



Aqua Smart

Activity Lessons for Water and Boating Safety

Check Out
Our K-2 Grade
Level Activities,
pages 3-10

See 3-5 Grade
Level Activities,
pages 11-18

Now Includes
6-8 Grade
Level Activities,
pages 19-26

*Riva
The Otter*



Includes fun student activity lessons that teach how
to be safe and wise when playing in and around water!



This **AquaSmart Activity Lessons for Water and Boating Safety** resource contains a variety of activities that teach children important lessons about water and boating. The activities are designed to cover multiple aspects of aquatic and boating safety as well as weather, buoyancy, pollution, and more.

The lessons encourage children to enjoy the water, but it also teaches them that it can be dangerous without the proper precautions. The activities present some essential rules and teach children how to make the right decisions. After learning these guidelines and thinking through different scenarios, children will know how to play in and around the water safely—and they'll know what to do if an accident does happen.

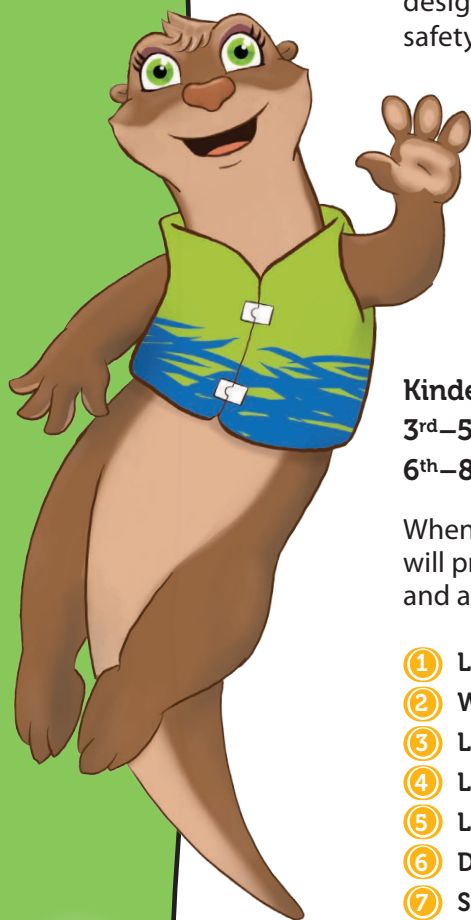
Kindergarten–2nd Grade Level Activities page 3-10

3rd–5th Grade Level Activities page 11-18

6th–8th Grade Level Activities page 19-26

When children learn safety lessons at an early age, the lessons will protect them even into adulthood. These AquaSmart lessons and activities can help save their lives and the lives of others.

- ① Learn to Swim!
- ② Wear a Life Jacket!
- ③ Learn to Float!
- ④ Learn to Rescue Safely!
- ⑤ Look Before You Leap!
- ⑥ Don't Overload Your Boat!
- ⑦ Stay With Your Boat!
- ⑧ Learn the Boating Rules of the Road!
- ⑨ Alcohol, Drugs and Boating Don't Mix!
- ⑩ Keep Our Waterways Clean!



For more information, contact:

California State Parks Division of Boating and Waterways (DBW)

www.dbw.parks.ca.gov



The Waterways of California

The State of California

In California, the land ranges from desert to forest with short, wet winters and long, dry summers. Water shapes the land and is very important. Every living thing needs water to live. Most of the fresh water California uses comes from snow and rain in the mountains. Waterfalls

and streams flow into rivers and lakes. Rivers and lakes flow into canals. And canals are used to bring water to farmers and people in the cities. California is divided into four regions. Label the regions on the map and then answer the questions below.

- ① Draw a star on the map where you live.

- ② Name three things that need water to live.

- ③ Where does most of California's fresh water come from?

- ④ Which California region do you think gets the least amount of water?

