



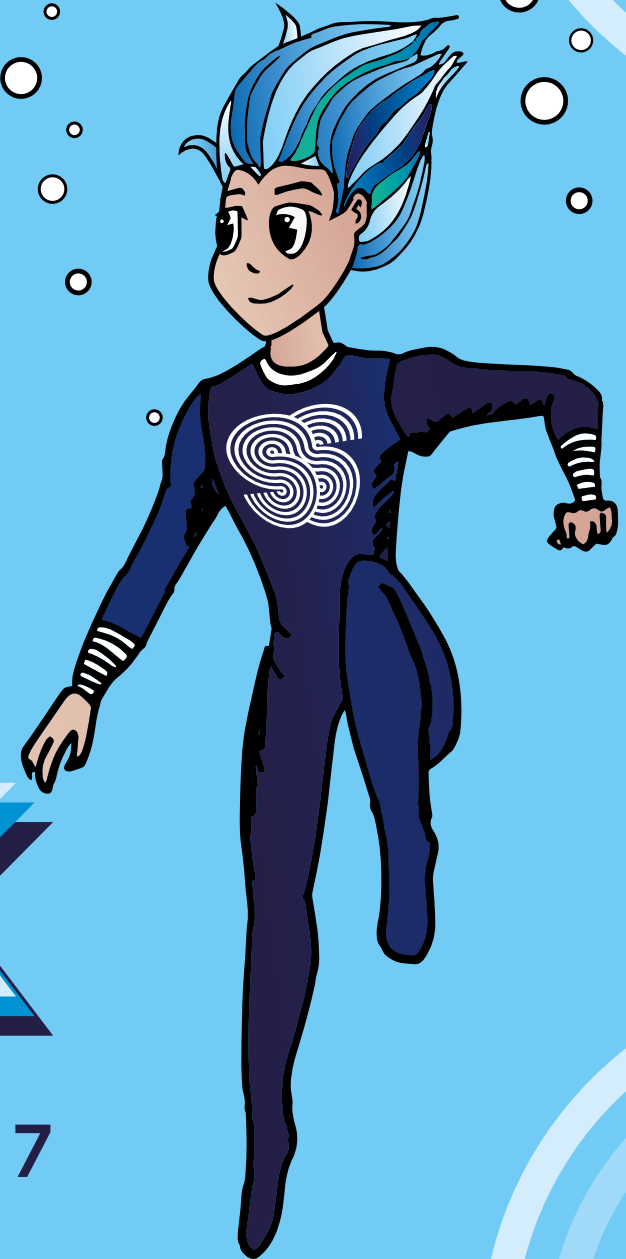
**Scottish
Water**
Trusted to serve Scotland

