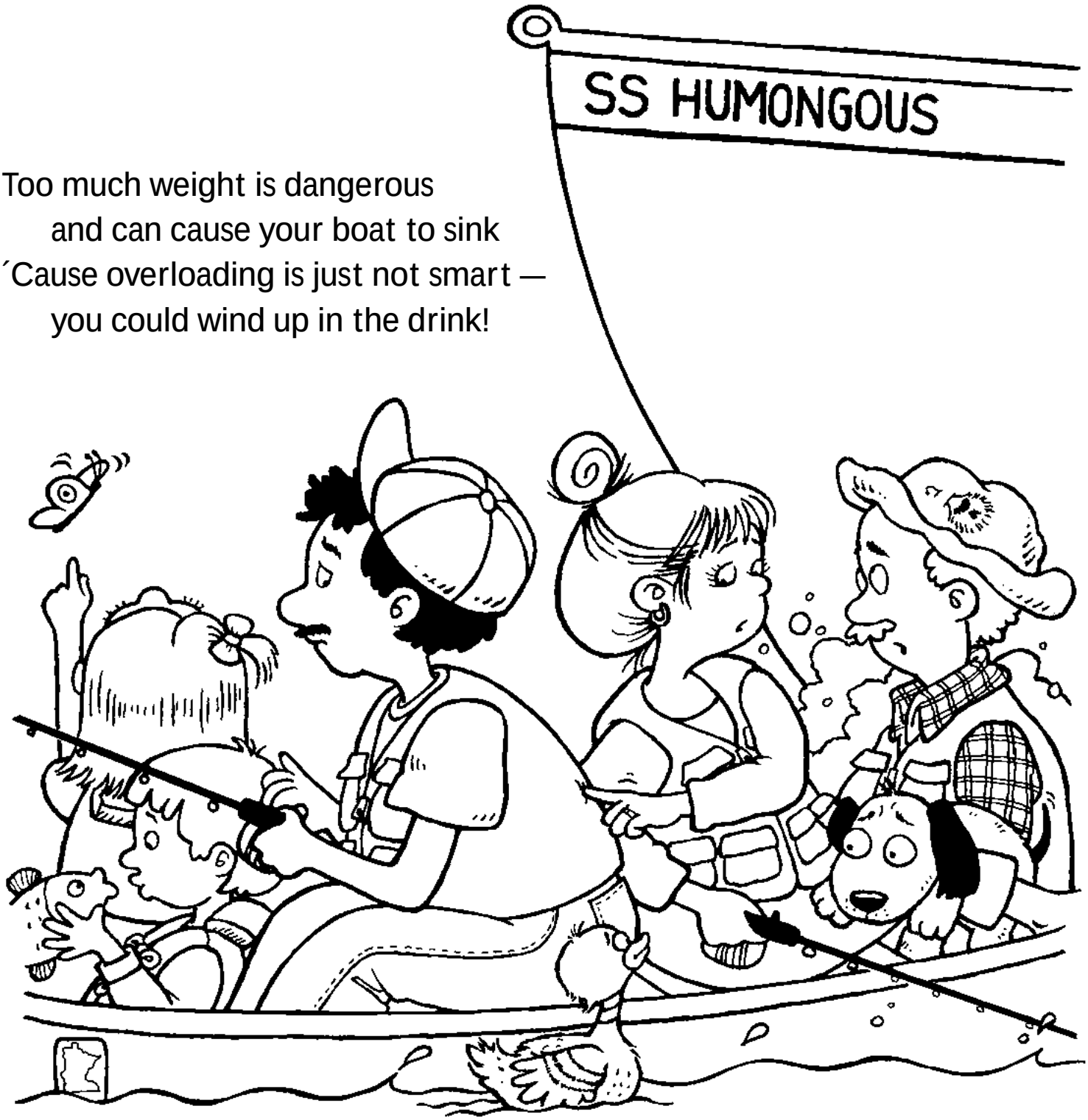


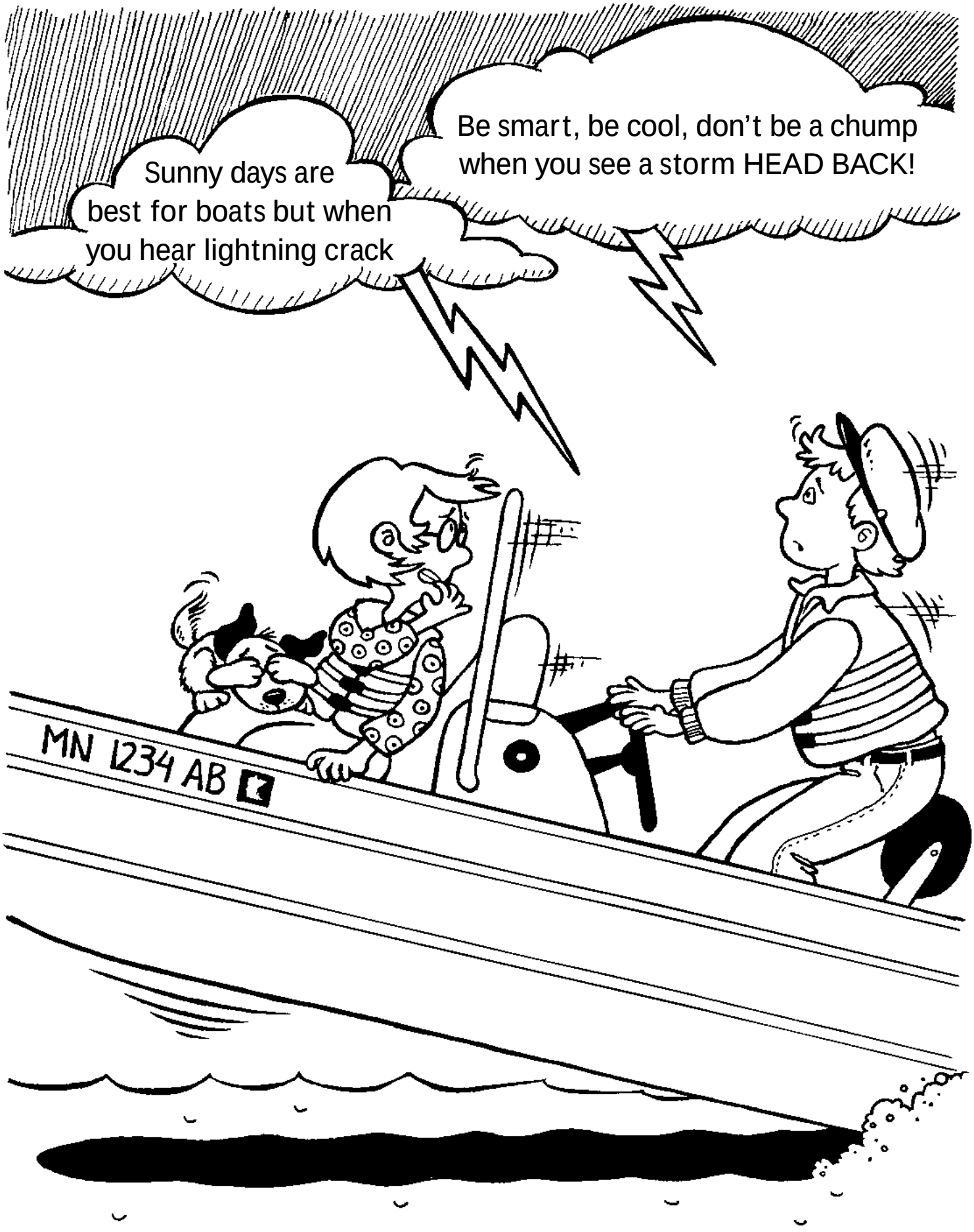


Johnny dove into the lake but didn't check the bottom,

Tho' the water wasn't very deep it was the rocks that got him.

Too much weight is dangerous
and can cause your boat to sink
´Cause overloading is just not smart —
you could wind up in the drink!




Sunny days are best for boats but when you hear lightning crack
Be smart, be cool, don't be a chump when you see a storm HEAD BACK!
MN 1234 AB

Billy told his sister Sue
near ice please don't play.
He's read the rules, he knows his stuff
this sign means stay away!





START

Copy the numbered boxes on the left in the correctly numbered empty boxes on the right to unscramble the picture. (Hint: You should always obey this person at the pool or beach.)