Map Legend

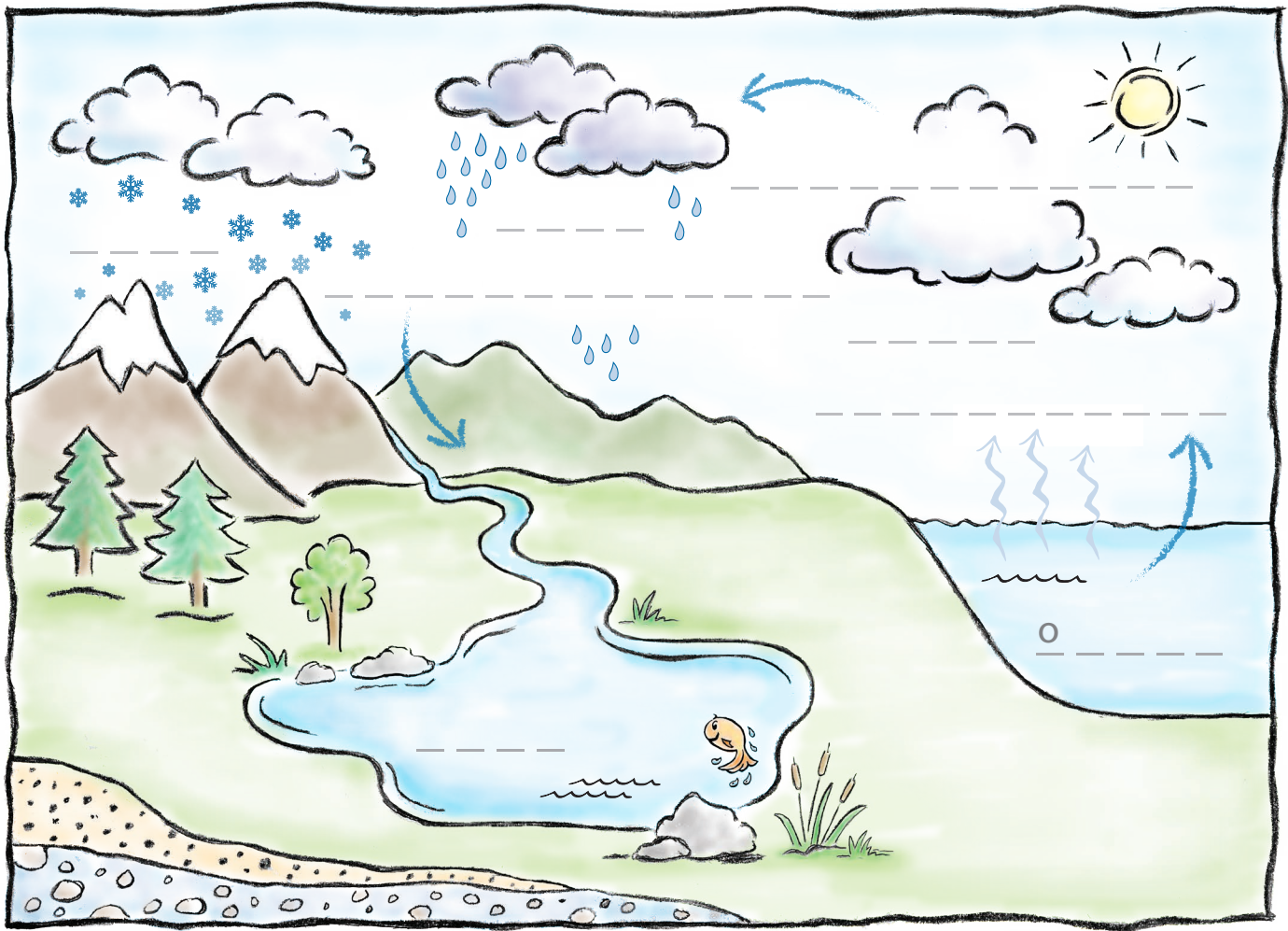




Water Cycle

Water Goes Around and Around

The earth doesn't make new water; instead, the water we already have goes around and around in a cycle. The picture below shows how the cycle works. Label the main parts of the water cycle, or label the things you see in the picture. Then, draw something that needs water to live and add it to the picture below.



Word Bank

lake

snow

cloud

rain

ocean

evaporation:

The sun heats the earth's water and turns it into steam. It floats up in the air.

condensation:

In the air, the steam gets cold, so it turns back into a liquid and forms clouds.

precipitation:

When a cloud gets heavy, the water falls back to earth as rain, snow, sleet, or hail.