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Fun Pack

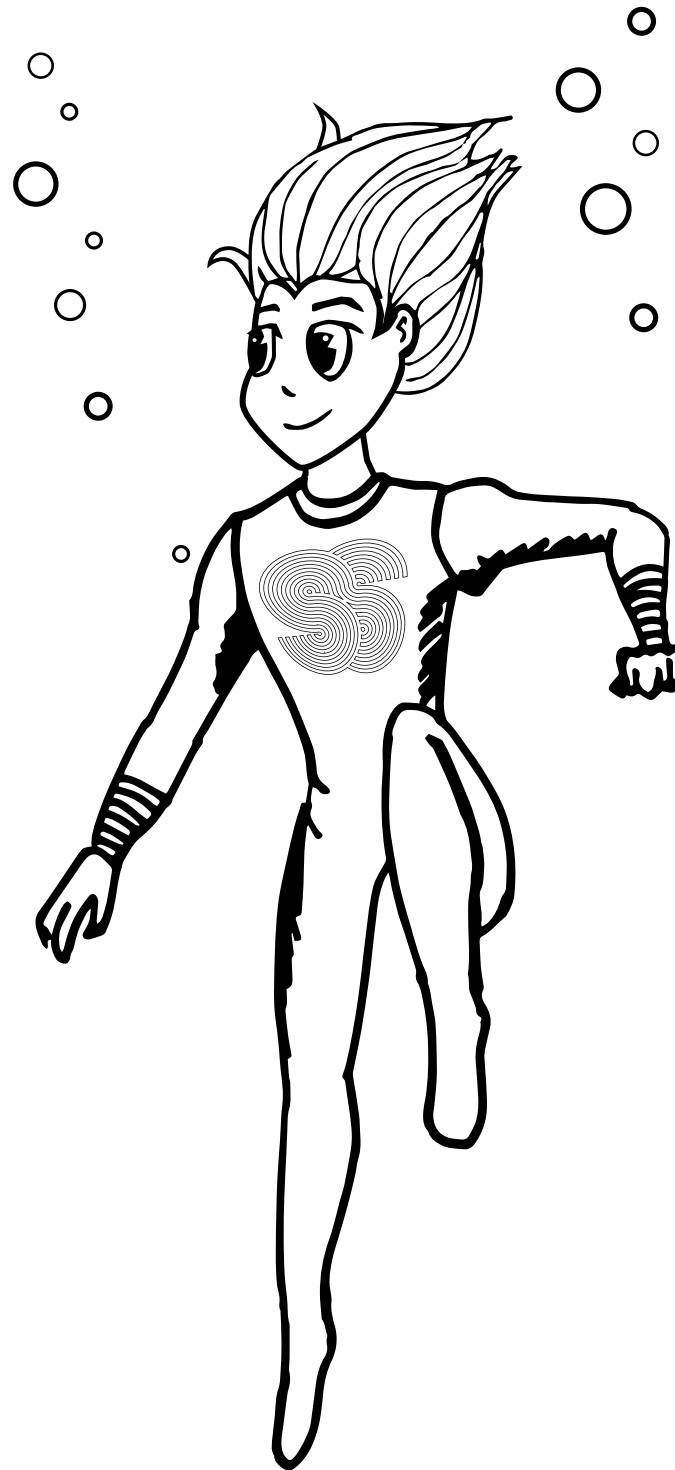
For age 4 to 7



Colouring in

Where is our mascot swimming?
In the pool, in the sea?

Can you draw a background, and
