

THE WHOLE HAND RULES CHART

FOR THE WHOLE HAND RULES LESSON



Print, cut, and assemble this chart if you are teaching The Whole Hand Rules Lesson.

Gather materials:

PRINT this document or **ORDER** a durable physical set from Colin's Hope.

Scissors

Glue or Velcro pieces

Lamination sheets and machine (optional)

Instructions:

CUT out the pieces below. Assemble The Whole Hand Rules using glue or tape to match the image on this page. **Optional:** Laminate the hand and pieces separately. Then, attach Velcro to each piece so that kids can assemble/disassemble the hand to practice each rule!

TEACH The Whole Hand Rules of water safety! Watch this video or print the lesson here.



THE
WHOLE
HAND
RULES

LAS
REGLAS DE
LA MANO

WEAR A LIFE JACKET ---	LEARN TO SWIM ---	WEAR A LIFE JACKET ---
CHALECO SALVAVIDAS	APRENDER A NADAR	CHALECO SALVAVIDAS
FOLLOW WATER SAFETY RULES IN OPEN WATER ---	STAY AWAY FROM DRAINS ---	FOLLOW WATER SAFETY RULES IN OPEN WATER ---
SIGUE LAS REGLAS EN AGUA ABIERTA	ALEJATE DE LOS DRENAJES	SIGUE LAS REGLAS EN AGUA ABIERTA
GROWN UPS SHOULD WATCH YOU ---	ESPERAR A UN ADULTO	GROWN UPS SHOULD WATCH YOU ---
SUPERVISION ADULTA	ESPERAR A UN ADULTO	SUPERVISION ADULTA



Visit www.drowningispreventable.org for more activities!

THE WHOLE HAND RULES LAS REGLAS DE LA MANO



FAMILY WATER SAFETY RULES

BOOKMARK ACTIVITY



**LEARN ABOUT WATER SAFETY. TALK ABOUT WATER SAFETY.
PRACTICE WATER SAFETY. PREVENT DROWNING.**

Gather materials:

PRINT this activity or **ORDER** physical copies of the bookmark.

Scissors

Glue (optional)

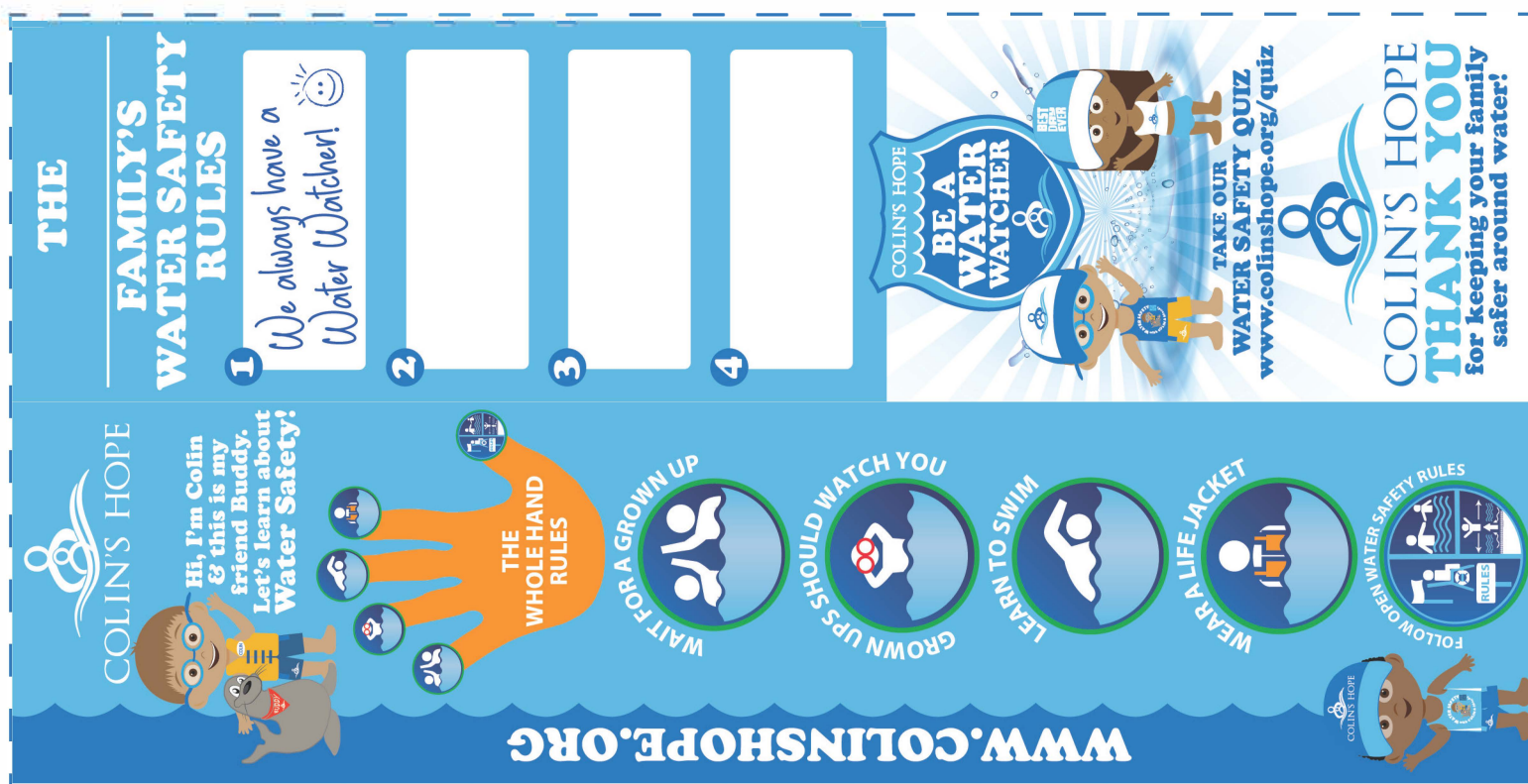
Instructions:

