



ActIvItY Workbook



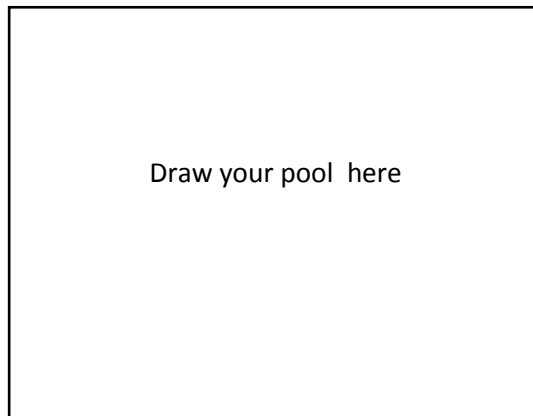
www.kiwiswimsafe.org.nz



Welcome to the Kiwi Swim Safe Activity Workbook.

In this booklet you will find lots of useful activities relating to preparation of your aquatic environment, activities for during your swimming time and follow on activities. This booklet can also be used in the classroom or for non-swimmers.

In New Zealand we are surrounded by water and it vital we learn how to enjoy those environments safety.



The Pool Rules Are:

Know the Dangers!

Brainstorm and create a list of safer and unsafe behaviours around the water in the left hand column.

In the opposite column list some consequences for each entry.

BEHAVIOURS

CONSEQUENCES

Eg: Swimming between the flags

Safer fun in the water



As kiwi kids surrounded by water, we think hard about our safety!!!

Drawing swimmers

Paint your underwater adventure at a camp, the beach, a pool or at a swim meet.

Swimming is fun no matter where you do it, at the beach, the lake, the pool at home or the pool at school. Do you know what the four strokes of swimming are called? Can you name two survival strokes? Why is learning a survival stroke important? Can you swim one?



Need: Crayons
Paper
Water paints
Paint Brushes
Jar of water
Newspaper

Using crayons draw yourself and some other people swimming in the water. Show which body parts are above the water (arms) and which are below the water (face, tummy and legs). Design colourful togs, goggles and swimming caps. Make a thick layer of crayon so it really stands out.

Cover your work space with newspaper. Using watercolour paint, paint the water line across the swimmers body. The waxy crayon will show through under the paint. Mix colours to show the colour of the water where you are swimming, the pool, the beach or a lake.

Remember to make a background for your swimmer too. Perhaps the pool wall, lane ropes, mountains, waves or sand dunes, you can paint over this too with your watercolour paints.

Word scramble

Can you unscramble the phrases below?

W I L E N M A R T O S

H E U T I K O R K I W

K I C L E G K W S N G I T H L O

T H A N A I M A Y S W I T A L W S W
D U L

A T W E A B O E T L I R A A C K T H E
O N F E J

T H E P T H C K C H E D E

Koru's Questions

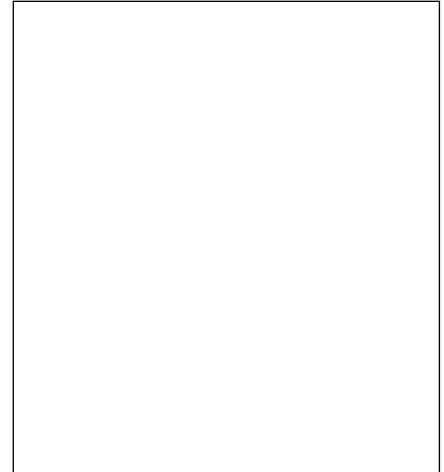
Learn to swim, Koru the kiwi, Kick with long legs, Always swim with an adult, Wear a lifejacket on the boat, Check the depth

1) What should you always wear in a boat?

2) Name one pool safety rule?

3) Where should you swim at the beach?

4) Draw the streamline position? →



5) Who should we always listen to when we are swimming?

6) Why should swimming pools be fenced?

7) What does Koru means?

