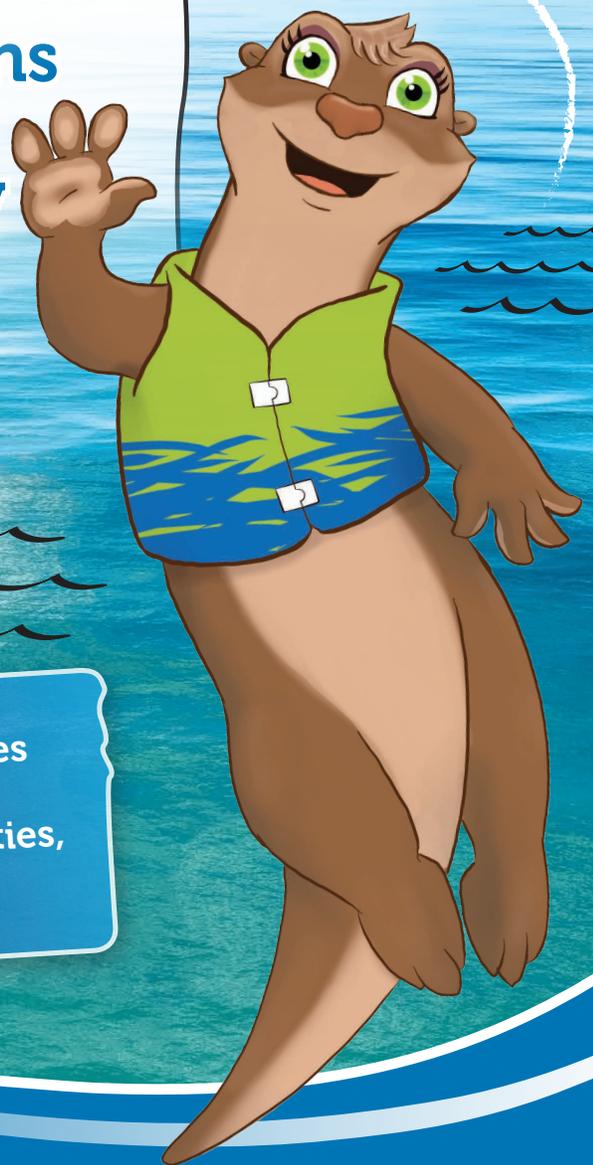


# Aqua Smart

## Activity Lessons for Water and Boating Safety

*Riva  
The Otter*



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



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–2<sup>nd</sup> Grade Level Activities . . . . . page 3-10**  
**3<sup>rd</sup>–5<sup>th</sup> Grade Level Activities . . . . . page 11-18**  
**6<sup>th</sup>–8<sup>th</sup> 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](http://www.dbw.parks.ca.gov)