CUT out the Water Safety Bookmark below. Fold the bookmark in half and secure it with glue (optional).

LEARN The Whole Hand Rules of water safety! Watch this video or use the next page to talk about simple actions your family can take to be safer around water.

TALK about water safety! All sources of water are dangerous for kids, teens, and adults, even bathtubs. Identify water sources in your home and places you visit often so that you can make a list of rules with your kids. Rules may look different based on each family's home and activities. Do you have a backyard pool? Do you visit lakes and beaches often? Does a family member or friend have a pond or creek near their property?

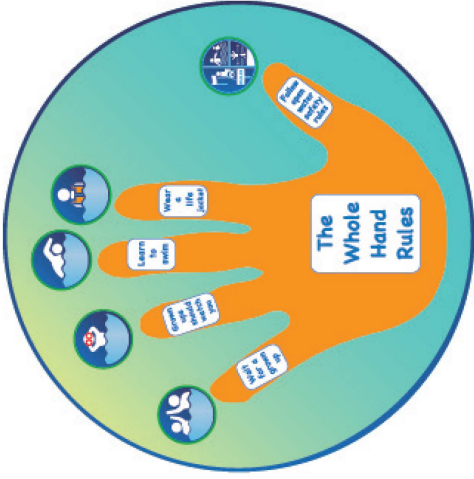
PRACTICE water safety! Make a list of Water Safety Rules that reflects your needs and experiences. Make sure to update them regularly or ahead of family vacations.



Visit www.drowningispreventable.org for more parent and child activities!

INTRODUCTION: THE WHOLE HAND RULES

Optional: Use this lesson with The Whole Hand Rules chart



PREPARE THE LESSON

Gather your materials:

PRINT The Whole Hand Rules Chart along with the icons and pieces.

PRINT the large icons for each rule on The Whole Hand Rules.

ENSURE that the **Interactive Curriculum** is compatible with your device.

Objectives:

Understand that water is dangerous and there are rules we can follow to be safer around it

Learn the phrase "water safety"

Learn The Whole Hand Rules and how we can use them every day

Identify sources of water like bathtubs, pools, beaches, and lakes

Learn who a grown up can be



TEACH THE WHOLE HAND RULES - Use the script below OR watch the video on the Interactive Curriculum

If you have printed The Whole Hand Rules Chart assemble it to match the image above. Use the large icons to share pictures of the Rules.

Teacher: Today, we are going to learn The Whole Hand Rules of water safety. These are safer choices we can make BEFORE we go near any kind of water, even at home. Do you know what the word "SAFE" means? SAFE means to make a choice that keeps us from getting hurt. What do you think "WATER SAFETY" means? When we talk about water safety, we will learn about choices we can make near water to keep our bodies from getting hurt. Water is fun, but it can be very dangerous. Can you think of some places where you can find water? **Answers: A pool, bathtub, beach, river, a backyard, buckets, ponds, sinks, toilets, kiddie pools, and more** Let's talk about ways that we can be SAFER.