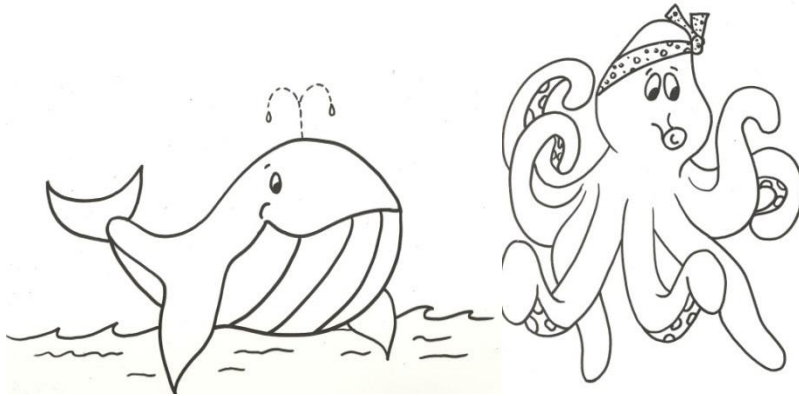
8) Find out the depth of the shallow and deep ends of the pool. Is this over your head?

9) How do you signal when you are in trouble?

10) When you go swimming who do you always have to take with you?

Fill in each blank with the correct letter:

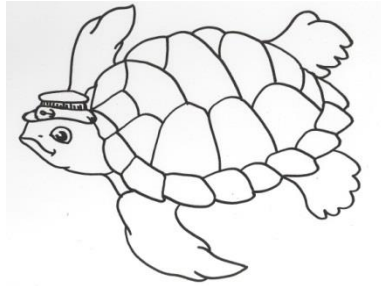
T O B F



___hale

___ctopus

___rog



___urtle

___oat

___eal

JUNIOR WORD SCRAMBLE

Can you help Koru unscramble these letters to reveal words that are related to the water?

Good luck!

MIWS	_____
OATB	_____
IZP	_____
REWAT	_____
OLOP	_____
LPHE	_____
SGFLA	_____
EABCH	_____



Fill in the Gaps.....

"Safety in the Water"



use the words in the "Word Bank" below to complete the sentences:

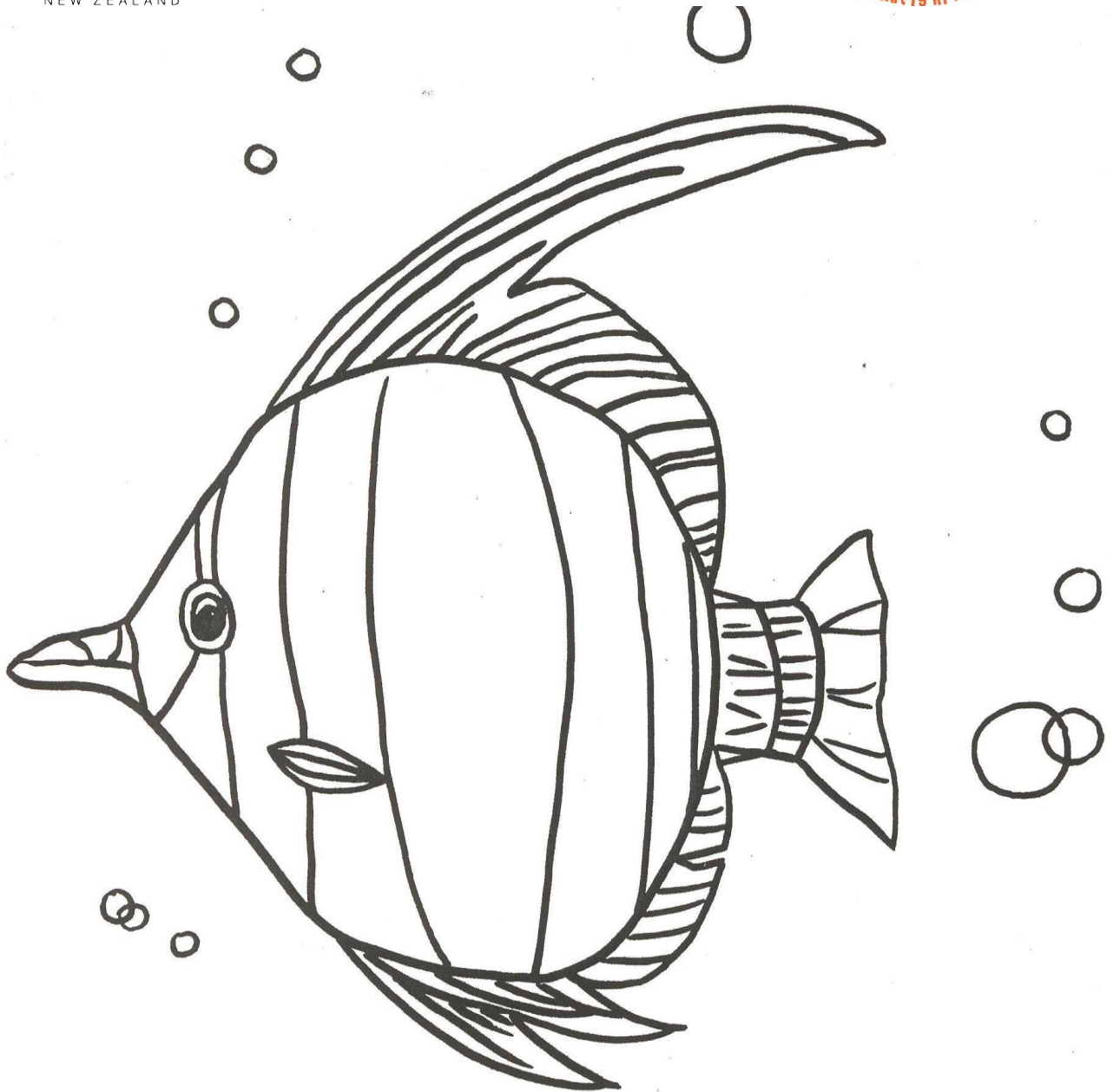
Alone	Weather	Before	Respect	Shallow
	Obey	Adult	Feet	Between
Always	Out	Water	Never	Swim

