



## TEACHER RESOURCE MANUAL

LEARN about water safety. TALK about water safety. PRACTICE water safety. PREVENT drowning.  
Teach children about water safety today.

*Water Safety with Colin & Friends | For Pre-K and Up*

# WHAT IS WATER SAFETY WITH COLIN & FRIENDS?

*A comprehensive water safety education tool focusing on key rules that help prevent drowning and encourage children to make safer choices in and around water*



Water Safety With Colin & Friends is a comprehensive water safety education tool. The classroom-based curriculum focuses on key rules that can help children make safer choices around all types of water, such as waiting for an adult before going in or near water and wearing a life jacket. ***This program is evidence-based, continues to be evaluated for efficacy, and has been proven with statistical significance to increase children's water safety knowledge!***

The Water Safety With Colin & Friends program has flexible components which can be administered over two weeks, one week, or even one day in order to meet your group's needs. Lessons can be taught in a traditional classroom setting, outdoors, poolside, or anywhere children are already gathered for a regular learning activity. Additionally, if a local swim lesson provider is available, the classroom lessons pair seamlessly with in-water lessons. Note that all curriculum options are appropriate for children in preschool through first grade (ages 3 to 7), with modifications available for older students.



## COLIN'S HOPE - OUR STORY

On June 13, 2008, Colin fatally drowned in a lifeguarded pool the day after he successfully completed swim lessons. Adult family and friends were present. Lifeguards were on duty. Colin still drowned in shallow water...quickly and silently.

After Colin died, his parents Jeff & Jana Holst learned that **drowning is the NUMBER ONE cause of death for children ages 1-4**. Yet, DROWNING IS PREVENTABLE. Colin's Hope was created with the hope that no other family would lose their child to something so preventable.

Our mission at Colin's Hope is to educate parents, caregivers, and children to prevent drowning. **Learn more about what we do at [www.colinshope.org](http://www.colinshope.org) and TALK to children about water safety today.**



# HOW TO USE THE TEACHER RESOURCE MANUAL

*This resource manual is your one-stop shop to providing fun and engaging water safety lessons to your students!*



- 1** Read through this guide and review the **Interactive Curriculum**. You can easily teach water safety skills to your class using these printable lessons, or your students can watch the lesson videos provided in the Interactive Curriculum.
- 2** Choose which 15 minute lessons and activities you will incorporate into your weekly Lesson Plan. Remember to visit [www.drowningispreventable.org/resources](http://www.drowningispreventable.org/resources) for additional games, coloring sheets, and more that can be added to several centers of your classroom.
- 3** Print **bookmarks** and **Certificates of Completion**, or **order physical copies** of each along with Water Safety Information Cards at [www.drowningispreventable.org](http://www.drowningispreventable.org). Please allow at least 5 business days for shipping.
- 4** Gather your supplies and print all materials before your lessons. You can find printable teaching materials at [www.drowningispreventable.org/resources](http://www.drowningispreventable.org/resources).
- 5** Ensure that the **Interactive Curriculum** works properly on your tablet or other mobile device. Reach us at [curriculum@colinshope.org](mailto:curriculum@colinshope.org) if you are having any issues.



*These lessons have been written to align with Texas Pre-K Guidelines. They may align with your state's standards, as well.*

*Do you need help or would like guidance in setting up your lesson plan? Contact us! [curriculum@colinshope.org](mailto:curriculum@colinshope.org)*

# WATER SAFETY WITH COLIN & FRIENDS LESSONS

The goal of this program is to teach children safer behaviors around water. Each lesson focuses on one of The Whole Hand Rules of water safety.



## INTRODUCTION: THE WHOLE HAND RULES

“Safe” means to make choices that keep our bodies from getting hurt. When we learn about water safety, we are talking about things that keep us from getting hurt in and around water. **NO ONE is drown proof, but everyone can be SAFER around water.** The Whole Hand Rules are five ways we can be safer.



## WAIT FOR A GROWN UP

**Before we go for a swim or get into water we should WAIT FOR A GROWN UP**, even at home. Grown ups are people that take care of us, like moms, dads, babysitters, grandparents, or teachers. Our friends are NOT grown ups. We can remember this rule by pointing to grown up.



## GROWN UPS SHOULD WATCH YOU

**Before we go near or enter water, we should be sure that our GROWN UP IS WATCHING**, even at home. If our grown up’s eyes can see our bodies, they can help us be safer. We can remember this rule by putting our hands over our eyes like binoculars and looking at our grown up.



## CELEBRATE!

**YOU can make safer choices around water!** Remember, no one is drown-proof but drowning IS preventable with The Whole Hand Rules!

*Colin’s Hope is excited to launch these and additional lessons throughout 2022! Check back regularly for new lessons!*

# 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.

# INTRODUCTION: THE WHOLE HAND RULES

## TAKE-HOME ACTIVITY



### FAMILY WATER SAFETY RULES BOOKMARK

Gather materials:

PRINT Water Safety Bookmarks or ORDER physical copies.

PRINT activity instructions for parents and caregivers.

Activity:

After teaching The Whole Hand Rules of water safety, send a bookmark and a copy of the activity instructions home with each child in your class.

Encourage parents and caregivers to complete the BACK of the bookmark with their families.

Rules may look different based on each family's home and activities - Do they have a backyard pool? Do they visit lakes and beaches often? Does a family member have a pond or creek near their property? Each family's list of Water Safety Rules should reflect their own experiences.

# WAIT FOR A GROWN UP

Hand Motion: Point to a grown up



## PREPARE THE LESSON

Gather your materials:

PRINT the large icon Wait For A Grown Up

ENSURE that the Interactive Curriculum is compatible with your device.