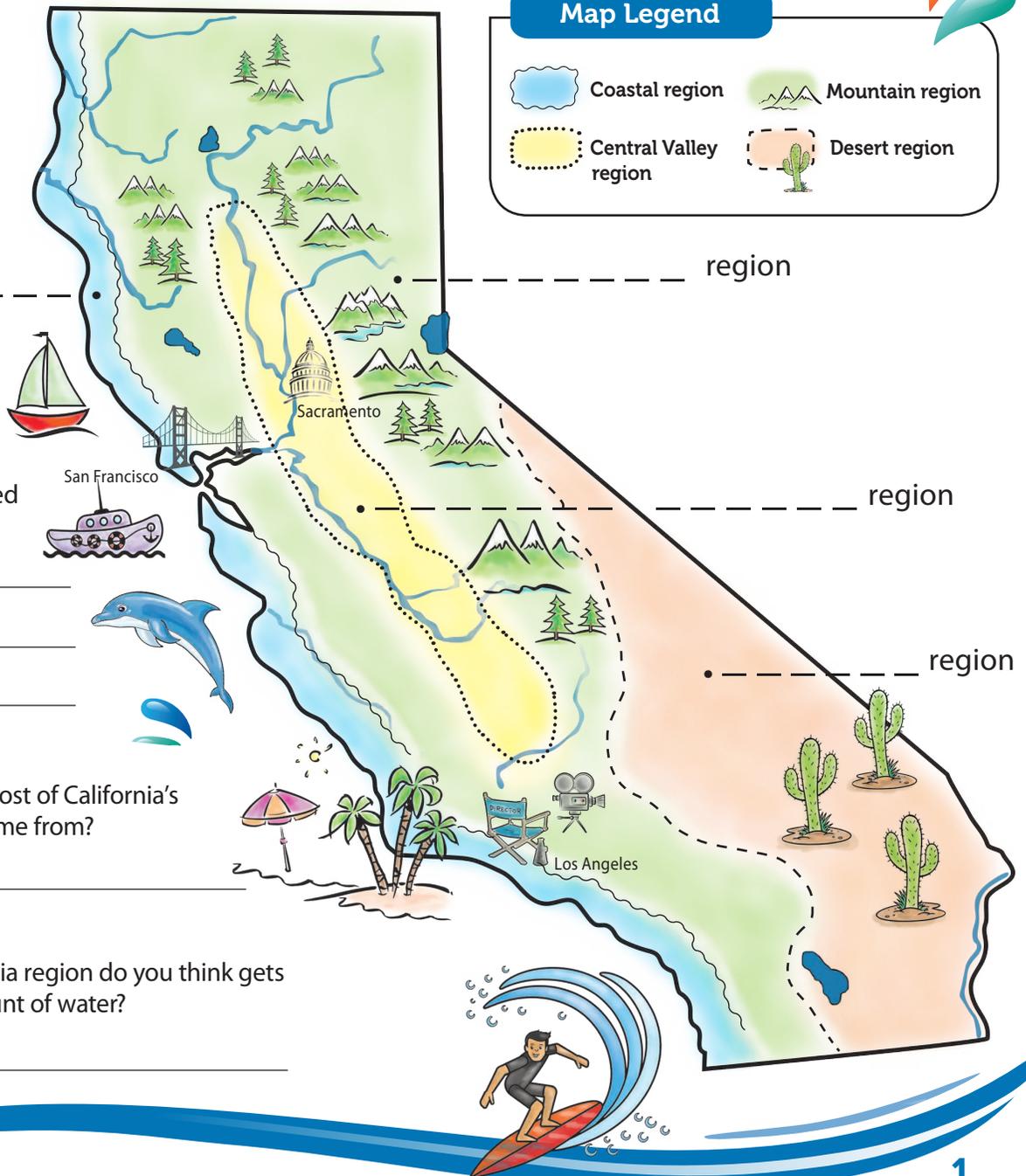
# The Waterways of California

## 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.

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

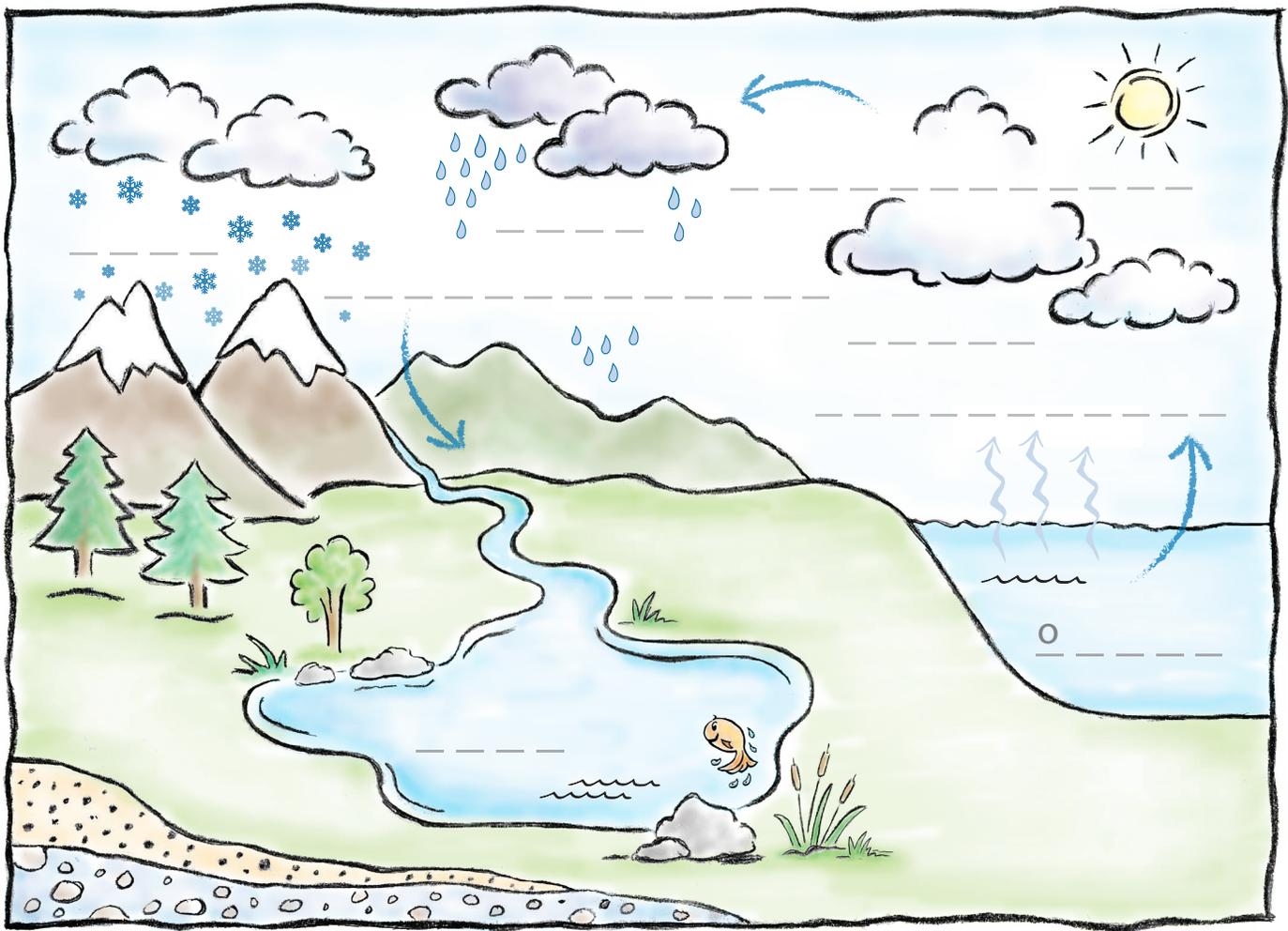
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4 Which California region do you think gets the least amount of water?

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## 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.