I must have an watching me
 when I am in the I must swim,
 and if I am unsure, I must stay

I must all the safety signs and swim the
 flags and know the conditions I swim.

I will learn to the water, and enter or
 unknown water first.

I will feel more confident in the water if I learn to



Name: _____

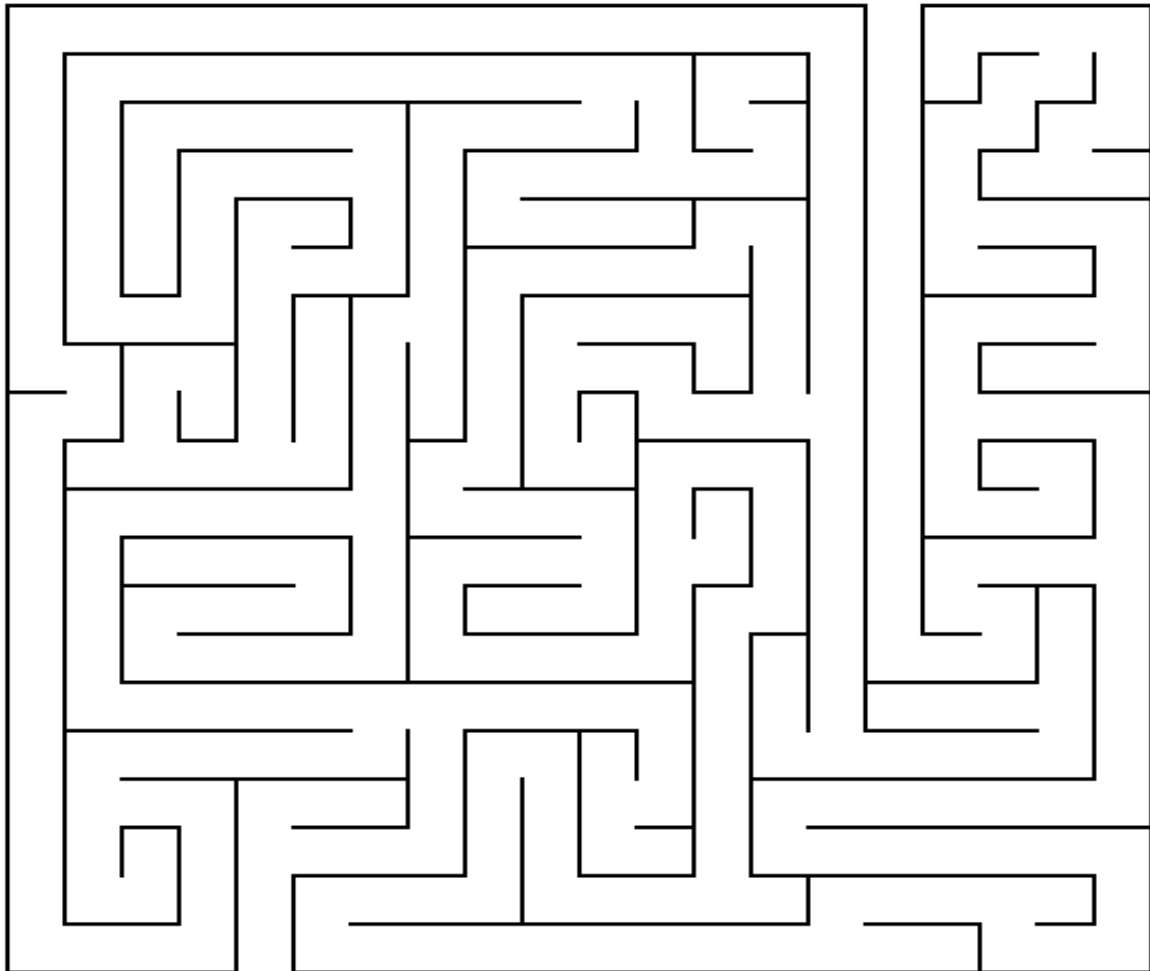
Age: _____

Year Level: _____

School: _____



Can you help the swimmers find their way
to the pool?



WATER SAFETY WORDFIND

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

- HELP
- WATER SAFETY
- RIP
- KIWI SWIM SAFE
- RIVER
- LAKE
- SEA
- KICK
- SCULL
- LIFE JACKET
- DUCK DIVE
- HUDDLE
- WARMTH
- ENTRY
- EXIT
- FLOAT
- POOL
- FREESTYLE
- LESSONS
- BOATING





Which Problems Give the Right Answer?

Answer :

Equasions :

9	10-1	2+7	8+1	3+5	11-3
5	3+3	6-1	5+1	5+0	9-4
8	10-2	4+4	6+3	2+6	12-6
10	12-3	6+4	7+3	4+5	11-1
12	4+7	12-0	8+4	7+5	6+5
6	3+3	12-6	5+1	9+3	11-4
11	6+4	9+2	5+6	7+5	8+3
7	7+0	11-4	4+3	2+6	12-6