Wear a Life Jacket!

Lesson: Grade Level 3–5

Be Safe, Be Smart Scramble

Be safe. Be smart. Learn how to swim before playing in or around the water. It's also important to wear a life jacket—it can help save your life! Unscramble the missing words to complete the sentences.



- ① Swimming is a learned skill, and knowing how to swim can _____ your life!
a v s e
- ② It is safe and wise to swim with a responsible adult, or _____.
u d b d y
- ③ When you are near water, be sure there is a responsible _____ with you.
d a u l t
- ④ Beware of waves and strong currents, and **never** swim in a _____!
c a a n l
- ⑤ Wear a life _____ when you're in a boat, on a dock, or entering water that may be dangerous.
a j c t e k
- ⑥ A life jacket can keep you warmer in cold water, and it can keep you _____ until help comes.
a l f o t a
- ⑦ Your life jacket should have a _____ attached to the front.
h t i w s l e
- ⑧ A life jacket that fits properly should hold your head _____ the water.
b a o v e
- ⑨ A life jacket is too big if you can pull it off over your _____.
d h a e
- ⑩ Wear a life jacket when you're on a moving boat—it's the _____ for kids.
w a l





Learn to Float!

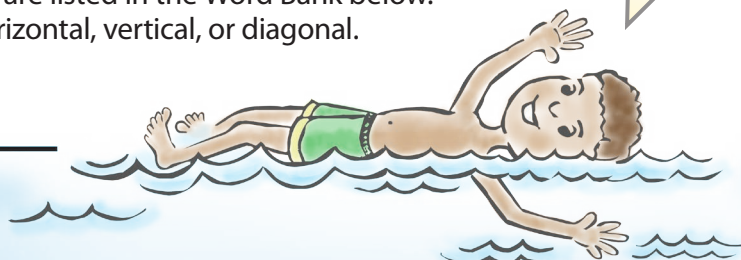
Lesson: Grade Level 3–5

Do You Know How to Float?

Floating might look easy, but it's actually a skill you have to learn. And it's important to learn, because it can help you save yourself if you ever get into trouble in the water. When you learn to float the right way, you can keep your head above water until help comes—without getting too tired. Floating also helps you stay calm. Help Riva search for words in the puzzle that are listed in the Word Bank below. Circle the words you find. Words may be horizontal, vertical, or diagonal.

I'm learning to float!

Ask an adult to teach you how to float. Learn and practice in a safe place, like a swimming pool.



d a s w i m o t r e s c
o p r a c t i c e b o f
w s x t c a l m s p c l
n t l e a r n b c e a o
s r o r y d g t u z b a
t e c h n i q u e a u t
r a i p s b l c y s d y
e d s f o g h a i a d m
a h e l p o h m k f y i
m t s k i l l c k e f d

Word Bank

learn
float
tread
water

buddy
pool
downstream
calm

practice
swim
safe
help

technique
rescue
skill
lake



Learn to Rescue Safely!

Lesson: Grade Level 3–5

What Could You Do?

You should always be safe around water, but you should also know what to do if there's an accident. There are three ways you can try to rescue someone who is in trouble. First, grab something long and strong, and **reach** it out to the person so she can grab the other end. Second, find something that floats really well and **throw** it to the person. Third, if you can't reach or throw, then **find an adult to row** out to the person. If you can't reach, throw, or find an adult to row, **call 9-1-1 to get help**.



- ① What would you do? Pretend you see someone struggling in the water. Which helper would you pick? Draw yourself using it to rescue her.



- ② Write a rescue story about the picture above using one of the reach, throw or row helpers.



Look Before You Leap!

Lesson: Grade Level 3–5

Know What You're Getting Into

Don't jump into water if you can't tell how deep it is or if you can't check for hazards. Don't jump if you see a sign that says "No Swimming" or "No Diving." Never jump off bridges, rocks, or cliffs. And never swim in a canal; the water moves quickly, and the sides of the canal are slippery, so it's very hard to climb out. Plus, swimming in a canal is against the law. Read the sentences and fill in the missing words. Then, finish the safety message below by writing in the letter that corresponds to the number listed.