# Learn to Swim!

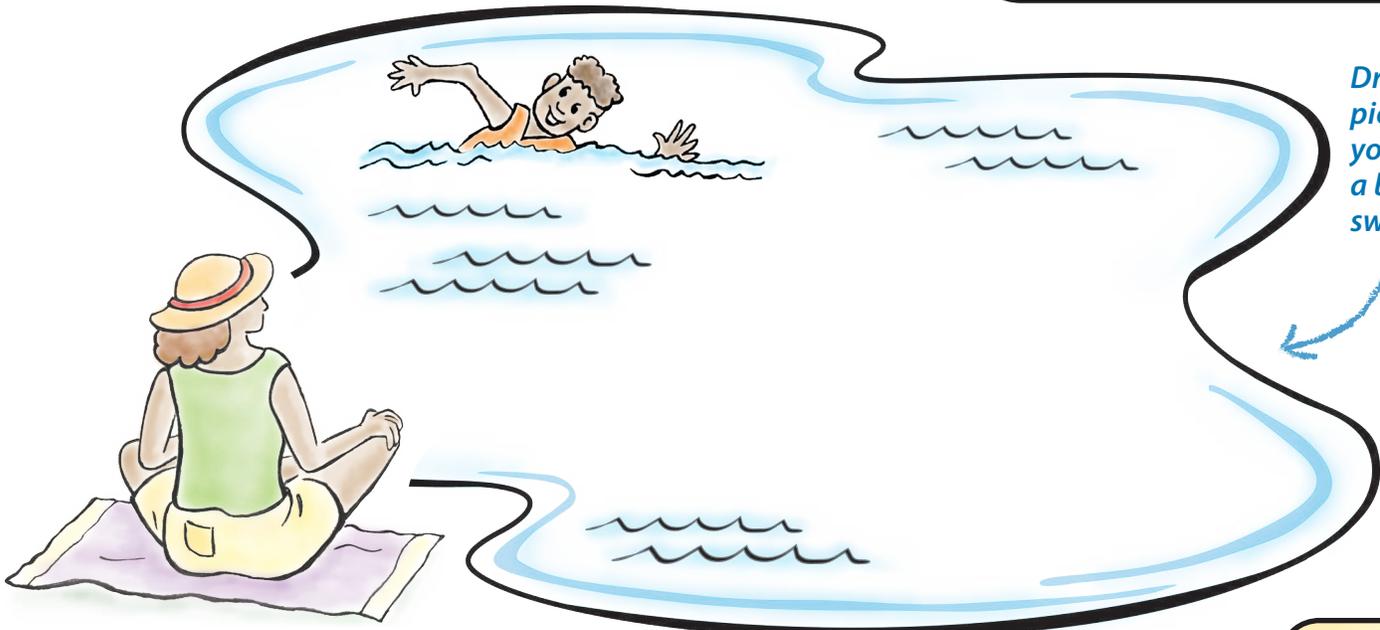
Lesson: Grade Level K-2

## Swim with a Buddy

Always swim with a buddy! You can keep each other safe. Never swim alone. Use the words from the Word Bank to fill in the missing words below. Then, draw a picture of yourself or a buddy swimming.

### Word Bank

safe    buddy    learn  
swim    grownup



Draw a picture of yourself or a buddy swimming.

You should  e    to swim. It is a skill that can save your life!

Swim with a     . Never     alone.

Swim when a lifeguard or        can watch you.



Only swim in a     place.

Learn to swim!





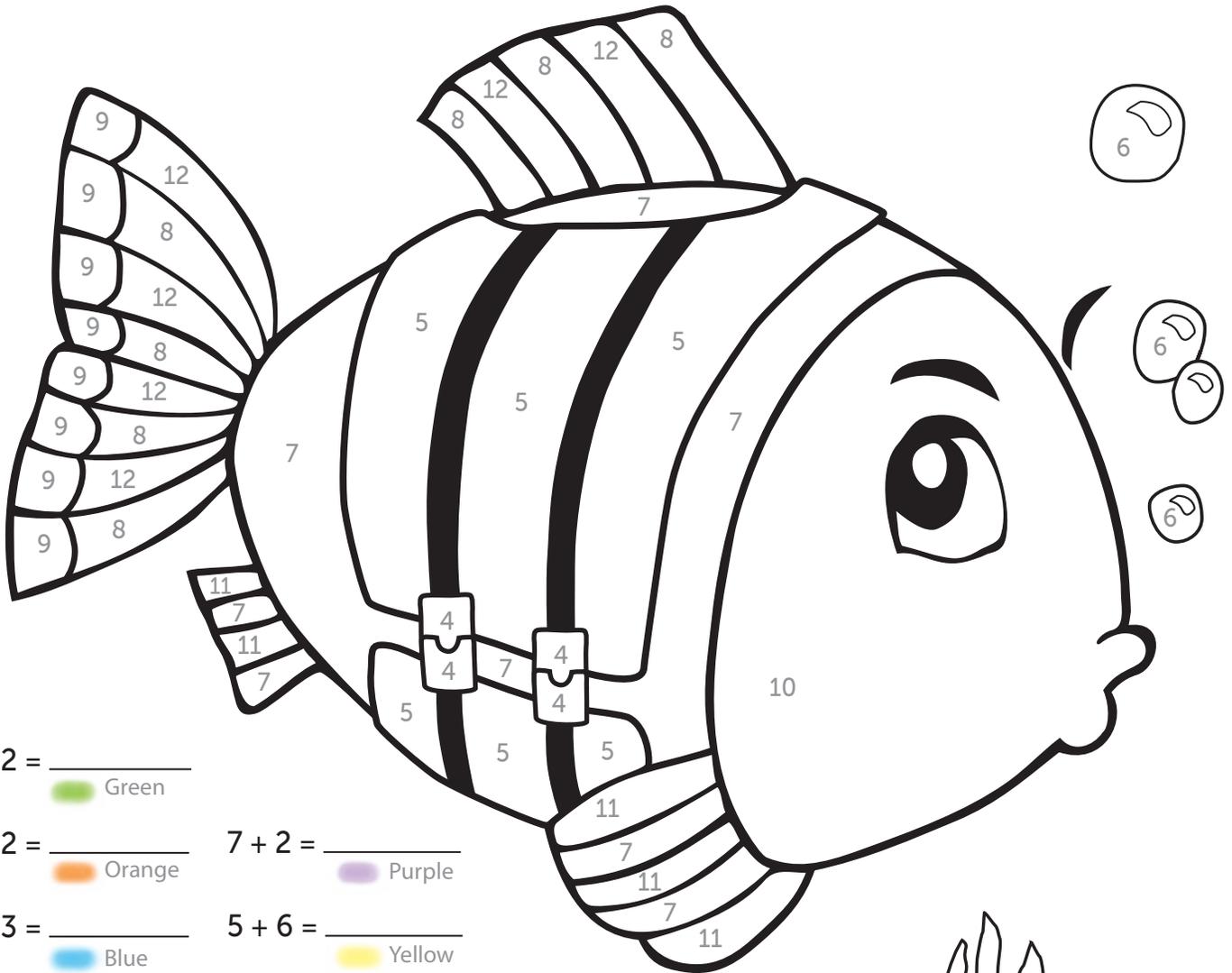
# Wear a Life Jacket!