SAFETY SCRAMBLE



18 HIDDEN WORDS OR PHRASES

Some are safe things, some are not. How many can you find?

(Hint: They can be up/down, left/right, or diagonal)

C	A	P	S	I	Z	E	D	B	O	A	T	B	U	Q
I	D	A	T	I	C	E	Q	K	C	X	Z	L	N	F
N	F	R	U	S	U	P	E	R	V	I	S	E	D	J
F	Q	S	W	I	M	M	I	N	G	B	U	D	D	Y
L	X	O	W	L	I	F	E	S	A	V	E	R	K	C
A	W	L	L	I	G	H	T	N	I	N	G	Z	U	G
T	Z	I	C	F	M	J	B	M	F	Q	D	K	H	O
A	R	F	G	E	K	M	R	Z	U	O	N	X	W	P
B	V	E	O	P	B	T	I	P	P	Y	B	O	A	T
L	J	J	M	R	T	Q	C	N	H	F	Z	P	U	L
E	W	A	R	E	L	I	F	E	G	U	A	R	D	N
T	R	C	Q	S	T	O	R	M	S	C	Y	O	T	E
O	N	K	C	E	O	U	F	H	P	N	L	G	Z	S
Y	Z	E	S	R	F	K	X	E	R	Q	T	A	M	R
S	O	T	Y	V	C	E	J	L	S	U	E	K	S	W
V	R	O	P	E	H	A	Z	P	A	D	D	L	E	S
C	J	N	Q	R	U	G	F	L	C	H	T	O	W	Q
K	U	N	K	N	O	W	N	W	A	T	E	R	S	U
D	A	W	A	T	E	R	S	A	F	E	T	Y	Z	H

