

Activity: **Rotary Breathing**

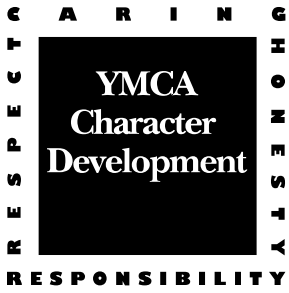
Ages: **3-5 (Ray)**

Value(s): **Caring**

Facility and Equipment: **Pool, kick boards**

**Description:**

1. Have the students practice rotary breathing across the pool by holding onto a kick board. Tell the students ahead of time that they have to tell the fish in the water (when their faces are in the water) about someone they care about and why. Then they can listen to the fish (breathing with ear in the water) and hear if the fish will tell them who they care about and why.
2. When they get to the other side, ask the students about their conversations.



Activity: **Love Bobs**

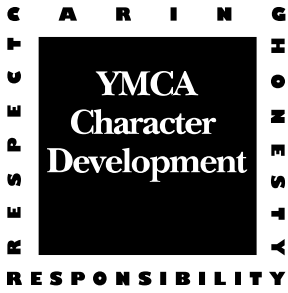
Ages: **3-5 (Pike)**

Value(s): **Caring**

Facility and Equipment: **Pool**

**Description:**

1. Have each student tell you how many people they love and who they are.
2. Have them do that many bobs.



Activity: **Swimming Further**

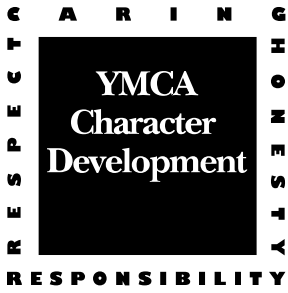
Ages: **3-5 (Eel)**

Value(s): **Caring**

Facility and Equipment: **Pool**

**Description:**

1. Have each student swim a little further than they ever have before.
2. As they take their turns, the rest of the class should cheer them on and clap when they make it.
3. Tell them it is important to care and support others in class.



Activity: **Wall Kicking**

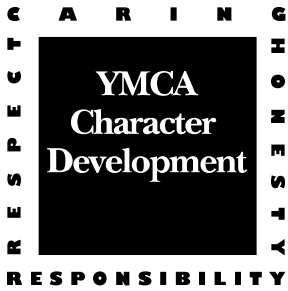
Ages: **3-5 (Ray)**

Value(s): **Caring**

Facility and Equipment: **Pool**

**Description:**

1. Begin with the students all on the wall kicking softly.
2. Say a statement such as "I am sad when my friends are sick," or "I like to share my toys so my friends can have fun too," or "I don't like to share my toys with my brother and sister."
3. If they believe the statement is good, they have to kick extra hard until the instructor tells them to kick softly again and reads another statement.



Activity: **Treading Water**

Ages: **3-5 (Starfish)**

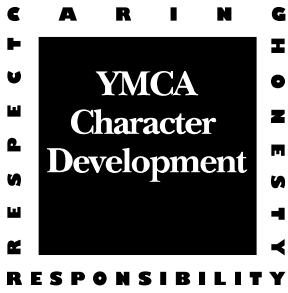
Value(s): **Caring**

Facility and Equipment: **Pool**

**Description:**

1. Have the students tread water. When they can think of a nice thing they did for someone, they raise a hand.
2. The instructor taps them and then they can stop on the side to tell the class their act of kindness.

Complements: **Abundant Assets Alliance**



Activity: **Caring Caps**

Ages: **3-5 (Eel)**

Value(s): **Caring**

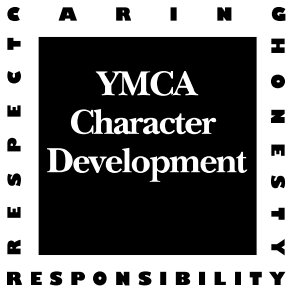
Facility and Equipment: **Bathing caps that have "caring" printed on them**

**Description:**

1. Everyone gets a bathing cap to put on.
2. If they say something nice to someone else, then they can take the cap off.
3. By the end of the class, everyone should have their caps off.

Complements: **Abundant Assets Alliance**





Activity: **Ball Pass**

Ages: **3-5 (Pike/Eel)**

Value(s): **Caring**

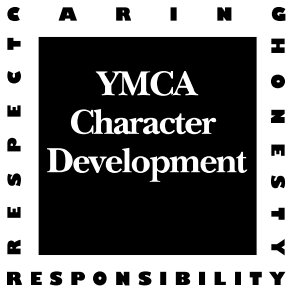
Facility and Equipment: **Pool, beach ball or small playground ball**

**Description:**

1. Show students how to pass the ball in the water and how to catch.
2. After passing to each student, have them pass to each other a few times.
3. Ask if everyone got a turn to pass and catch. Explain that making sure everyone got a turn is a way of showing caring for each other.