Lesson: Grade Level K-2



## Color Your Way to Safety

Always wear your life jacket when you are playing in the water or playing near water. If there's an accident, your life jacket can save your life! It keeps you floating until someone comes to help. Solve the addition problems to find out which color goes with which number. Then color the fish and his life jacket.



$5 + 2 =$  \_\_\_\_\_  
■ Green

$3 + 2 =$  \_\_\_\_\_  
■ Orange

$5 + 3 =$  \_\_\_\_\_  
■ Blue

$3 + 1 =$  \_\_\_\_\_  
■ Red

$6 + 4 =$  \_\_\_\_\_  
■ Yellow

$7 + 2 =$  \_\_\_\_\_  
■ Purple

$5 + 6 =$  \_\_\_\_\_  
■ Yellow

$9 + 3 =$  \_\_\_\_\_  
■ Green

$4 + 2 =$  \_\_\_\_\_  
■ Blue



# Learn to Float!

Lesson: Grade Level K-2



## Riva Stays Afloat!

You should learn how to float! If you can float, you can help rescue yourself. You can keep your head above water until someone comes to help you. But even if you know how to float, you should always wear a life jacket when you play around water—just like Riva! Connect the dots to see what Riva is doing in this picture.





# Learn to Rescue Safely!

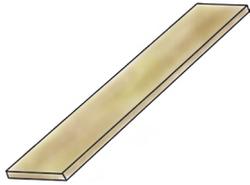
Lesson: Grade Level K-2

## Find the Safety Helpers

If you see someone drowning, you can do three things to help. First, find a safety helper you can use to **reach** the person. Second, find a safety helper you can **throw** to help him float. If you can't reach or throw, then find an adult to **row** out to help.



Draw a circle around the helpers you can use to **reach**. How many did you find? \_\_\_\_\_



board



branch



bike



hand

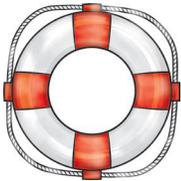


oar



shoes

Draw a circle around the helpers you can use to **throw**. How many did you find? \_\_\_\_\_



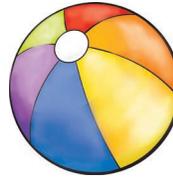
rescue ring



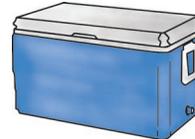
clock



life jacket



beach ball

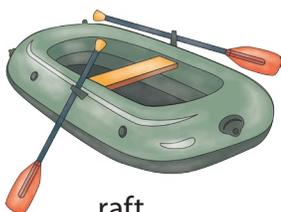


empty ice chest



inner tube

Draw a circle around the helpers you can use to **row**. How many did you find? \_\_\_\_\_



raft



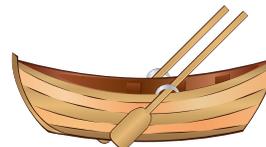
surfboard



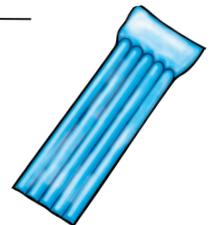
inner tube



camera



rowboat



air mattress

If you can't reach, throw, or find an adult to row, call 911 to get help.



