

WEAR A LIFE JACKET




COLIN'S HOPE
www.colinshope.org

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WEAR A LIFE JACKET

Hand Motion: Hug yourself



PREPARE THE LESSON & SCIENCE EXPERIMENT



Gather your lesson materials:

PRINT the large icon Wear A Life Jacket
ENSURE that the Interactive Curriculum
is compatible with your device.

Gather science experiment materials:

2 FRESH mandarin oranges
1 permanent marker
1 CLEAR container half or two-thirds full
of water

Objectives:

- What it looks like to float
- How a life jacket should fit
- When to wear a life jacket

Science experiment setup:

Draw a life jacket on one of the mandarin oranges
using the permanent marker
Peel the second mandarin orange and poke your finger
through it. You should be able to see through
the center of the orange.

TEACH WEAR A LIFE JACKET - Use the script below OR watch the video on the Interactive Curriculum

If you have printed the large icon, use it to show the picture of this rule.

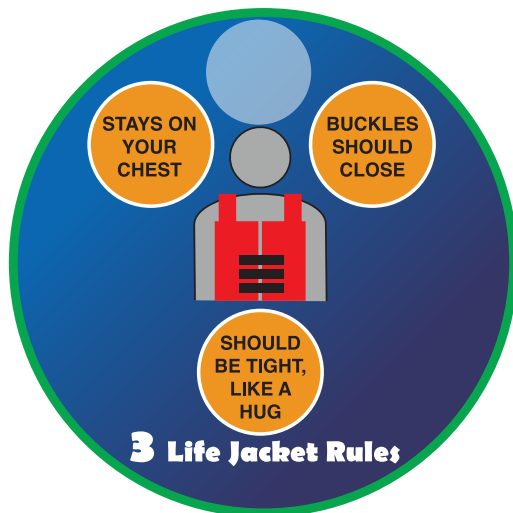
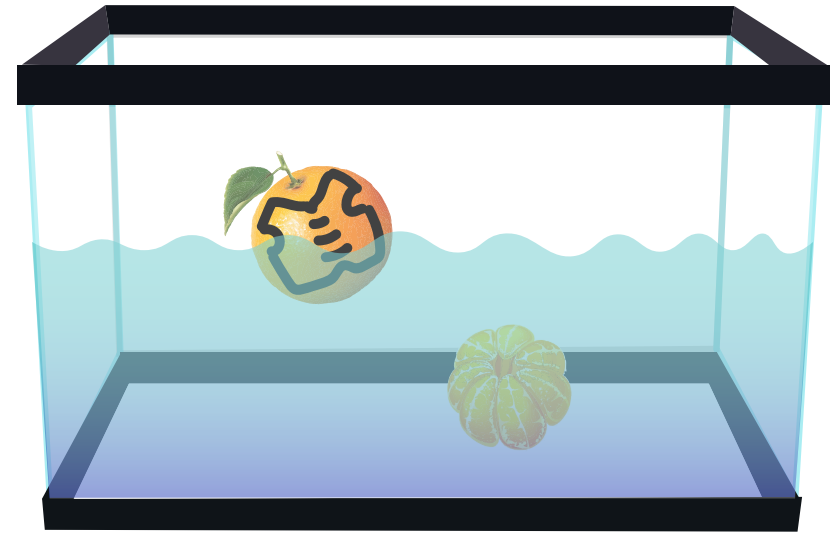
Teacher: Simple rules can help keep you safer around water. When we talk about water safety we mean making choices around water that keep you from getting hurt. Can you think of some places where you can find water? **A pool, bathtub, beach, river, a backyard, buckets, ponds, sinks, toilets, kiddie pools, and more** Let's talk about ways that we can be SAFER.

- This picture means **WEAR A LIFE JACKET**. *Hold up the WEAR A LIFE JACKET icon card.* Life jackets keep you safer because they help you float on top of the water.
- We can remember this rule by hugging ourselves like this! *Help kids remember this rule by hugging their own bodies.*
- There are several places you should wear a life jacket to be safer - On a boat, in the lake, while you are walking on a shore or on a dock, while you are fishing, when your grown ups are watching more than one child at the same time, or even when you are taking a swimming break to eat a snack or use the bathroom. *Help children think of other appropriate situations if they are able to do so.*
 - **REMEMBER!** If you take your life jacket off to eat a snack or use the potty, you **MUST** put it back on before going back into the water!

ORANGE YOU GLAD YOU CAN FLOAT (science experiment)

Let's learn how life jackets work. *Display the clear container and two oranges so that everyone can see them.*

- What do you think this orange is wearing? *Show orange with peel to all students.* Right! A life jacket!
- Is this orange wearing a life jacket? *Show orange without peel.* No!
- What do you think will happen when we put this orange with a life jacket in the water? *Place the orange in the container. The orange should float.* What happened?
- What do you think will happen to this one? *Hold up the peeled orange, then place into the container. This orange should sink to the bottom.* What happened? Why do you think the first orange is floating?
- A life jacket helps you float and keeps you safer at the pool or beach. If you don't know how to swim, or if you are still learning how to swim, you should wear a life jacket. Even grown ups should wear life jackets.



- A life jacket can't be too big or too small. It has to be just right. Everyone give yourselves a hug. A life jacket should feel like you are giving yourself a hug. *Ask for a volunteer. Put an appropriately-sized U.S. Coast Guard-approved life jacket on the volunteer, fastening all zippers and tightening all buckles.*
- Does this life jacket fit? **YES!** It is just right. Everyone give yourself a hug. A life jacket should feel like you are giving yourself a hug.
- There are 3 LIFE JACKET RULES we should follow. Repeat after me: All buckles should close (pretend to buckle across your chest). It should fit tight like a hug (hug self). It should stay on your chest (put hand on chest). Use image on the right to assist you.
- What does a life jacket do? *Good answers: It helps you float. It helps you stay on top of the water.*

Lesson wrap up: Review *WEAR A LIFE JACKET*, the matching hand motion, and the 3 Life Jacket Rules.

WATER SAFETY WITH COLIN & FRIENDS ASSESSMENT

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



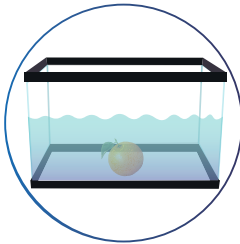
YOU DID IT! YOU CAN BE SAFER WITH THE WHOLE HAND RULES!

COMPLETE THE INTERACTIVE CURRICULUM ASSESSMENT OR USE THIS PRINTABLE ASSESSMENT to review what your class has learned (correct answers in **BLUE**).

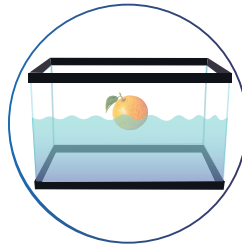
Remember to **PRINT THE CERTIFICATE OF COMPLETION!**

1 Which picture shows a **FLOATING** orange?

A.



B.



2 When should you wear a life jacket?

A. Around open water like beaches and lakes

B. Sleeping in your room

C. At lakes and ponds

3 Choose the friend who is wearing a life jacket that fits tight like a hug, all of the buckles are closed, and it is on their chest.

A.



B.



C.