Word List

dangers	leap
injure	bridges
shallow	swimming
safety	lifeguard
canal	watching

Look for _____ before you _____ into

the water. There may be rocks, logs, garbage, or hidden objects that could

_____ you. The water may also be deeper or more

_____ than you think. For your _____, never jump

off _____, rocks, or cliffs, and **never** swim in a _____!

Be responsible; only swim in an area marked for _____, and make sure a

responsible adult or _____ is _____.

Solve the Message

Before you jump, look out for ...

1 2 3 3 4 5 6 7 8 9 10 11 12 4 8
13 5 3 4 14 15 10 9 4 14



Don't Overload Your Boat!

Lesson: Grade Level 3–5

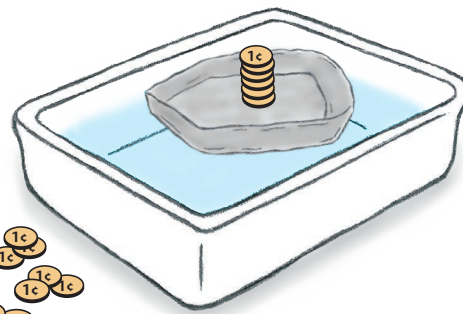
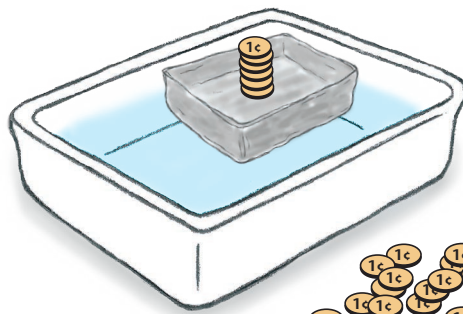
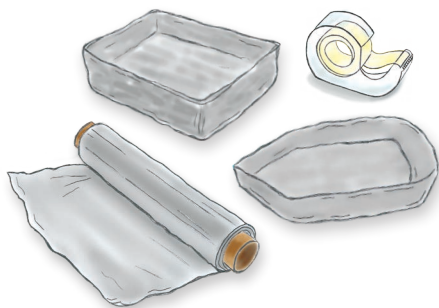
A Balancing Act

All boats need to be balanced safely. An overloaded boat or unbalanced boat can turn over or capsize, even when there is no wind or rough water. Some boats, though, are easier to sink than others. In this activity, you will design two tin foil boats and load them up with pennies in different ways. You need aluminum foil, tape, a large container full of water, and a bunch of pennies.



Build and Test the Boats

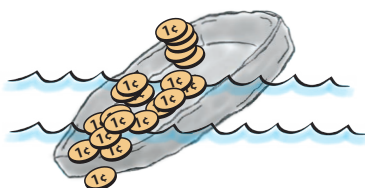
- 1 Use the foil to construct two boats of different sizes, shapes, or heights. One could be square and one could have pointed ends, or one could have short sides and the other one have tall sides. Fold up the sides so the boats don't leak. Tape the sides if you need to.
- 2 Place the foil boat into the bowl on top of the water. Carefully add the pennies one by one, building a single stack in the middle of the boat. How many pennies can the boat hold before it sinks?
- 3 Dry the pennies, then repeat the test on the second boat. How many pennies can it hold?
- 4 Which boat held the most pennies? Why?



Balance and Sink the Boat

- 5 Take the winning boat and think of other ways the pennies can be arranged in the boat to hold more weight. Draw or write down different ways to arrange the pennies that you think will **sink** the boat:
- 6 So now, try your experiment with different arrangements, using the same number of pennies, until the boat tips over. Where did you put the pennies and why did that sink the boat?
- 7 Now try your experiment with different arrangements to keep the boat from sinking. Which method fit the most pennies?

and ways that you think will **balance** the boat:



Why didn't the boat tip over?

- 8 Based on your experiment, what is the best way to load a boat safely?



Stay With Your Boat!

Lesson: Grade Level 3–5

Stay with Your Boat Crossword Puzzle

Even when the weather is calm, boats can capsize. Capsize means to flip over in the water. If that happens, stay with the boat. Try to climb up onto it, as high as you can, and wait there until you're rescued. To finish this crossword puzzle, match the words in the Word Bank to the clues and definitions. Then fill in the blanks with these important words about water safety.

