



HOLD HANDS: LESSON PLAN FOR EDUCATORS

STAY SAFE ON HOLIDAYS

Overview: On Holidays

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

- Awareness of the dangers of water in various waterways.
- Always have adult supervision – Hold Hands
- Stay Sun safe – Sunscreen and hat
- Awareness of Beach Rules
- Beach Flags
- Awareness of Swimming Pool rules

Resources required: Hold Hands storyboards (physical/digital)





Lesson Structure:

1. Introduction to Being Safe on Holidays

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

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

2. Even on holidays, water can still be dangerous

a. Although the water may look different (calm, clear, warmer!) it is important that we continue to behave safely around water.

- Is there a lifeguard?
- b. There is not always a lifeguard present at the swimming pool on holiday, but we can still be safe!
- Are there flags on the beach? What colours are they?
Swim in the Swim Zone

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

- a. Only ever go near the water's edge with an adult. Always remember to hold the adult's hand
- b. Never stray too far from an adult's supervision



4. Make sure an adult is watching us

5. We wear sunscreen and a hat.

- Ask the children to show how they would put on sunscreen and their hat.
 - Some characters in the storyboard are wearing lifejackets:
 - Does the lifejacket fit properly? Explain what will happen if the lifejacket doesn't fit properly. (To check if a lifejacket properly fits, lift the child by the shoulders of the lifejacket, their chin and ears should not slip through.) All lifejackets need to have a crotch strap.
 - Always listen to the Lifeguards.
 - What does the lifeguard look like? What do they wear?
 - What would the lifeguard say?
 - They want to stop accidents from happening.
 - They want to make sure everyone has a safe and enjoyable time.
- Can we spot any important safety signs?



Activities:

1. Drama/Roleplay

Lifejackets and safety equipment

Provide life jackets for the kids to wear. Make a pretend boat using a cardboard box or tape on the floor with chairs sitting inside the tape lines. The kids practice putting on their life jackets before entering the boat. Another option is to make a pretend pool or lake on the floor using tape outlines or a blue blanket. Let the kids practice walking when near the water and climbing in carefully to enter the water

2. Arts and Crafts

Build your own private island – the children can build their own island, create their own water safety rules on the island and create role play from the island using the holiday storyboard.

3. Storybooks

Have Storytime where the children are encouraged to share their experiences on holidays. Where did they go swimming? What did they do to make sure to stay safe?

4. Messy Play

Using sand and water play, ask the children to help create a beach on holidays. What are the differences between beaches on holidays and at home? Draw and cut out beach safety flags and ask the children to put them on their beach.

