YMCA SPLASH

ACTIVITY BOOK

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Draw your favorite game to play with your friends.
SHOWING HONESTY

<table>
<thead>
<tr>
<th>True</th>
<th>Not true</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swimming is fun.</td>
<td></td>
</tr>
<tr>
<td>Rules protect us.</td>
<td></td>
</tr>
<tr>
<td>Pool water is red.</td>
<td></td>
</tr>
<tr>
<td>The sun cannot hurt your skin.</td>
<td></td>
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<tr>
<td>Sometimes it's OK to fool your friends by pretending you need help.</td>
<td></td>
</tr>
</tbody>
</table>

Draw your face when you know you’re being honest.

Why is telling the truth better than telling a lie?

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________
Draw where the following items belong:

phone  mom/dad  me
reaching pole  towel  toys
sunscreen  chair  floats
table  pool rules sign  ring buoy
RESPONSIBILITY

Color parts of the towel that show responsibilities you have at your house.

What other responsibilities do you have?
Write a story about this picture. Use your imagination. What is happening? Where are they? Where are they going? What will happen next?
Caring

Find the words in the heart.

love         friend
brother      sister
smile        help
caring       mom
dad          hug
share        kind

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

Draw a picture in the picture frame of someone you care about.
Draw a picture of your family at the beach. Make sure you include all the things you need to have a safe and fun day.
How do you show respect for yourself, others, and the environment? Put the number of the picture where it belongs.
Finish this crossword puzzle using the clues and words below.

Across Clues

3. Love or putting others before yourself
9. Using a pole to help someone in trouble is called a ______ing assist.
11. Use this to protect your skin from sun damage.
12. Always let your ______(s) know where you are.
13. A lifeguard should always be on duty when you swim at community swimming ______.
15. Good water ______ skills help you have fun in the water.
16. It is important to ________, not run, around a pool.
17. You should only dive in _______ water.

**Down Clues**

1. You should always wear a ________ in or around boats.
2. Telling the truth is showing ________.
4. Treating others as you would have them treat you is being ________.
5. You should never ________ up in a boat; you could fall.
6. You should always look for the warning board before swimming in a ________ area.
7. Using a ring buoy or beach ball to help someone in trouble is called a ________ing assist.
8. Duty or doing what you should is ________.
10. When you see someone in trouble, the first thing you should do is call for ________.
14. A ________ is on duty. It should be a safe place to swim.

**Word List**

beach    honesty    pool    safety    walk

caring   lifejacket  reach  stand    sunscreen

deep     lifeguard  respectful  responsibility  throw

depth    lifeguard  respectful  responsibility  throw

How many words can you make out of **YMCA Splash**?

____________________________________  ______________________________________
____________________________________  ______________________________________
____________________________________  ______________________________________
____________________________________  ______________________________________

Have fun and be safe.
See you soon at the Y!