

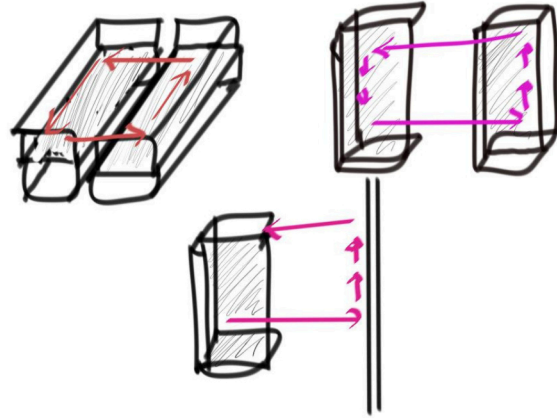
Activity, Activity, Game

Activities to do:

- 3 x Walk in a square with benches touching face to face.
- 3 x walk in a square with benches 1' apart. Must go underwater when crossing the gap.
- 3 x aim face of b. at wall. Go from b to wall, monkey walk along wall and back to b.
- 2 x each Supported front glides with INS Throw a toy and get it together.
- 2 x supported back float; sing song. Give choice: twinkle, twinkle, or row row row boat. Jumps
- from side with instructor; ask if want to go under; honor choice. Smile, have fun. Do often. Earns trust.
- Visit deep end. Have them walk on deck. Do jumps and supported glides; exposure -> trust.

Games:

- Hold 5 toes above the water for 3 seconds. Do it again with 10 toes if you can! (allowed to hold for support)
- With mouth and nose in the water, spin around 2 times blowing bubbles.
- Put 1 nostril and 1 eyeball and 1 ear in the water all at the same time for 3 seconds.
- Do a supported back float with only 2 INS fingers to hold you up.
- Splash yourself so the top of your head gets wet.
- Jump so your feet leave the ground!



Use benches, or shallow water with cones marked at corners of square. Start with benches touching, and over time move them apart.

Benches and shallow water are crucial to success.

Focus on getting comfortable moving in water, and generate trust and comfort getting wet and going underwater b2b = bench to bench

Language:

Do jumps, before turn, ask "Do you want to go underwater?" honor answer

- Speak in commands, statements. Avoid questions.

"We're backing a cake! Put your lips in the water; blow!" not, "do you want to bake a cake?"

- Create fantasy, live it, play.

INS tips:

Earn trust through honesty; through example.

- Play the long game; no rush to get kids in NOW. Play, have fun, win them over.
- Keep them moving! stimulate and distract with activities and games or songs.
- Let them do things alone, even if they are slow at it.
- Smile! Laugh! Have fun!

Go underwater
unassisted

Supported
front float with
face in water

Supported
back float with
ears in water

Go underwater,
then stand up
on own

Level 1 testable skills; Earn trust, Encourage under

Level 1: General Sample

Motion, movement and trust. Let explore, move on own, and be helpful; earn trust -> bravery for skills.

Activity 1:

- 3 x walk in a square with benches face to face, touching.
- Must touch every corner
 - When crossing benches must say a food they eat
 - Keep moving.

Activity 2:

- 3 x walk in square, benches same.
- At every corner must "kiss" water.
 - When crossing benches must put chin in the water, or nose.

Game 1:

- Bake a Cake/Pizza
- Hold hula hoop, ask what everyone wants to put in it.
 - Mix all ingredients with arms - Put in oven under bench
 - Do jumps, come back and eat.

Activity 3:

- Aim 1 bench at wall, about 1' away. Stand on bench corner, and reach to wall by self
Give small boost.
- Close enough so 3 yo. can fall and grab wall w/toes on bench. -
 - Monkey walk to end of bench, return to b. with help.

Activity 4:

- Move the bench 2 body lengths away from wall. Facing it.
- 3 x Supported front glides with INS or with float (board/barbell) from b. to the wall.
- at wall, let go, monkey walk
 - Supported back glide back to b.

Game 2:

- 3 x jumps from the side.
- Ask: "Do you want to go underwater?" Adhere to response; keeping head above if answer is "no."
 - Have swimmer hold your fingers, then hold their hand; use their grip to help keep them up.

Activity 5:

- 2 x Supported back glides with instructor.
- Sing a song while doing float/ glide.
 - Give swimmer choice of song between two options. Twinkle, Twinkle, or Row, Row Boat, or Old Man Snoring.

Activity 6:

- Give everyone a floating toy and a sinking toy.
- Put cheek on the floating toy while it floats.
 - Put nose on floating toy, and try to push under.
 - Get sinking toy with feet.
 - Get sinking toy with hands.

Game 3:

- Buckethead/Bucketshoulder
- Ask each what they want, "buckethead or shoulder?" Pour water on shoulder or back of head based on response.
 - Tell them what you want, and have them do to you; required to say, "Buckethead: when pouring.