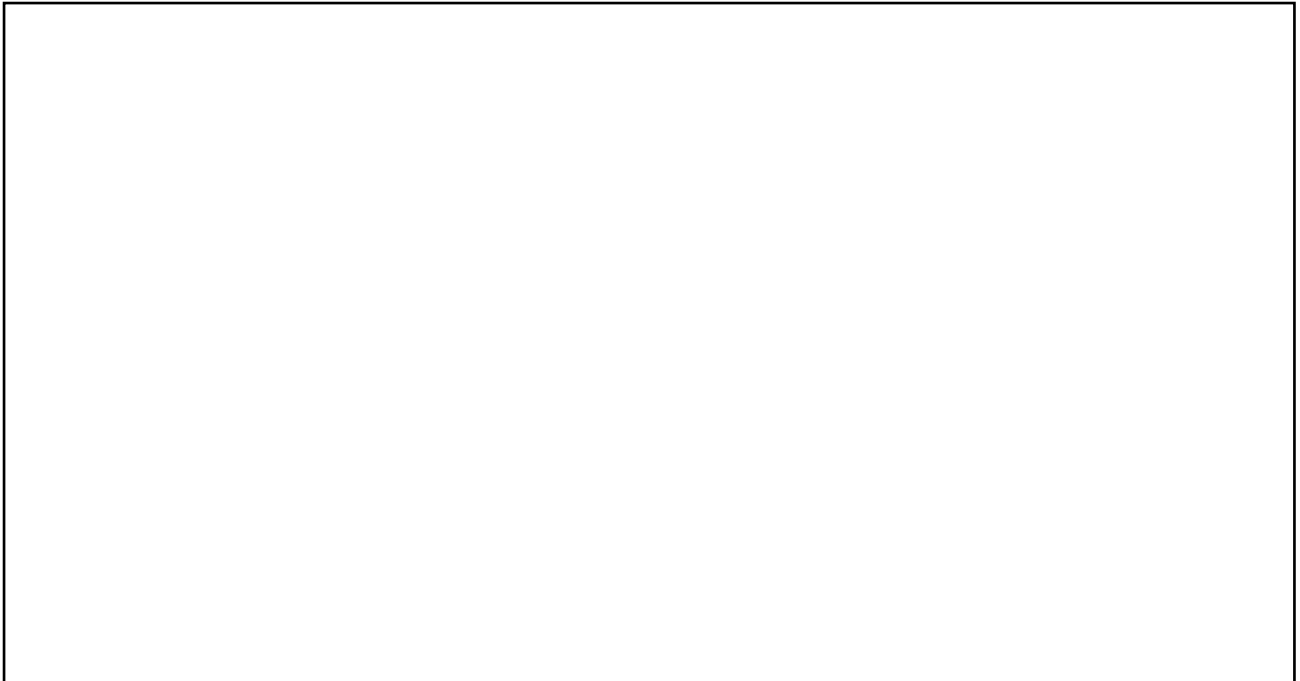


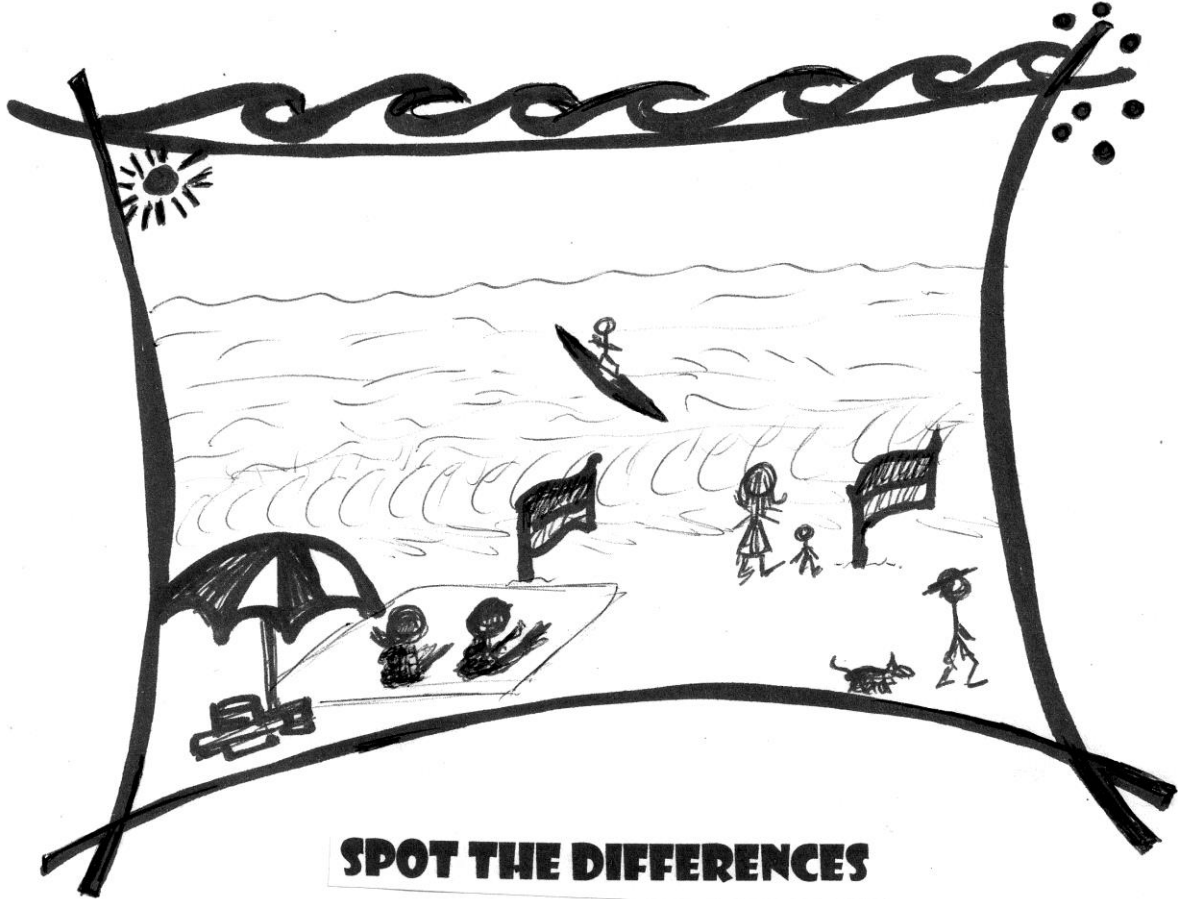
Koru's Questions

What does H.E.L.P stand for?

Draw a picture of you in the HELP position below.