bring the scene to life in colour?



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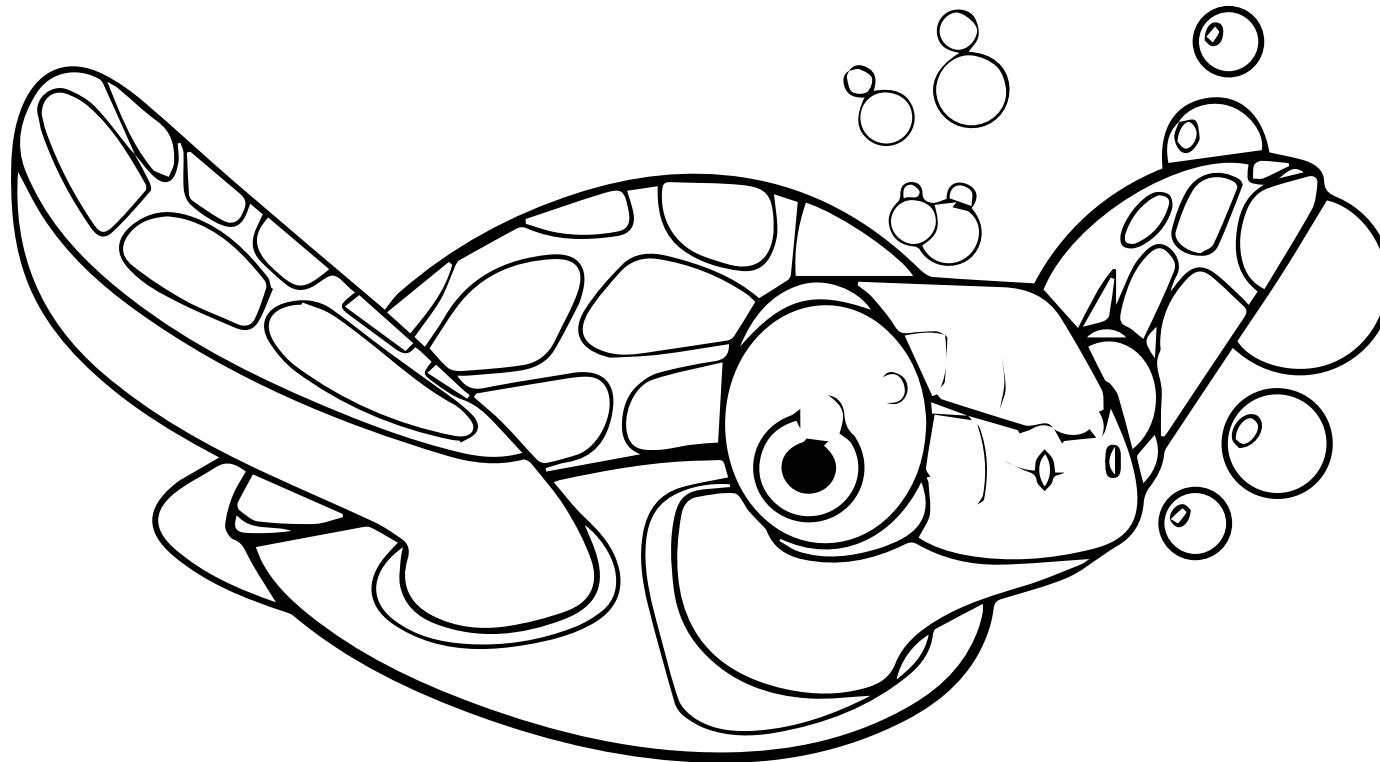
For more activities, advice and tips on swimming and
being safe in the water, visit us at learntoswim.scot