# Look Before You Leap!

Lesson: Grade Level K-2

## Look! What Do You See?

Look for dangers before you enter the water! There may be unseen rocks, logs, garbage, or other hidden things that could injure you. The water may be deeper or shallower than you think. And the water may be moving way too fast to be safe.

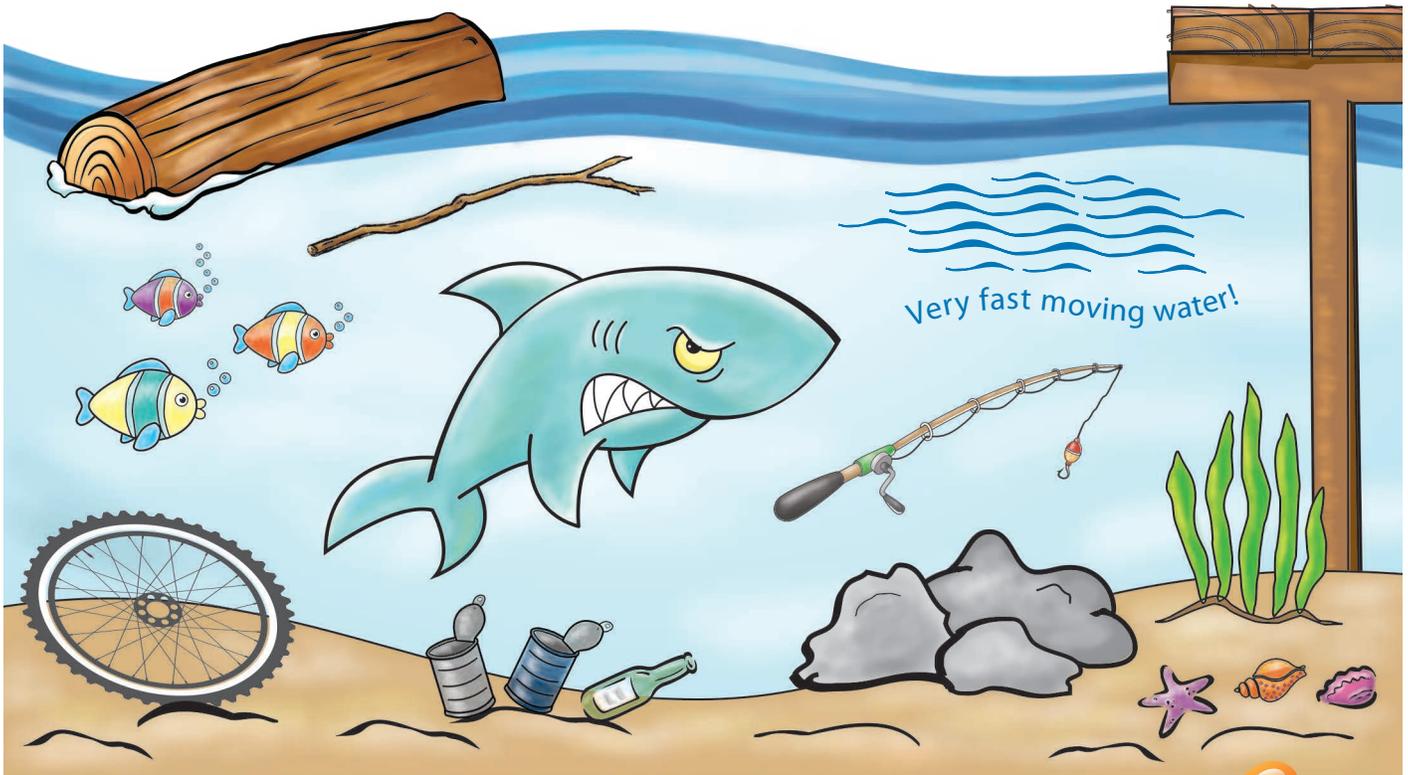
① List 6 dangers you see in or under the water:

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**LOOK!**  
*You don't want to jump into this water!*



