



LEARNING TO BACK FLOAT & GLIDE

WATERMELON TUMMY

Appropriate Age: 3 years to 5 years

Appropriate Skill Level: Beginners to intermediate

Activity Description: Give your child a pretend watermelon seed and tell them to pretend to swallow it. Have them imagine the watermelon growing bigger in their tummy. As the imaginary watermelon grows bigger, children should arch their backs to stick out their stomachs. As they do, their heads naturally go back and they assume a floating position.

BE LIKE

Appropriate Age: 3 years to 12 years

Appropriate Skill Level: Beginners to intermediate

Activity Description: Ask students to pretend to be like the following as they float on their backs: a cloud, a feather, an ice cube floating in water, a letter "T," a napping puppy, an airplane, a rocket etc.

LILY PAD

Appropriate Age: 3 years to 12 years

Appropriate Skill Level: Beginners to intermediate

Activity Description: Encourage your child to lie on their back in the float position with a kickboard pulled toward their stomachs. Ask them to pretend that they are lily pads holding a frog. Encourage them to help their frog get to another lily pad by keeping the boards on their tummies and working on kicking.

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

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