THE WHOLE HAND RULE #1 WAIT FOR A GROWN UP



Teacher: The first Whole Hand Rule is **WAIT FOR A GROWN UP**. You should always wait for a grown up before going in or near water. You can remember this rule by **pointing to a grown up**! Can you point to a grown up? Who are some grown ups that you know? **Emphasize a GROWN UP versus buddies and friends.** A grown up is someone like your parents, grandparents, aunts, uncles, teachers, or babysitters. You should wait for a grown up and ask for permission before going near water, even at home. Who should you wait for before going near water? **Answers: A grown up - Mom, Dad, teacher, grandparent, babysitter, etc.**



THE WHOLE HAND RULE #2 **GROWN UPS SHOULD WATCH YOU**

Teacher: The second Whole Hand Rule is **GROWN UPS SHOULD WATCH YOU**. Your grown up should always watch you when you are in and around water, even at home. You can remember this rule by putting on binoculars! Can you cup your hands around your eyes like binoculars and look at a grown up in our classroom? Grown ups should **WATCH** you when you are in or around water instead of doing other things like reading a book, using their phones, or talking to their friends.



THE WHOLE HAND RULE #3 **LEARN TO SWIM**

Teacher: The third Whole Hand Rule is **LEARN TO SWIM**. Stay safer by learning how to float, put your face in the water, blow bubbles, go under and come back up, move your arms and kick your feet, and safely get into and out of the water. Remember this rule by moving your arms in a swimming motion. Can you move your arms in a swimming motion? Can you lay on your tummy and kick your feet? If you want to get in the pool or water, what should you learn how to do? Put your face in the water. Blow bubbles! Swim with your arms and legs. Float on your back!



THE WHOLE HAND RULE #4 **WEAR A LIFE JACKET**

Teacher: The fourth Whole Hand Rule is **WEAR A LIFE JACKET**. Life jackets help you float. Wear a properly fitted, U.S. Coast Guard approved life jacket around water, especially on boats, docks, and beaches. Remember this rule by hugging yourselves like this! Can you hug your own body? A life jacket should fit tight like a hug, all of the buckles should close, and it should stay on your chest! If you don't know how to swim or will be at a lake or beach, what should you wear? A life jacket.



THE WHOLE HAND RULE #5 **FOLLOW OPEN WATER SAFETY RULES**

Teacher: The fifth Whole Hand Rule is **FOLLOW OPEN WATER SAFETY RULES**. "Open water" is a big body of water without walls. You can remember this rule by making waves with your arms! Can you name some examples of open water? Lakes, beaches, rivers, ponds. Open water can be dangerous because you cannot see below the surface. Wear life jackets, swim near a life guard, follow posted rules, and ask a grown up to look for hazards in the water like holes and drop offs. With the help of a grown up, look for the warning flags.



OPTIONAL: THE WHOLE HAND RULE **STAY AWAY FROM DRAINS**

Teach this rule in place of "Follow Open Water Safety Rules" if your community frequents pools over open water.

Teacher: This Whole Hand Rule is **STAY AWAY FROM DRAINS**. Always move away from drains in the water. You can remember this rule by putting your hand out in a "STOP" motion! Do you know what a drain does? Drains keep pools clean by taking out dirt and small things that get in them. We NEVER touch a pool drain. ALWAYS ask a grown up for help near a drain. If you see a drain, what should you do? Stay away, don't touch.

WATER SAFETY WITH COLIN & FRIENDS ASSESSMENT

Take the quiz to see how much YOU remember about water safety!



YOU DID IT! YOU CAN BE SAFER WITH THE WHOLE HAND RULES!

Complete the program assessment in one of two ways:

COMPLETE THE INTERACTIVE CURRICULUM ASSESSMENT OR

USE THE PRINTABLE ASSESSMENT below to review what your class has learned (correct answers in **BLUE**).

Remember to PRINT THE CERTIFICATE OF COMPLETION!

1

What types of water are dangerous?

- A. Bathtubs
- B. Pools
- C. Lakes and Ponds
- D. Beaches
- E. All of the above**

2

Who should you wait for before going into or near water?

- A. A Friend
- B. A Grown Up**
- C. Buddy

3

Choose The Whole Hand Rules of water safety:

- A. Wait For A Grown Up**
- B. A Grown Ups Should Watch You**
- C. Learn To Swim**
- D. Wear A Life Jacket**
- E. Follow Open Water Safety Rules**
- G. Splash In The Mud



WAIT FOR A GROWN UP




COLIN'S HOPE
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ESPERAR A UN ADULTO

GROWN UPS SHOULD WATCH YOU




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SUPERVISIÓN ADULTA

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CHALECO SALVAVIDAS

FOLLOW OPEN WATER SAFETY RULES




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AGUA ABIERTA

STAY AWAY FROM DRAINS



**STAY
AWAY**


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ALÉJATE DE LOS DRENAJES