② Why do you think it is important to look before jumping into water? \_\_\_\_\_

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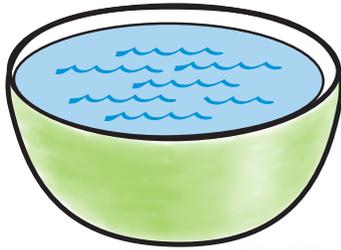




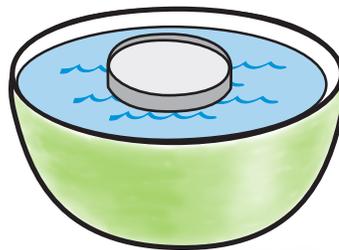
## Fun Balancing Boats

When we talk about a boat's load, we mean all the people and things the boat is carrying. The load has to be balanced. That means it can't be too heavy, and it has to be spread out. This experiment will show you that a boat gets in trouble if it doesn't have a balanced load. You need a large bowl, a lid from a jar or small container, and at least 12 pennies.

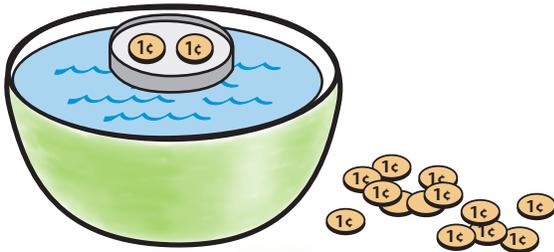
- 1 Fill the bowl with water. Pretend it's a lake or an ocean.



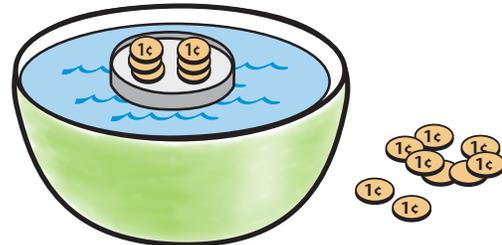
- 2 Turn the lid upside-down, and gently put it on the top of the water. It will float. Pretend it's a boat.



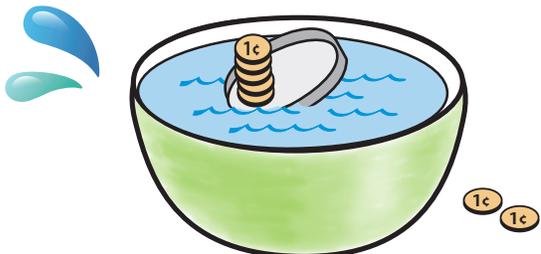
- 3 Put two coins in the boat. This is the boat's load.



- 4 **Balanced boat:** If the boat has the same number of pennies on each side, then the load will be balanced, because the weight is spread out. Add a penny to the first stack, and then add a penny to the second stack. Keep adding pennies until you have 3 or 4 coins on each side. The load is balanced, so the boat still floats!



- 5 **Unbalanced boat:** Take a penny from one stack and put it on the other stack. Keep moving the pennies until they are all on one side of the boat. Now the load is unbalanced, and the boat will flip over!



- 6 **Overloaded boat:** Take all the pennies off, fix the boat, and start over. Make a stack of pennies, one by one, in the middle of the lid. Use a lot of pennies. When the load gets too heavy, the boat will sink!





# Stay With Your Boat!

Lesson: Grade Level K-2

## Uncover the Secret Safety Message

If your boat turns over, stay with the boat so you can be rescued. It's hard to find a person alone in the water, but it's easier to find a boat, because the boat is bigger. To learn more, use the code to solve the secret safety message below!

If the boat turns over, what should you do?

