



accidents don't have to happen

xylem

Water Safety Workbook

Activities to help children and families explore
how to stay safe on, in or near the water.



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Introduction

This workbook is designed to help teach children how to stay safe in and around water. It includes activities and information to help children understand the risks around water, as well as safe behaviours and what to do in an emergency.

The content is divided into two sections:

- Foundation level (ages 4 to 7)
- Progression level (ages 8 to 12)

The activities in this workbook can be used to guide learning, encourage discussion and build children's confidence around water.

Word searches



Each word in the list is important for learning how to stay safe around water. Search together for the words in the puzzle and use each term to help talk about water safety with children.

Foundation level

W	H	L	E	T	S
S	A	F	E	L	B
W	R	T	H	A	F
I	M	D	E	E	P
M	P	C	L	R	S
T	A	I	P	M	E

☐ Water

☐ Deep

☐ Safe

☐ Swim

☐ Help

Progression level

E	A	S	F	L	O	A	T	B	C
B	M	R	E	I	M	U	L	D	A
E	B	E	S	F	T	N	E	F	U
K	F	S	R	E	Q	E	D	S	T
C	D	C	H	G	P	D	S	A	I
S	L	U	H	U	E	A	J	F	O
P	M	E	B	A	L	N	R	E	N
W	A	T	E	R	S	G	C	T	O
O	A	M	G	D	N	E	P	Y	I
E	H	F	C	U	R	R	E	N	T