H _____
E _____
L _____
P _____



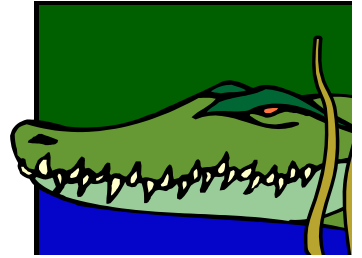


SPOT THE DIFFERENCES

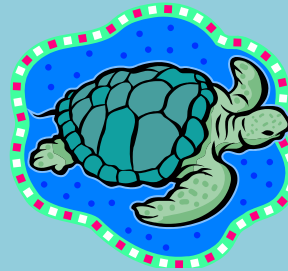
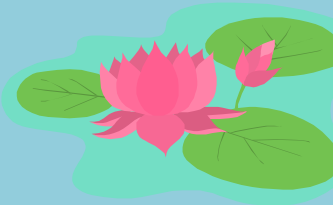


Adding and Subtracting

Follow the path around the animals that like water,
Find the **sums** and **differences**.



3	+2		-2		+4		+3	
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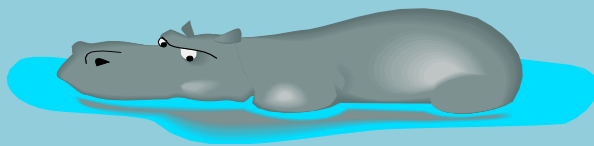


-1
+3

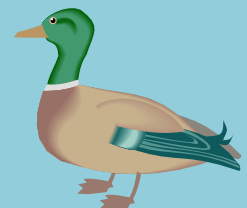
	+5		-2		-6	
--	----	--	----	--	----	--

+1

	-2		-6	
--	----	--	----	--



+4



Word Find

Use the coded symbols to find all the words in the word find

A 🐰	B 🐱	C 🐴	D 🐱	E 🐱	F 🐱	G 🐱	H 🐱	I 🐱
J ☺	K ☹	L ☹	M 🌟	N ☠	O 🐱	P 🐱	Q ➔	R ⚙
S 📍	T ❄	U †	V †	W †	X ✖	Y ☆	Z Ⓒ	

Ⓒ	✖	🐱	†	🐱	🐱	🐰	🐱	❄	🐱	KORU
📍	☹	🐱	⚙	†	❄	🐱	🐱	⚙	☹	SWIMMING
🐱	🐱	†	🐱	📍	☺	🐱	🐱	❄	🐱	SPLASH
🐱	☹	📍	🐱	☹	🐱	➔	†	☠	🐰	FUN
📍	†	🐱	🌟	🌟	🐱	☠	🐱	🐱	⚙	LEARN
🐱	🐱	🐱	†	🐱	🐱	☹	🐱	📍	☠	KICKING
☹	❄	🐱	🐱	🐱	🐱	🐱	☹	🐱	📍	BUBBLES
🐰	❄	†	🐱	🐱	☠	†	➔	☹	🐱	SCHOOL
📍	🐱	Ⓒ	✖	🐱	🐱	🐱	📍	🐱	🐱	DIVE
🐱	🐱	⚙	☹	🐱	†	☠	🐰	📍	🐱	GOGGLES
⚙	📍	🐱	🐱	🐱	🐱	☹	☆	🐱	☹	CAP
🐱	🐱	†	❄	📍	🐱	🐱	⚙	❄	🐰	POOL
☹	📍	🐱	🐱	☆	☹	🐱	🐱	🐱	☹	

Answers :

Page 4:

1. Learn to swim
2. Koru the kiwi
3. Kick with long legs
4. Always swim with an adult
5. Wear a lifejacket on the boat
6. Check the depth

Page 6:

1. Whale
2. Octopus
3. Frog
4. Turtle
5. Boat
6. Seal

Page 7:

1. Swim
2. Boat
3. Zip
4. Water
5. Pool
6. Help
7. Flags
8. Beach

Page 13:

Heat
Escape
Lessening
Position



Page 14:

1. Waves on top picture
2. Ship
3. Wind Surfer
4. Kite Surfer
5. Umbrella
6. Hat on man by umbrella
7. Dog Leash
8. Lifeguard tower
9. Swimmer
10. Children in sand

Page 5:

1. A life jacket
2. No running, no pushing, swim with others
3. Between the flags
- 4.



5. An adult, parent, persons over 14 years
6. To keep kids safe
7. New Beginnings
8. ?
9. 1 arm straight up in the air
10. A responsible adult, parent, guardian

Page: 12

1. 10-1
2. 6-1, 5+0, 9-4
3. 10-2, 4=4, 2+6
4. 6+4, 7+3, 11-1
5. 12-0, 8+4, 7+5
6. 3+3, 12-6, 5+1,
7. 9+2, 5+6, 8+3
8. 7+0, 11-4, 4+3

Page 15:

5
3
7
10
9
12
6
4
9
10
8
2
6