



HOLD HANDS: LESSON PLAN FOR EDUCATORS

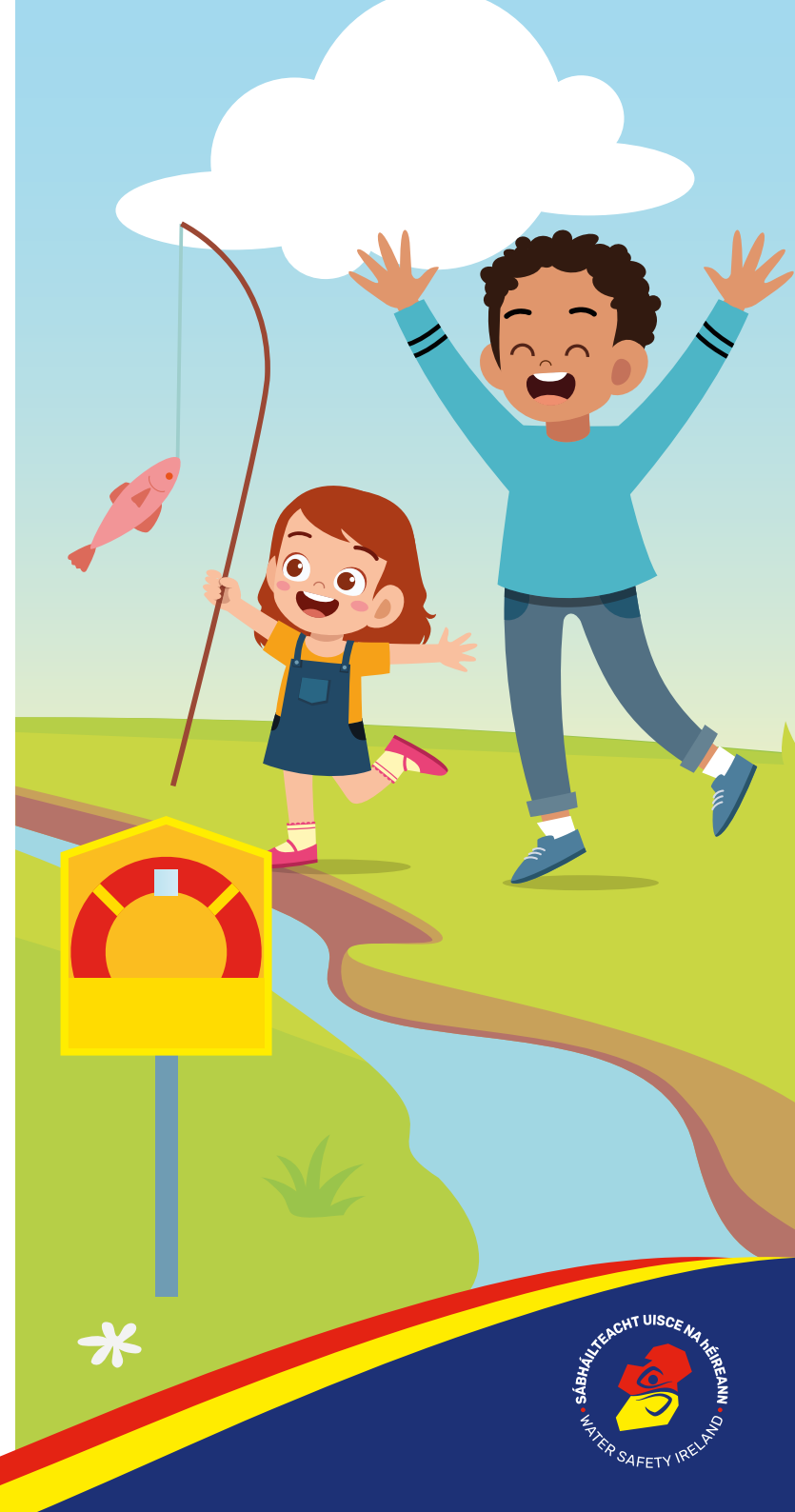
STAY SAFE AT THE LAKE

Overview: At the Lake

By the end of this lesson, students should be able to identify the basic safety principles while at the lake:

- Always have Adult Supervision (Hold Hands)
- S.A.F.E (Stay Away From Edges)
- Listen to the Lifeguards
- Check the depth
- Never follow drifting objects
- Lifejackets

Resources required: Hold Hands storyboards (physical/digital)





Lesson Structure:

1. Introduction to Being Safe at the Lake

Ask children to look at the storyboard and discuss the characters:

- Who is being Safe?
- Who is being Unsafe?

2. We only go near water with an adult, never without them. Hold Hands.

Only ever go near the water's edge with an adult.
Always remember to hold the adult's hand.
Ask students to explain Why?

- Edges can break away easily
- Edge of water could be hidden by grass/plants etc.

3. Stay away from edges, don't get too close when walking.

S.A.F.E: Even when we are holding an adult's hand.
It is still important to Stay Away From Edges.

- Uneven/Slippery edges – Can easily slip



- 4. If there is a lifeguard, we swim close to him or her**
 - a. Only swim in where there are lifeguards
 - b. Always listen to the lifeguard. What would the lifeguard say?
 - They want to stop accidents from happening.
 - They want to make sure everyone has a safe and enjoyable time.

- 5. Lakes can get deep quickly, always stay close to shore**
 - a. May not be able to see the bottom of the lake.
 - b. Listen to the lifeguard – They know how deep it is and where it is safest to swim

- 6. We do not follow our toys if the wind blows them away**
 - a. What can we do? Ask an adult if it is safe for them to get it.
 - b. If it has blown too far out, we must leave it.



Activities:

1. Drama/Roleplay

Going Fishing

The children can build their own fishing rod. Using a stick, string, and pieces of Velcro. The educator can then provide fish cut outs with Velcro glued onto them. The fish can be placed in a cardboard pond or actual water if they are limited. The children can then go fishing in the setting and the educator can promote water safety awareness discussion.

2. Arts and Crafts

Make your own ringbuoy.

The children can make and design their own ringbuoy for the setting

3. Storybooks

See **At The Beach** lesson plan for storybooks promoting water safety

4. Messy Play

Stepping-Stones

Children can create their own stepping-stones and use their imagination to pretend there is water beneath them. The children will discuss water safety, what happens if they fall in and what the hazards might be. Practice what to do if we need to call for help: Hand in a fist, wave above head and shout "Help"

