



LEARNING TO ASK PERMISSION & ENTER THE WATER

LITTLE SPECKLED FROGS

Appropriate Age: 6 months to 5 years

Appropriate Skill Level: Beginners

Activity Description: Have the children sit on the edge of the pool pretending to eat bugs and singing the following:

Six little speckled frogs. Sat on a speckled log. Eating the most delicious bugs.
One jumped into the pool (**guardian assists child into pool**). Where it was nice and cool. Now there are five speckled frogs (**guardian returns child safely to the edge**).

Progressions: Once a child is comfortable getting into the water from a seated position, have the child stand and wait for the cue to enter the water with a jump.

POPCORN

Appropriate Age: 12 months to 5 years

Appropriate Skill Level: Beginners to intermediate

Activity Description: Have children enter the water one at a time, first holding both their guardian's hands, then one hand, and, lastly without any contact if the child is comfortable. Each time, the guardian and child recites the following:

It's getting hot! It's getting hotter! It's getting really hot! It's going to POP!

Progressions: Once the child is able to successfully jump into the water independently have them slap their guardian's hands (see "Give Me Five" activity on back page).

To help prevent drownings in our community,
encourage others to take the WATER WATCHER Pledge.
TUCSONYMCA.ORG/WATERWATCHER



LEARNING TO ASK PERMISSION & ENTER THE WATER CONTINUED

GIVE ME FIVE

Appropriate Age: 3 years to 12 years

Appropriate Skill Level: Beginners to intermediate

Activity Description: Have the children stand at the edge of the pool while their guardian holds out their hands, palms up. Then have the children jump into the water, hitting their guardian's hands as they do so. This will slow down the children's fall and keep their faces from getting too wet.