Colouring in

Where is the turtle swimming?

Who else is swimming nearby?

Draw some more water creatures to swim with the turtle.



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Colouring in

Toni Shaw, Learn to Swim Ambassador



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Colouring in

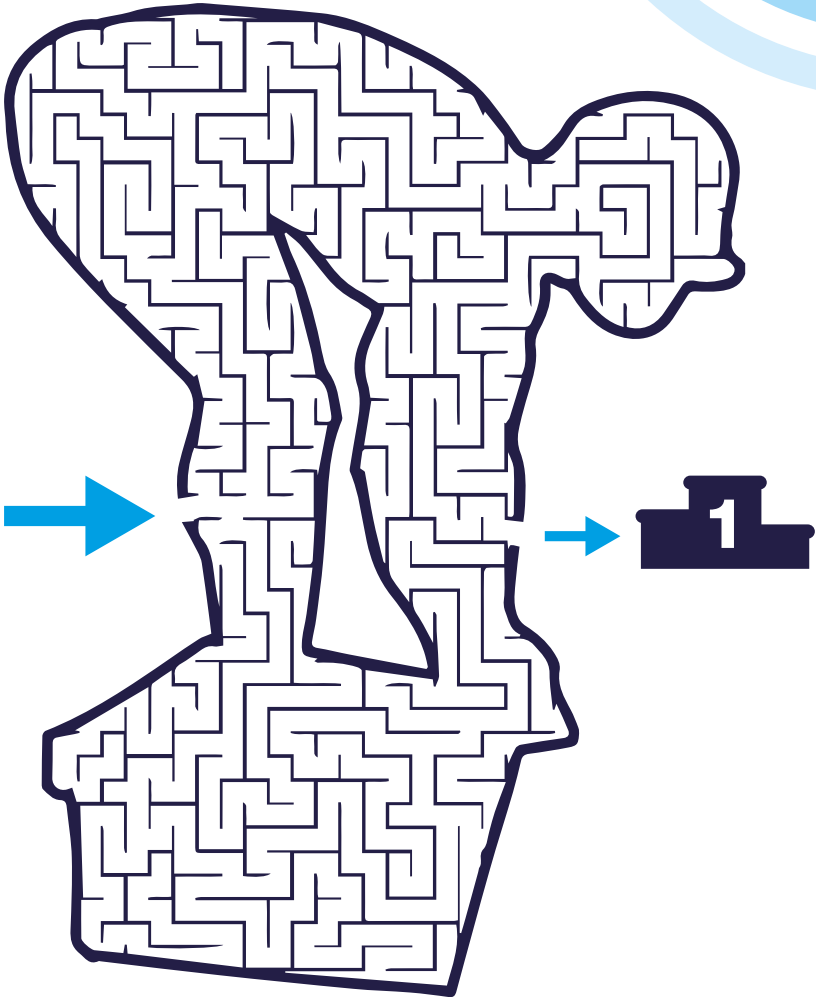
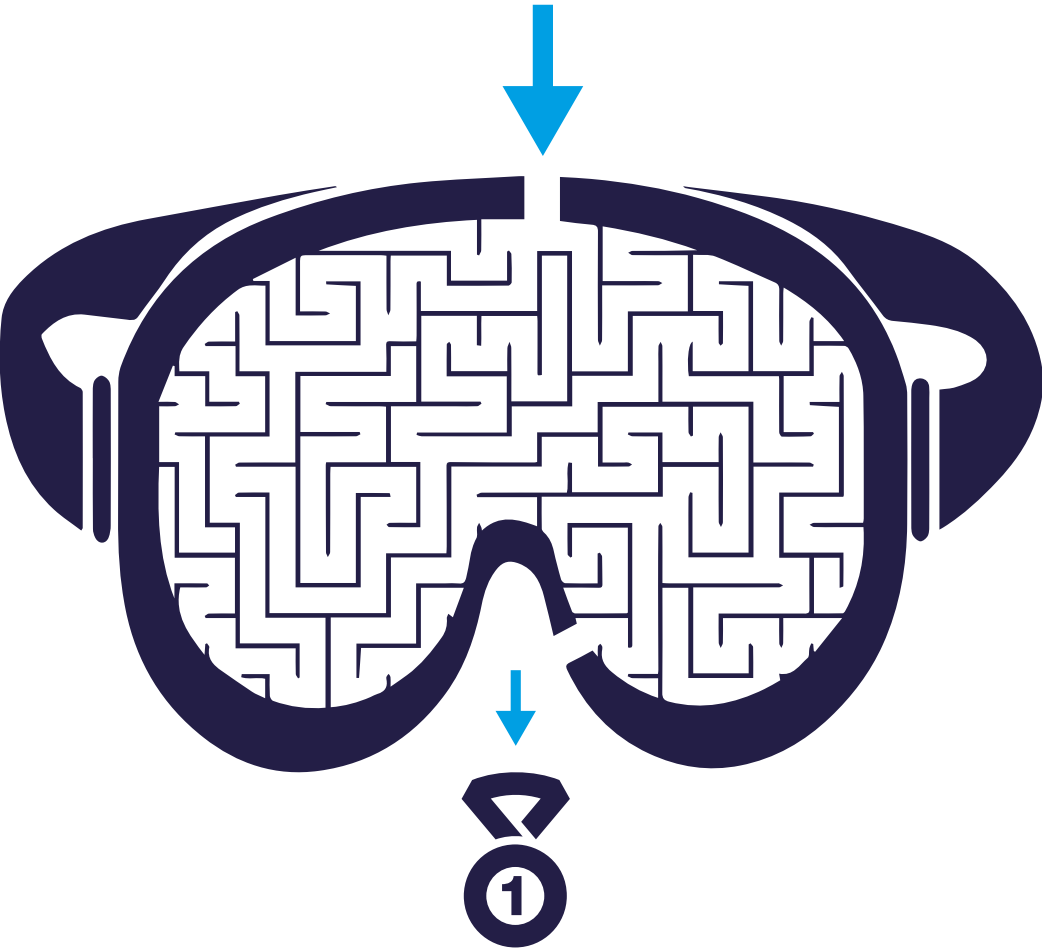
Duncan Scott, Learn to Swim Ambassador



