Instructions: Practice writing the spelling words in the space on the right, then find an adult to read you the safety paragraphs when you are done.

Swim
All kids should learn how to swim. Swimming lessons teach you important skills, and they are lots of fun too! Ask your parents if you can take swim lessons.

Alone
It's important that kids never, ever swim alone. There is just way too much that could go wrong. Always have an adult around in case you need help.

Dive
Never jump or dive into water without first checking how deep it is! It might be too shallow with a hard bottom, or it might be much deeper than you think. Many kids drown because they forget to check before they leap!

Chase
Never chase a toy into a river or other deep water to try and retrieve it. Call an adult to help you instead. You can always replace a toy, but we can't get a new you if you drown!