☐ Danger

☐ Safety

☐ Deep

☐ Rescue

☐ Float

☐ Water

☐ Lifeguard

☐ Caution

☐ Emergency

☐ Current

Safety detective

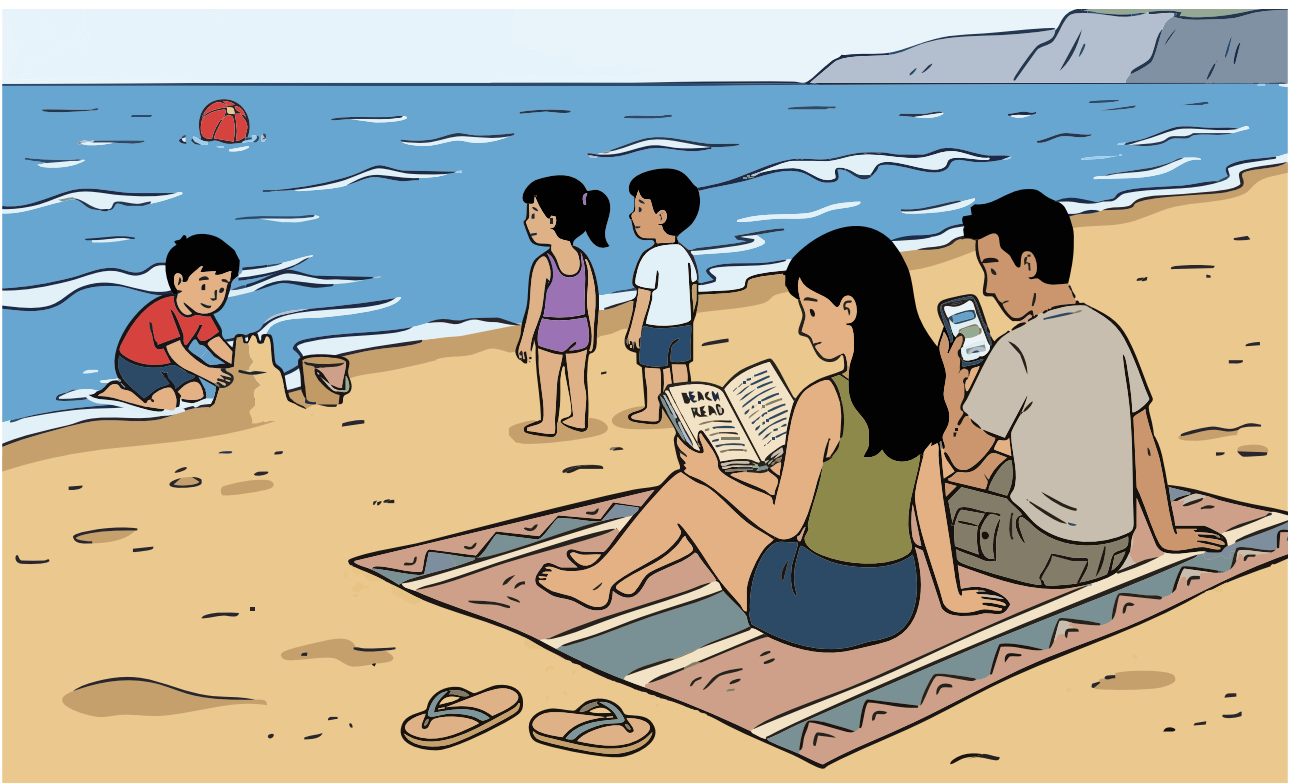
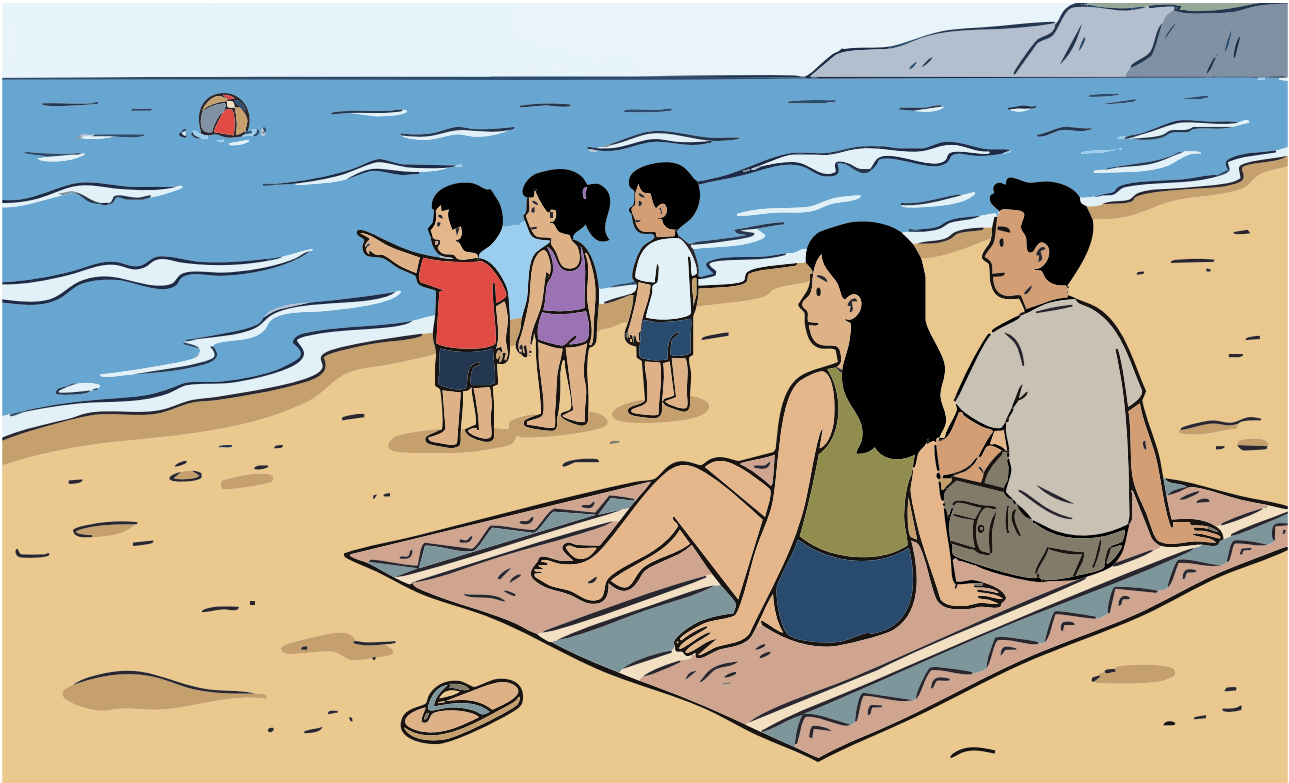


Use this activity to explore what can make water unsafe. Children in the Foundation Level can search for differences between two pictures to help them notice things that are different.

For older children in the Progression Level, the focus shifts to identifying hazards and unsafe behaviours, such as lack of supervision. Use the activity to discuss how adults can keep children safe and why careful attention near water is so important.

Foundation level

Can you spot the five differences between these two pictures?



Progression level

Can you spot the five hazards in this picture? Why are they dangerous?