Complements: **Abundant Assets Alliance**





Activity: **Recognizing Caring for Others**

Ages: **3-5 (All levels)**

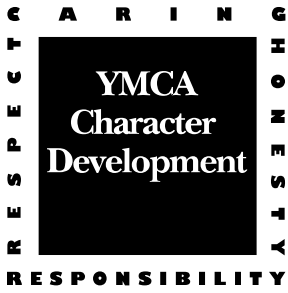
Value(s): **Caring**

Facility and Equipment: **None**

**Description:**

1. By the age of three, children can show caring or recall a like experience. Make a point to recognize students whenever they demonstrate empathy or caring to another student. For example, Sally sees a classmate is scared and tells him, "It's okay, kicking to the teacher will be fun." Bring the statement to the attention of the other students after the activity by saying, "Sally showed she cared about Ricky by showing concern for what Ricky was feeling."

Complements: **Abundant Assets Alliance**



Activity: **Hug and Smile**

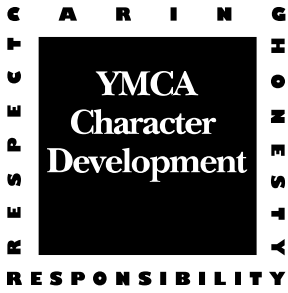
Ages: **SKIP**

Value(s): **Caring**

Facility and Equipment: **None**

**Description:**

1. Sing to the tune of "10 Little Indians."  
Hug and smile and love your neighbor.  
Hug and smile and love your neighbor.  
Hug and smile and love your neighbor, because everyone here cares.



Activity: **Hug our Baby**

Ages: **SKIP**

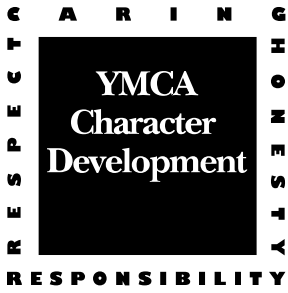
Value(s): **Caring**

Facility and Equipment: **Pool**

**Description:**

1. Sing to the tune of "All Around the Mulberry Bush."  
This is the way we splash our hands, kick our feet, hug our baby.

Complements: **Abundant Assets Alliance**



Activity: **Caring About Others**

Ages: **SKIP**

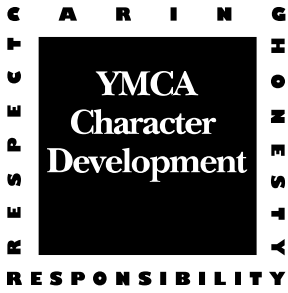
Value(s): **Caring**

Facility and Equipment: **None**

**Description:**

1. Discuss with the parents that there are many seniors and disabled persons who use the facilities and although several of the front parking spaces are marked handicapped, many of the seniors don't use them. It would be appreciated if those who are able would use the other spaces and allow the close ones for the seniors.
2. By caring about others, we can allow everyone to enjoy our facility.

Complements: **Abundant Assets Alliance**



Activity: **Missing Class**

Ages: **SKIP**

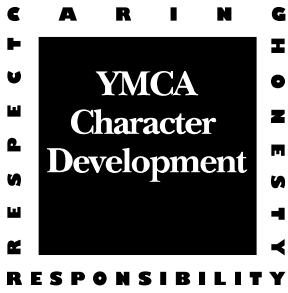
Value(s): **Caring**

Facility and Equipment: **None**

**Description:**

1. Make it a point to call each child that misses a class. Report to the rest of the class why they aren't there if they miss again.
2. Ask parents to call you ahead of time if their child will miss a class; then you can let everyone know why.
3. This shows how we care about everyone in class.

Complements: **Abundant Assets Alliance**



Activity: **Pictures**

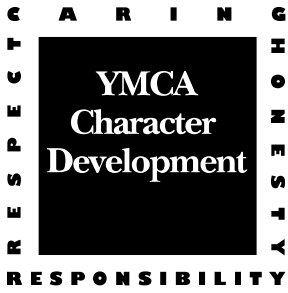
Ages: **SKIP**

Value(s): **Caring**

Facility and Equipment: **Camera, paper frames**

**Description:**

1. Take a picture of the class in the middle of the session. At the end of the session, have Graduation Day and put the picture in a paper frame with all the graduates' names. If possible, give a copy to each member of the class.