Word Bank

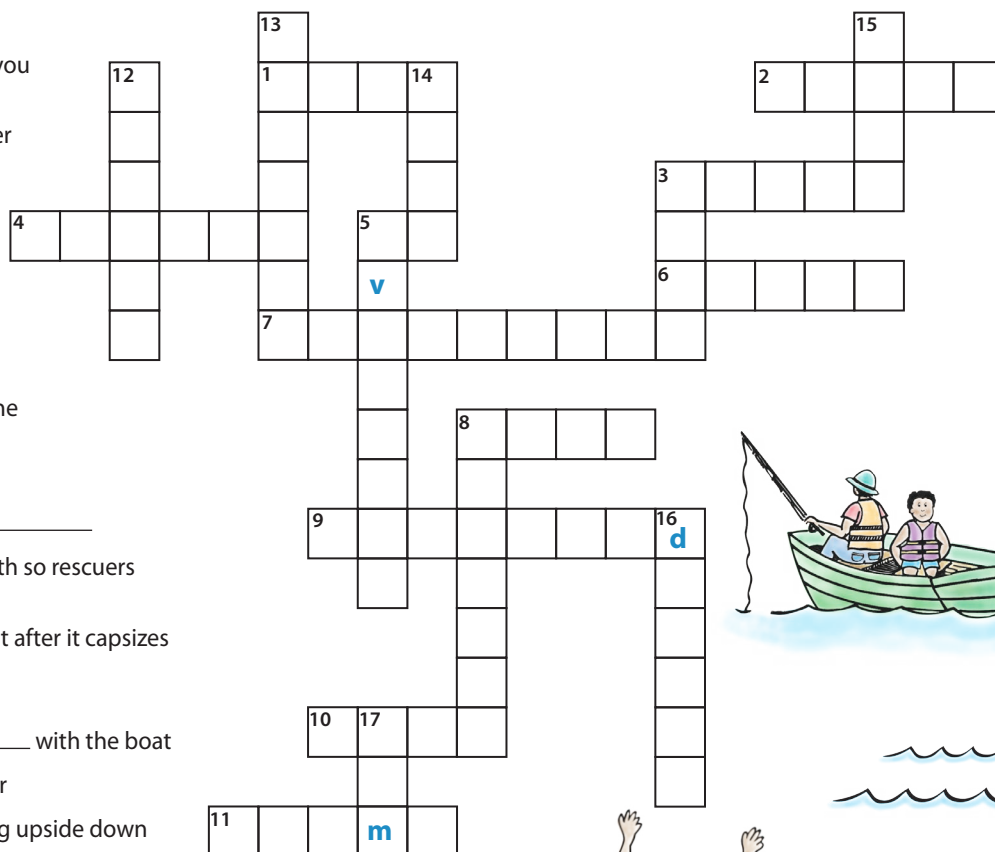
smart	stay	boat
rescue	plan	calm
overturn	whistle	wave
prepared	help	arm
jacket	danger	capsize
climb	emergency	adult
float	on	

Across

- ① If you see someone in trouble, you should _____
- ② To rest on your back in the water
- ③ Learn about water safety; be Aqua _____!
- ④ Wear a life _____ when you're near the water
- ⑤ The opposite of *off*
- ⑥ Another word for a grownup
- ⑦ A scary situation where someone is in danger
- ⑧ Don't panic; stay _____
- ⑨ If you plan ahead, you'll be _____
- ⑩ To move your arm back and forth so rescuers can see you
- ⑪ To move upward onto your boat after it capsizes

Down

- ③ If your boat capsizes, _____ with the boat
- ⑤ A boat turning over in the water
- ⑧ Another word for a boat flipping upside down in the water
- ⑫ To save someone who is in danger
- ⑬ Blow a _____ to make a loud, shrill noise
- ⑭ Be prepared; make a detailed _____
- ⑮ A vehicle that travels on water
- ⑯ The opposite of safety
- ⑰ Wave your _____ to get a rescuer's attention





Learn the Boating Rules of the Road!