TEACHING ACTIVITY AND STUDY GUIDE

PAGE 1

Life jackets come in many styles and colors. You should always wear a life jacket when in a boat, even if you are a good swimmer. Why? What would happen if you were not wearing a life jacket and fell overboard or were knocked unconscious in a boating accident?

ACTIVITY

Practice putting on different sizes of life jackets. Have the child put on a life jacket and then lift their arms above their head. An adult then lifts up on the shoulders of the life jacket. If it touches the child's ears or it comes off, it is too loose.

PAGE 2

Swim at supervised beaches and always with a buddy. Wear a life jacket if you aren't sure of your swimming ability.

ACTIVITY

Talk about why there should be a grown-up present to supervise swimmers. The adult who is supervising should be watching the swimmer, not reading a book or snoozing. Why?

PAGE 3

The best water safety advice we can give is to learn to swim properly. Lessons are available from the American Red Cross, YMCA, community school programs and many other institutions.

ACTIVITY

If you are a weak swimmer or don't know how to swim at all, enroll in a swimming class today!

PAGE 4

Don't substitute inflatable toys, tubes or air mattresses for swimming ability, because you might fall off, or they might suddenly deflate or drift out into deep water.

ACTIVITY

Talk about what bad things could happen while using an inflatable toy for flotation. Tell them not to swim after anything that floats away.

PAGE 5

These foolish folks are breaking an important safety rule. They are standing up in a boat.

ACTIVITY

Try to think of ways to keep a boat from tipping over. (Hints: Would staying seated and keeping low in the boat be a good idea? How about always having one hand on the boat when moving around?)

PAGE 6

There are lots of things to watch while boating. Help your skipper keep an eye out for docks, rocks, boats or other objects that could cause a collision.

ACTIVITY

Name things you should watch out for while boating.

PAGE 7

Capsizing (tipping over) and falls overboard are the two most common kinds of fatal boating accidents. If you do tip over, try to climb back onto your boat, even if it is still upside down. It is important to get as much of your body as possible out of the water, because cold water robs body heat 25 times faster than air of the same temperature.

ACTIVITY

Discuss why you should not take your clothes off if you fall into cold water. (Hint: Clothing traps air and heat.)

PAGE 8

Unless you have special training in lifesaving, don't swim out to help someone in trouble. Someone could extend something from the shore to the victim such as a long stick, a boat oar, or fishing pole. Or they could throw a floatable item like a boat cushion, life jacket or empty picnic cooler. Most importantly, yell for help from an adult!

ACTIVITY

Name things that float you might find at the dock or a beach that could be extended or thrown to someone having trouble in the water and why you should not try a swimming rescue.

PAGE 9

Never dive into waters of unknown depth. You could hurt your head and neck on a rock, log or shallow bottom. Just remember "First time, feet first."

ACTIVITY

Talk about other things that could happen if you were wading or swimming in unknown waters. (Hint: What if there was broken glass on the bottom?)

PAGE 10

Find out how many people your boat can carry. Look at the plate usually near the back of the boat (transom) or the steering wheel.

ACTIVITY

Talk about why too many people or too much weight in a boat might be dangerous.

PAGE 11

No boating trip should start out in a storm. If you see a storm coming, head back to shore.

ACTIVITY

Lightning strikes the tallest object it can find. Talk about what the tallest things are out on the lake.

PAGE 12

The diamond shaped thin ice sign means danger, but just because there is no sign doesn't mean it is safe. Never play on or near icy ponds, streams, ditches or lakes unless you are with a grown-up who can tell you if it's alright. If someone does fall through thin ice, tell them to grab the edge of the ice and hang on, then you should run to an adult to call 911 for help!

ACTIVITY

Talk about what you could do to help someone who fell through the ice if there was no grown-up to help. (Note to teacher: This depends greatly on the age of the child. In most cases, we recommend that children run for help if they see someone in a water or ice emergency and not attempt a rescue themselves.)

Answers for ***18 Hidden Words or Phrases*** puzzle on page 15

Tippy Boat	Help	Lifesaver
Capsized Boat	Life Jacket	Water Safety
Lightning	Ice	Lifeguard
Storms	Supervised	Rope
Unknown Waters	Swimming Buddy	Paddle
Inflatable Toys	Swimming Class	Life Preserver

DEPARTMENT OF NATURAL RESOURCES

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WEAR IT
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