Objectives:

Learn who a grown up can be

Understand that asking for permission is the first step before going near any kind of water

Learn the Wait For A Grown Up Song

## TEACH WAIT FOR A GROWN UP - 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 the 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? *Answers: A pool, bathtub, beach, river, a backyard, buckets, ponds, sinks, toilets, kiddie pools, and more*

- This picture means WAIT FOR A GROWN UP. **Hold up WAIT FOR A GROWN UP card.** You should always wait for a grown up before getting in the pool or going near water, even at home.
- We can remember this rule by pointing to a grown up! **Help kids remember this rule by pointing to a grown up in the room when you see this.**
- Who are some grown ups that we know? **Need them to understand that people like Mom, Dad, teachers, babysitters, aunts, uncles, and grandparents are grown ups. Their friends are NOT grown ups.** Stay safer by ALWAYS waiting for a grown up before going into or near water like pools, bathtubs, beaches, and rivers. Can you think of other places that might have water? Your grown up is someone like your mom, your dad, your grandparent or your teacher. Are you a grown up? No. You are kids, and you all are awesome!
- Let's sing a song about waiting for a grown up. Are you ready? Repeat after me. **Sing "Wait For a Grown Up" (ON NEXT PAGE) twice, with the students repeating after each line. Audio version of this song can be found on the online resource page.**

# WAIT FOR A GROWN UP

Before I swim or get in a pool  
Waiting for a grown up is the rule!  
Before I jump in, what will I do?  
I'll wait for a grown up!  
(louder) I'll **WAIT FOR A GROWN UP!**



- *After singing the song twice ask these questions:*
  - Where can you find water? *Pool, bathtub, backyard, beach, river, pond*
  - Who should you wait for if you want to get in the bathtub? *A grown up, Mom or Dad, Grandma, Grandpa, babysitter*
  - Who should you wait for if you want to go swimming? *A grown up, Mom or Dad, my teacher*
  - Should you ever go swimming by yourself? *Only correct answer: No, I should wait for a grown up.*
  - Should you ever get in the water by yourself, even at home? *Only correct answer: No, I should wait for a grown up.*
  - Who do we know that is a grown up? *Mom, Dad, teacher, swimming teacher, grandparents, babysitter, etc.*

**Lesson wrap up:** *Sing the song one more time, all together. You may also review The Whole Hand Rules chart and matching hand motions.*

# GROWN UPS SHOULD WATCH YOU

*Hand Motion: Put hands over eyes like binoculars*



## PREPARE THE LESSON

Gather your materials:

PRINT the large icon Grown Ups Should Watch You

ENSURE that the Interactive Curriculum is compatible with your device.

Objectives:

- Learn who a grown up can be
- What is a distraction
- Where grown ups should watch you
- How to remind our grown up to watch us around water



## TEACH GROWN UPS SHOULD WATCH YOU - 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? **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.

- This picture means GROWN UPS SHOULD WATCH YOU. **Hold up GROWN UPS SHOULD WATCH YOU card.**
- We can remember this rule by putting on our binoculars! **Help kids remember this rule by cupping their hands around their eyes like binoculars.**
- Who do we know that is a GROWN UP? **Mom, Dad, Aunt, Uncle, Grandma, Grandpa, Babysitter, Camp Counselor, or Teacher.**
- Who should watch you when you are around any kind of water like the bathtub, pool, lake, beach, or river? **A GROWN UP!**
- Grown ups (or adults) need to be WATER WATCHERS for you. That means they should be actively supervising you and completely undistracted.
- A "distraction" is something that takes away your attention. If I'm talking to you and someone else calls your name, THAT is a distraction. Can you think of some things that can be a distraction to grown ups? **Good answers: PHONES, friends, other children, reading books, cooking, chores like laundry and cleaning, siblings, and more.**
- If your grown up becomes distracted, you can POLITELY remind them to watch you by saying, "Hey, Grown Up! Please watch me while I'm around water." Practice saying that now!

**Lesson wrap up:** Review GROWN UPS SHOULD WATCH YOU and hand motion.

# 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** 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** What can help you to be safer around water?  
A. Splash In The Mud  
B. Stop, Drop, and Roll  
**C. The Whole Hand Rules**
- 4** What is the BONUS rule of The Whole Hand Rules?  
A. Take A Bath  
**B. Stay Away From Drains**  
C. Go Fishing With Grandpa
- 5** What is the FIRST thing you should do before going into or near any kind of water?  
**A. Ask A Grown Up For Permission**  
B. Splash In The Mud  
C. Read A Book
- 6** Select all of the GROWN UPS.  
**A. Mom and Dad**  
**B. Grandpa**  
C. Kids  
**D. Aunt**
- 7** Where should grown ups watch you in and around water?  
**A. Playing in the backyard**  
**B. At the lake**  
**C. During bathtime**  
**D. Anytime someone is in the water**
- 8** What kinds of things can distract grown ups from watching you?  
**A. Phones**  
B. Staying close to you around water  
**C. Books**  
**D. Talking to other grown ups**
- 9** What can you do if your grown up is NOT watching you?  
**A. Politely remind them to watch you**  
B. Stay in the water to play  
C. Get in the bathtub





## **DROWNING IS FAST. SILENT. PREVENTABLE.**

*Learn about water safety. Talk about water safety. Practice water safety. Prevent Drowning.  
For full interactive and downloadable lessons, visit [www.drowningispreventable.org](http://www.drowningispreventable.org).*