Colouring in



Look at the scenes and think about water safety. At the Foundation Level, younger children can colour in and talk about safety elements, like life jackets, lifeguards, and supervision. At the Progression Level, older children can colour by code to reveal a water-safety item.

Foundation level

Colour in this beach scene and think about the safe behaviours in the picture.

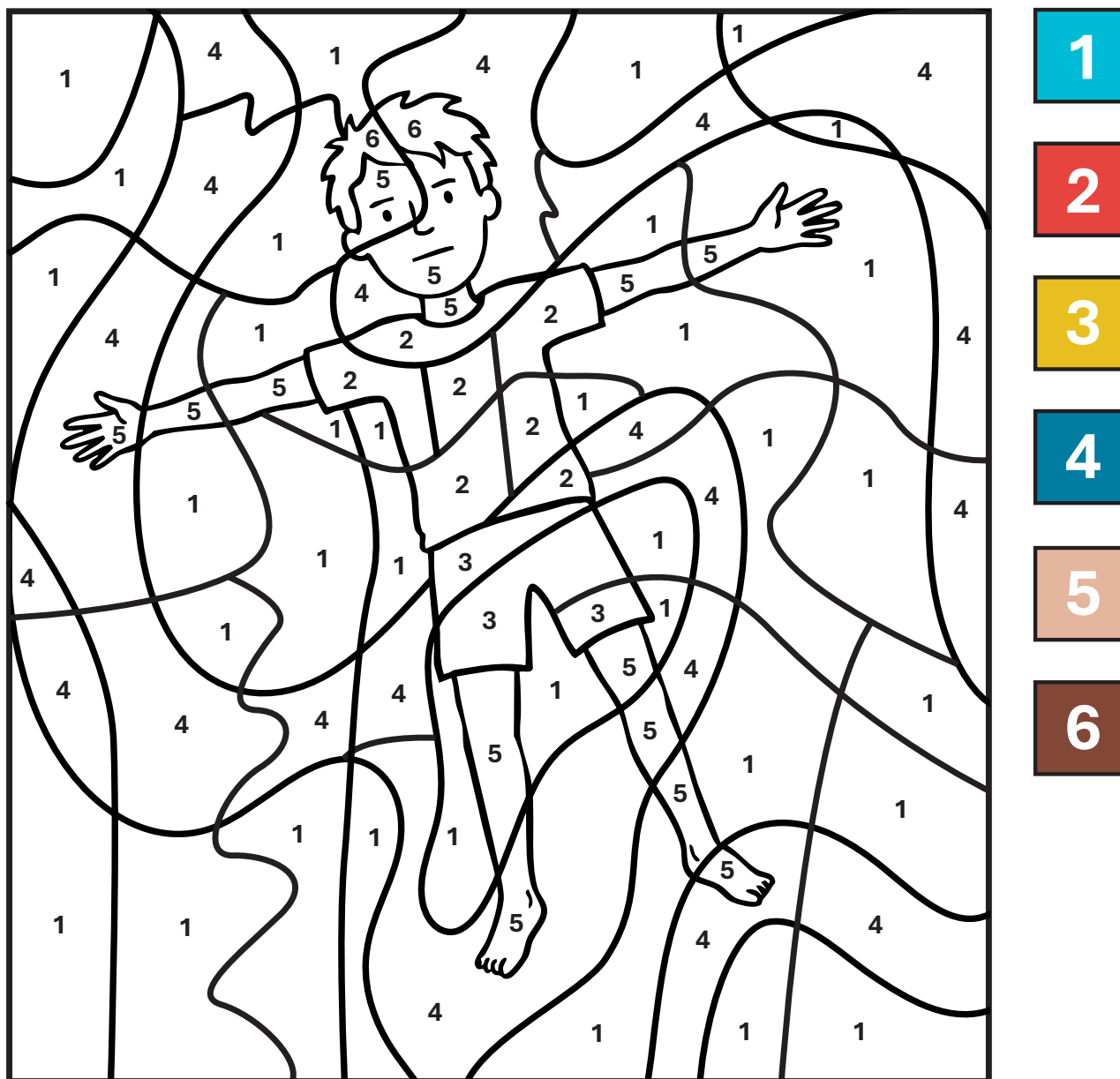


Progression level

Use the key below to colour in the picture.



What is revealed in the image?