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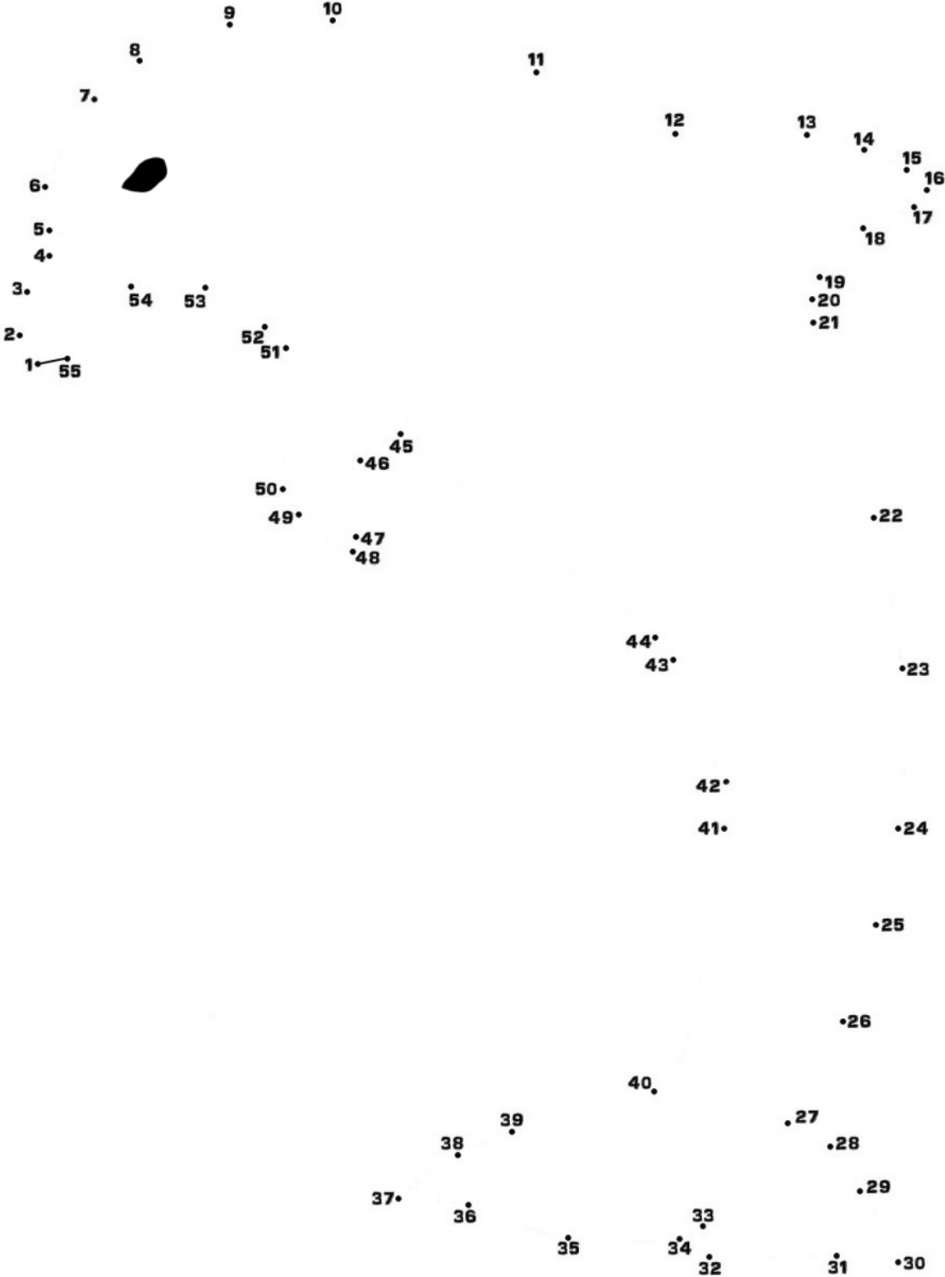


Swimazing!



Dot-to-dot

Join the dots to reveal this expert swimmer!