Lesson: Grade Level 3–5

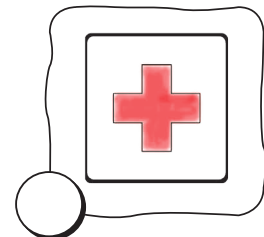
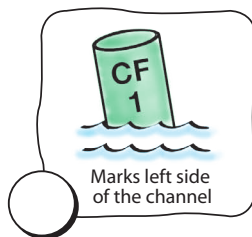
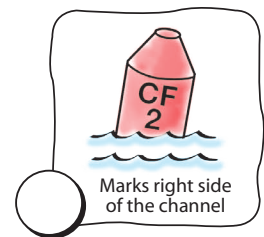
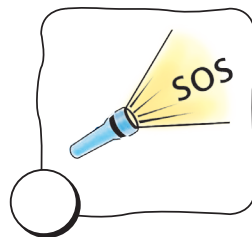
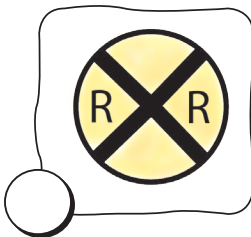
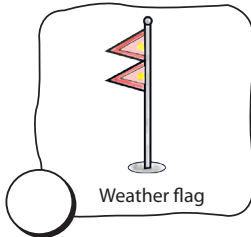
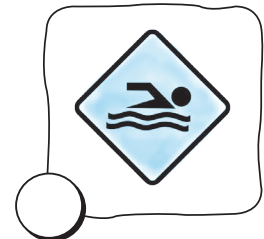
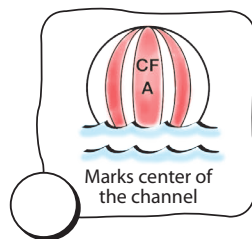
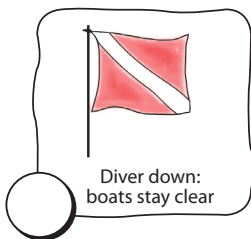
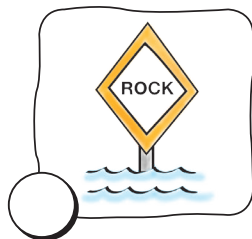
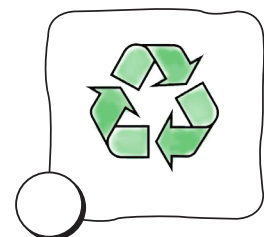
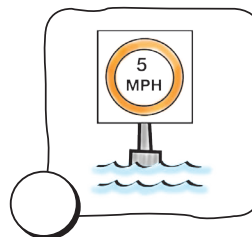
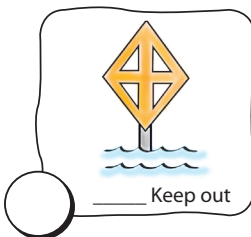
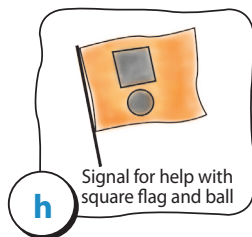
What Does the Sign Say?



People using their boats in the water have to follow rules and pay attention to signs—just like people driving cars on the road. See if you can tell what these signs and symbols mean. Look at each sign, check the Word List, and then fill in the correct letters.

Word List

- | | |
|-------------------------------|-------------------------------------|
| a Swimming | k Railroad Crossing |
| b First Aid | l No Smoking |
| c Warning: Rock | m Weather Flag |
| d 5 Miles Per Hour | n Flashlight: SOS |
| e Boats Keep Out | o Right Channel Buoy |
| f Recycle | p Left Channel Buoy |
| g Diver in the Area | q Poisonous |
| h Need Help (distress) | r No Parking |
| i Center Channel Buoy | s Yield: Pedestrian Crossing |
| j No Swimming | t Disability |





Keep Our Waterways Clean!

Lesson: Grade Level 3–5

A Clean Environment is a Healthy Environment!

People, plants, and animals depend on clean, safe water. Write in the names of living things in the first box below. List recyclable and throw-away items in the middle box below. In the last box, list items that should be taken home.