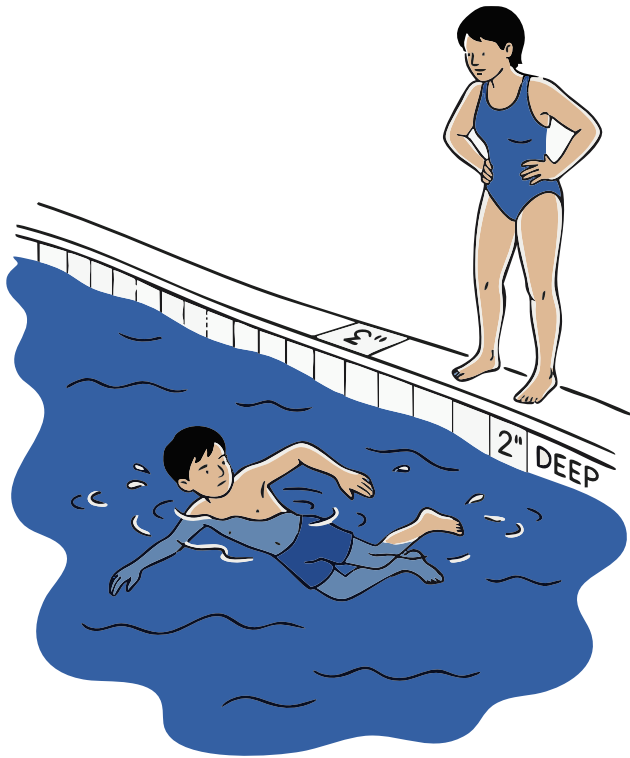
What is revealed in the image?

Water safety quiz



This quiz will help children think about water safety and making safe choices. For the Foundation Level, simple questions help children recognise safe behaviours and the importance of supervision. For the Progression Level, the questions include more detailed scenarios and hazards, encouraging children to think carefully about risks and what actions keep everyone safe.

Foundation Level



1. Who should always watch you near water?

- a) An adult
- b) Nobody



2. Is it safe to run near a pool?

- a) Yes
- b) No

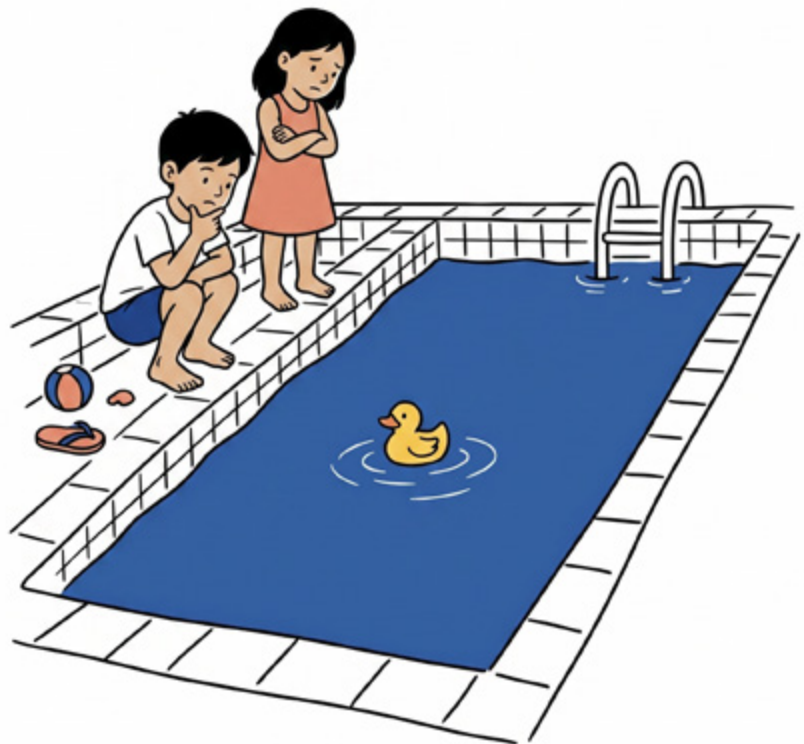


3. What should you do if someone slips into the water?

- a) Shout for an adult
- b) Try to pull them out yourself

4. What should you do if your toy or belongings fall in the water?

- a) Get it yourself
- b) Tell an adult



Progression Level

1. You and your friends are playing with a football near a river.

The ball rolls into the water and starts drifting away. What should you do?