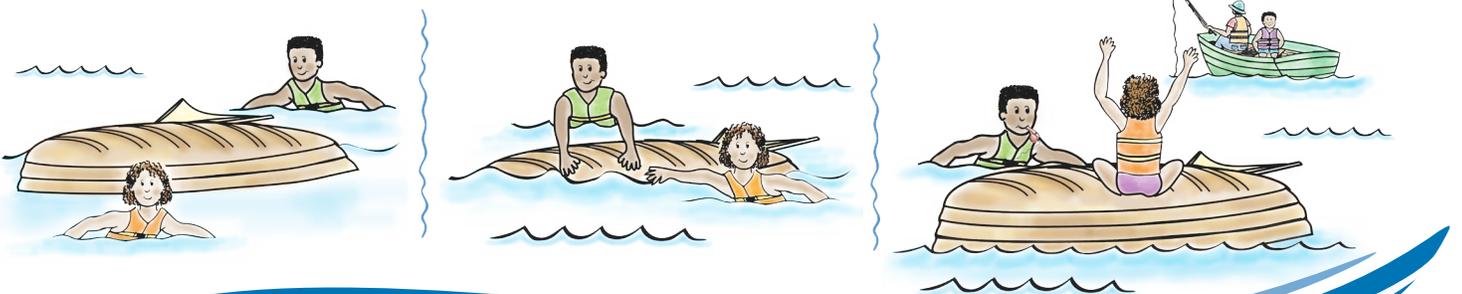
### Code

= a	= i	= r
= b	= l	= s
= c	= m	= t
= e	= n	= u
= f	= o	= w
= h	= p	= y

C



... and stay with your boat!





# Keep Our Waterways Clean!

Lesson: Grade Level K-2

## Let's Clean the Water

Never leave trash lying around when you visit the water. It is dangerous. Quick, draw X's to cross out the pieces of trash, before they hurt the plants and animals that live in the water! Then, circle the living things in the water.



### Page 1

**Coastal region:** blue area along the entire left side of map

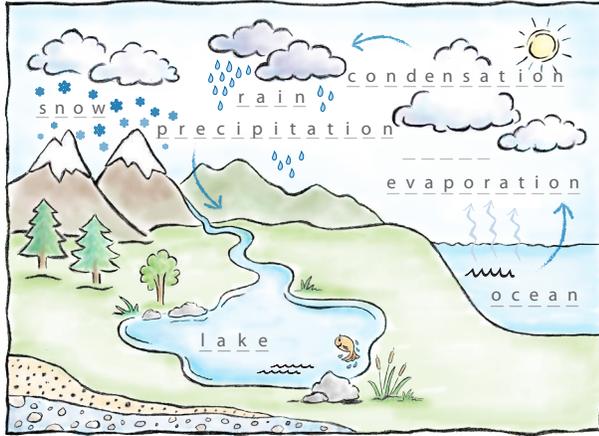
**Mountain region:** green area on map with mountains and trees

**Central Valley region:** large yellow area in center of map

**Desert region:** orange area on lower left side of map

1. Draw star on map where you live
2. humans, animals, plants (answers vary)
3. snow and rain
4. Desert region

### Page 2



### Page 3

Draw a picture of yourself swimming.

- learn
- buddy
- swim
- grownup
- safe

### Page 4

5 + 2 = 7

3 + 2 = 5      7 + 2 = 9

5 + 3 = 8      5 + 6 = 11

3 + 1 = 4      9 + 3 = 12

6 + 4 = 10      4 + 2 = 6

### Page 5

### Page 6

Draw a circle around the helpers you can use to **reach**. How many did you find? 4

Draw a circle around the helpers you can use to **throw**. How many did you find? 5

Draw a circle around the helpers you can use to **row**. How many did you find? 5

### Page 7

List at least 6 items:

- log
- branch
- fast moving water
- shark
- bike tire
- fishing pole
- trash (sharp cans and bottle)
- rocks

There may be unseen rocks, logs, garbage, or other hidden dangerous things that could injure you.

### Page 8

**Balanced boat:** If the boat has the same number of pennies on each side, then the load will be balanced.

**Unbalanced boat:** Take a penny from one stack and put it on the other stack. Keep moving the pennies until they are all on one side of the boat. Now the load is unbalanced, and the boat will flip over!

**Overloaded boat:** Take all the pennies off, fix the boat, and start over. Make a stack of pennies, one by one, in the middle of the lid. Use a lot of pennies. When the load gets too heavy, the boat will sink!

### Page 9

**Climb up on the boat!**  
**Blow your whistle!**  
**Yell for help!**

### Page 10



## 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](http://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 wear it!



STATE OF CALIFORNIA  
 California Natural Resources Agency  
 California State Parks  
 DIVISION OF BOATING AND WATERWAYS  
[www.dbw.parks.ca.gov](http://www.dbw.parks.ca.gov)