Living Things

Recycle or Throw Away

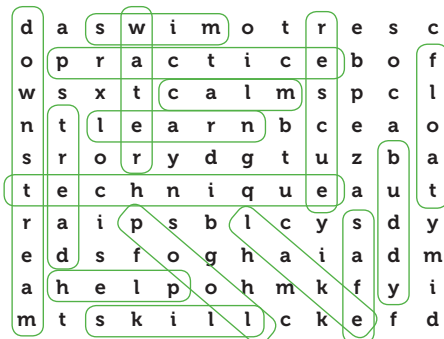
Items to Take Home



Page 11

1. save
2. buddy
3. adult
4. canal
5. jacket
6. afloat
7. whistle
8. above
9. head
10. law

Page 12



Page 13

Which helper would you pick?
Answers will vary.

Draw yourself using the helper to rescue her.

Narratives will vary.

Page 14

Look for **dangers** before you into **leap** the water.

There may be rocks, logs, garbage, or hidden objects that could **injure** you. The water may also be deeper or more **shallow** than you think. For your **safety** never jump off **bridges**, rocks or cliffs and never swim in a **canal**!

Be responsible, only swim in an area marked for **swimming** and make sure a responsible adult or **lifeguard** is **watching**.

Safety message:

Before you jump, look out for...

hidden obstacles under water.

Page 15



2. and 3. Answers will vary.

4. Answers will vary slightly. A foil boat with a wide and flat bottom will hold the most pennies.

5. Unevenly stacking pennies on one side, one half, or leaning up against one side will sink the boat.

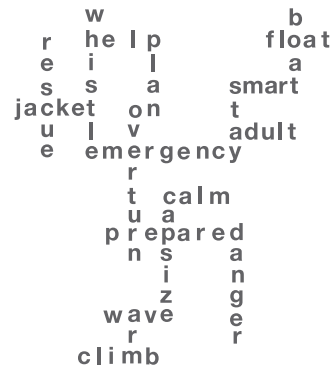
Pennies arranged evenly and balanced throughout the boat will balance the boat.

6. Pennies were unevenly placed on one side or one half of the boat. The load of pennies was unbalanced, making the boat tip over. Adding too many pennies will make the load too heavy and sink.

7. The boat with pennies arranged evenly and balanced throughout the boat, fit the most pennies. The boat remained stable because the weight of pennies was distributed evenly.

8. Load people and gear in the boat so the weight is evenly spread and balanced.

Page 16



Page 17



Page 18

Living Things:

girl trees
boy plants
starfish ducks
fish rabbit
crab butterfly
bird

Recycle or Throw Away:

girl trees
boy plants
starfish ducks
fish rabbit
crab butterfly
bird

Recycle or Throw Away:

shovels sunglasses
pails beach ball
sandals towel



Wear a Life Jacket!

Today's life jackets may not be what you think—many are lightweight, comfortable, and come in many sizes, styles, and shapes for every person and every sport.

The U. S. Coast Guard requires recreational vessels (boats, canoes, rafts and standup paddleboards) to have a wearable life jacket for each person aboard. These life jackets must be:

- U. S. Coast Guard approved
- The proper size for the intended wearer
- In good and serviceable condition
- Properly stowed (readily accessible)

Under California law, **every child under 13 years of age** on a moving recreational vessel of any length must wear a Coast Guard-approved life jacket.

If a life jacket fits properly...

- It will help keep your head above the water.
- If it's too big, the life jacket will ride up around your face.
- If it's too small, it will not be able to keep your body afloat.
- Life jackets designed for adults will not work for children!

Try it on for size

- Check the manufacturer's label to ensure that the life jacket is a proper fit for your size and weight.
- Make sure the jacket is properly fastened.
- Hold your arms straight up over your head.
- Ask a friend to grasp the tops of the arm openings and gently pull up.
- Make sure the arm openings are snug and the life jacket does not ride up over your chin or face.
- For the best fit, try the life jacket in shallow water under safe and supervised conditions.

For more information on life jackets and boating and water safety, visit:

www.dbw.parks.ca.gov

▶ Type 1
Offshore
Life Jacket



▶ Type 2
Near-Shore
Buoyant Jacket



▶ Child
Life Jacket



▶ Vest-Type
Life Jacket



▶ Manual
Inflatable



▶ Belt Pack
Inflatable

A life
jacket can
save your
life, but
only if you
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