- a) Jump in quickly before it floats away
- b) Wade in a little to try and grab it
- c) Ask an adult for help and stay back from the edge

2. You see a group of children running near a pool. What's the safest thing to do?

- a) Ignore it
- b) Tell an adult or lifeguard
- c) Join in

3. True or false: it is better to float on your back rather than try to swim if you fall into water unexpectedly.

4. A friend is standing on slippery rocks near the water. You want to help them stay safe. What could you do?

- a) Tell them to move to a safer spot
- b) Push them off gently
- c) Ignore it

5. True or false: cold water can affect your breathing even in hot weather.

6. You see someone struggling the water and they look like they are in trouble. What is the safest action to take?

- a) Call the emergency services and shout to an adult for help
- b) Swim out to try and help them
- c) Ignore it

Answers to Foundation Level Water Safety Quiz:

1. **A** An adult should always be watching you if you're playing or spending time near the water.
2. **B** The ground around a pool is slippery – running could cause you to slip or fall in. Always walk carefully when near pool.
3. **A** If you see someone fall in the water, shout to an adult for help.
4. **B** If a toy or one of your belongings falls in the water, always ask an adult to help you get it back.

Answers to Progression Level Water Safety Quiz:

1. **C** Always ask an adult for help if any of your belongings fall into water accidentally
2. **B** The ground near the edges of pools is slippery, and running could cause someone to fall over or fall into the water. By informing an adult or lifeguard, you can help keep the person safe, as the adult or lifeguard will be able to instruct them to stop.
3. **True** If you fall into the water unexpectedly, the best thing to do is to stay calm, float on your back and shout for help.
4. **A** If your friend is standing somewhere unsafe, you should always tell them to move to a safer spot.
5. **True** Water in the sea, lakes, rivers, reservoirs and other types of open water can remain very cold, even in hot weather. Entering cold water suddenly – such as by jumping in – can make you gasp and have difficulty breathing.
6. **A** If you see someone in trouble in the water, phone the emergency services and shout for help from nearby adults. You can also shout to the person in the water to float on their back.

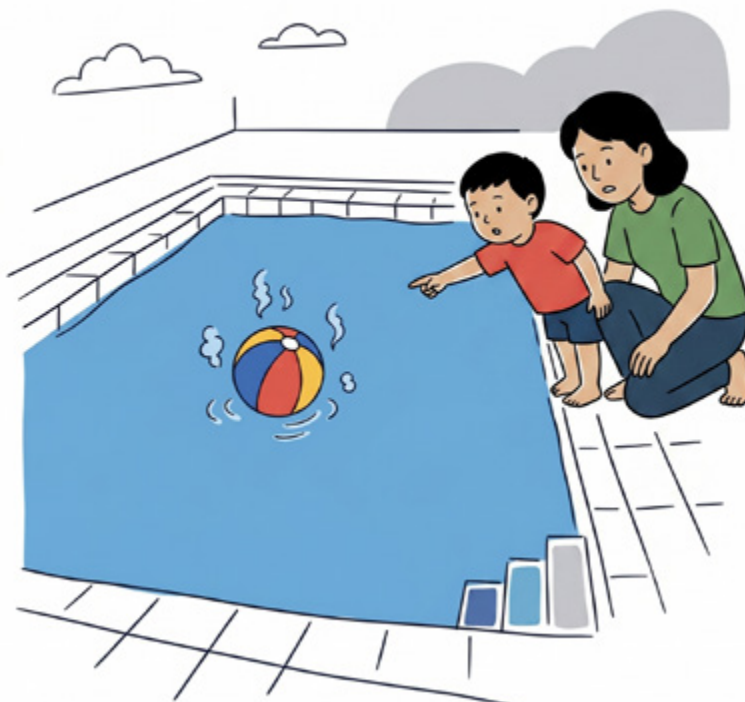
Water safety challenge



In this activity, children can use what they have learned to make safe choices around water. Younger children can circle the safest actions in each picture, while older children can study the picture, decide what to do, and explain their reasoning. This helps practice spotting hazards, thinking carefully, and understanding how to stay safe near water.

Foundation Level

Look at each picture carefully and circle the action that is safe.
Talk with a parent or adult about why it is safe and what could happen if the other actions were chosen.





Progression Level

What potential dangers are there here (seen and unseen)?

.....

.....

.....



Can you suggest two actions that could make this scene safer?

1.
2.



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