

# HOW TO SWIM CHART

## SEQUENCING ACTIVITY



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

### Gather materials:

PRINT both pages of this activity.

Scissors

Glue or Tape

*Optional tip: Laminate each piece after you cut the print out so that this can be a water-resistant and reusable activity.*

### Instructions:

CUT out the small icons below.

**LEARN** The Whole Hand Rules of water safety! Watch this video or print this lesson to talk about simple actions your family can take to be safer around water.

**TALK** about water safety! The purpose of this activity is to understand how many things (like Waiting For A Grown Up and Learning To Swim) work together to help us be safer around water. Talk about each of the safety rules below and how they might look in real life.

**PRACTICE** water safety! Using the chart below, work together to create a list of things a person should do if they are planning to go swimming.

- Use the blank lines in the chart to practice writing skills! Write in the title of the chart, write in the name of each rule, and add in examples of where these rules could work best.
- Glue or tape the full color small icons over the matching icon in the chart.
- This is a great time to practice sequencing skills, numerical ordering, and number identification.



Visit [www.drowningispreventable.org](http://www.drowningispreventable.org) for more parent and child activities!

# HOW TO SWIM CHART TABLA DE COMO IR A NADAR



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2.



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3.



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4.



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5.



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