Sink or Float?

Can you guess which of these fruit or veg float or sink in water?
Draw a line to which you think the answer will be...



Apple
Carrot
Orange
Potato
Kiwi
Avocado
Broccoli
Lemon
Cucumber
Lime



Now why not try this for real and see if you were right... what happens to the orange when you peel it?

Send in any pictures or videos to marketing@scottishswimming.com

Swimming lessons word search

- SWIM
- KICK
- FLOAT
- FRONTCRAWL
- BUTTERFLY
- BREASTSTROKE
- BACKSTROKE
- BUBBLES
- TEACHER
- LIFEGUARD
- GOGGLES
- DIVE
- LANES

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

Spot the Dangers at the Beach

SPOT THE DANGERS AT THE BEACH

WHO'S IN DANGER IN THIS SCENE?

SEE IF YOU CAN SPOT ALL 14 DANGERS AND USE YOUR SAFETY KNOWLEDGE TO MAKE SURE YOU HAVE A GREAT TIME EVERY TIME YOU VISIT THE BEACH

The illustration depicts a bustling beach scene with numerous potential hazards. On the left, a cliffside has people walking on a narrow path. In the water, there are several swimmers, some of whom appear to be in trouble. A lifeguard is on the beach, and a lifeguard car is parked nearby. There are also several flags in the water, indicating different levels of danger. A sign on the beach provides information about the beach's safety. The scene is filled with various activities, including surfing, fishing, and playing in the sand.

Lifeboats



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For more activities, advice and tips on swimming and being safe in the water, visit us at learntoswim.scot

Spot the Dangers at the River

SPOT THE DANGERS AT THE RIVER

WHO IS SAFE IN THIS SCENE AND WHO ISN'T?

SEE IF YOU CAN SPOT ALL 14 DANGERS AND USE YOUR SAFETY KNOWLEDGE TO MAKE SURE YOU HAVE A GREAT TIME EVERY TIME YOU GO TO THE RIVER

Lifeboats



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Spot the difference

Duncan Scott and some swimmers having a splashing time at a #LearnToSwim launch.

Can you spot all 6 differences?



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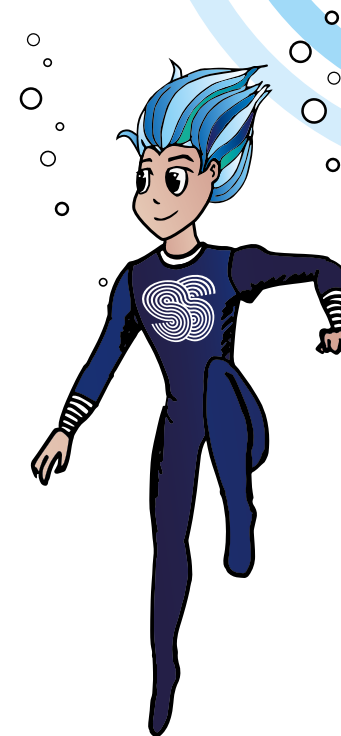


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Create a pool scene at home

Can you create your own swimming pool scene at home using materials around the home? Here's an example of a competition pool.

Send a picture of your creation to marketing@scottishswimming.com



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What I love about swimming lessons...

Think about what you like about your swimming lessons. Perhaps it is the feeling of the water, seeing friends or learning to swim better? Write about what you like below and send your story to marketing@scottishswimming.com



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Roll the Dice!

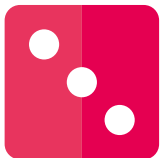
Roll a dice and do the exercise activity.
Make sure you have plenty of space.
10 seconds for each exercise number.



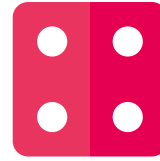
Star Jumps



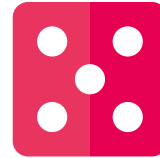
Running on the spot



Frontcrawl (arms)



Hold straight shape
(streamlined)



Lie on your back and kick (flutter kick)



Hold a tuck shape
(mushroom float)



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