

# water safety

## Flash Cards

Use these flash cards to talk to young children about **being safe** around **water**.

Read the **sentences** together and use the **questions** to encourage **discussion**.

Designed for **ages 3-8** and great for **visual learners** and **neurodivergent** children.

**Always supervise children and (even as adults) don't go in water alone.**



Understand **different**

**types**

of

**water.**



Where is there water **in your house?**  
What about outside, **near your house?**  
Or **elsewhere** in the world?

When you go  
**into** or **near**  
any

**water**

you must **always** have a

**grown-up**

with you.



Can you name **one trusted grown-up**  
who could go into water with you?

Don't **stand** on

**ice.**

Even if it appears **solid**,  
it can easily

**break.**



Do you think the water below would be  
**cold or warm? Shallow or deep?**



Water is

**fun!**

But can also be

**dangerous.**

Look out for signs.



Have you noticed any water safety signs before? See if you can **spot some** next time you go out.

Going to a **new**

# pool?

Practise getting

# in and out

before you swim.



When you next go swimming, tell your grown-up **how you would get in and out** safely, then **practise** it!

# stop and think

before you go near or  
get into any water.



If you were near rivers, lakes  
or the sea, what **dangers**  
might there be?

Always be

**safe.**

You **don't** have to

**copy others**

if you feel it is **unsafe.**



What might some of the **dangers** be in this photo? Do you **feel** it is safe? What does it mean to trust your **gut instinct**?

Never

**grab**

or

**push.**

Give each other space  
and keep your  
hands to yourself.



What do you think would happen if you tried to **grab onto** another friend in the water?  
What would happen to them?

Check **safety** before

# jumping.



Why should you never jump into **shallow water**?  
What do you think might happen if you **dived**  
**without your arms** above your head?

Check to see  
if there is a

# lifeguard.



How can you **spot** a lifeguard?

What are they **wearing**?

Why do you think they sometimes sit so **high up**?

Be super

**brave**

and practise swimming  
without your

**goggles!**



If you had an **accident** one day and fell into water outside, whilst in your **clothes**, would you have your goggles on?



Look out for

# beach flags.



What does the **colour red** represent?  
What do you think a **red flag** means?  
Can you swim at this beach?



# get out

if you feel

# cold.



What are the **signs** your body feels cold?  
How will you **get warm** again?

Keep up your

# swimming lessons.

See if you can  
get to **Stage 10!**



Why do you think it's important to be able to swim a **long way**, for a **long time**?  
Do you think swimming in the sea is **harder** than swimming in the pool? Why?

Never

**go in**

to **rescue** others  
yourself.

Get help from an adult.



If your friend falls into dangerous water and you jump in too, **how many people** now need help? How could you get help from **the side** instead? What **number** could you call?

If you do  
**need help** in water

**float**

and signal for

**help.**



Would you **shout 'help'** quietly or loudly?  
Would you hold your breath or try to **breathe normally and calmly**?