Activity: **Safety Day**

Ages: **Parents**

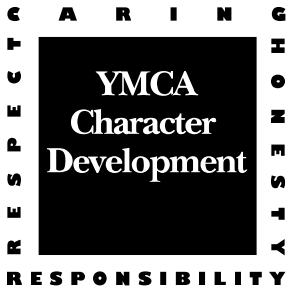
Value(s): **Caring**

Facility and Equipment: **Classroom or desk space, CPR class list**

**Description:**

1. Have a safety day and teach rescue breathing. Discuss how this could save a baby's life and how important it is to know how to do it.
2. Bring a list of infant CPR classes and encourage class members who have not been certified to sign up together.

Complements: **Activate America**



Activity: **Family Support**

Ages: **Parents**

Value(s): **Caring**

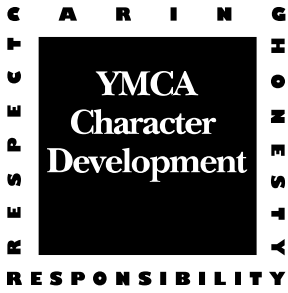
Facility and Equipment: **None**

**Description:**

1. Discuss caring and supporting as a family unit.
2. Have a day where the whole family is invited to come to class. Brothers and sisters are encouraged to come help baby swim!

Complements: **Abundant Assets Alliance**





Activity: **Bulletin Board**

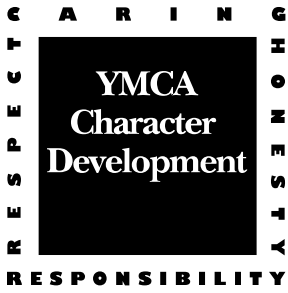
Ages: **SKIP**

Value(s): **Caring**

Facility and Equipment: **Bulletin board, pictures, paint for handprint**

**Description:**

1. Make a bulletin board with all the babies' pictures on it with their names. (You can also do a handprint in paint after class one day.)
2. It's a way of showing the Y cares about its students.



Activity: **Ring Around the Rosie**

Ages: **3-5 (Eel)**

Value(s): **Honesty**

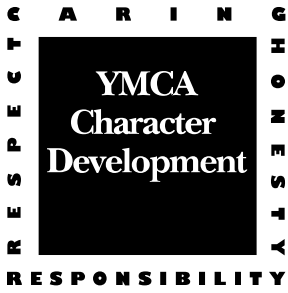
Facility and Equipment: **Pool**

**Description:**

1. Play Ring around the Rosie. Everyone is supposed to keep their eyes open when they go under water.
2. Ask them afterwards if they kept them open. Are they being honest? Did they see anyone wave?

Complements: **Abundant Assets Alliance**





Activity: **Stand Up**

Ages: **3-5 (Eel)**

Value(s): **Honesty**

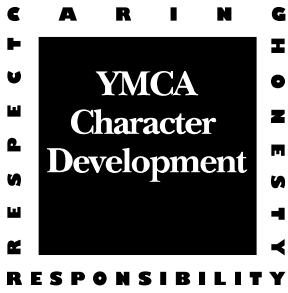
Facility and Equipment: **Shallow end**

**Description:**

1. Have three honest statements and three dishonest statements prepared. For example: "I'm allowed to swim by myself because I'm an adult."
2. When the instructor says an honest statement, the students stand up in the water to hear better.
3. When the instructor says a dishonest statement, the students go underwater so as to not hear it.

Complements: **Abundant Assets Alliance**





Activity: **Boating Safety**

Ages: **3-5 (Starfish)**

Value(s): **Honesty**

Facility and Equipment: **None**

**Description:**

1. Discuss the following scenarios on boating safety day:
  - a. "What if you told your mom or dad that you had your vest on, but you didn't really snap it?"
  - b. "What if you told your mom or dad you put your sunscreen on when you didn't?"

Complements: **Abundant Assets Alliance**



Activity: **Who is Honest?**

Ages: **3-5 (All levels)**

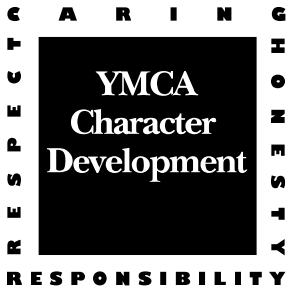
Value(s): **Honesty**

Facility and Equipment: **None**

**Description:**

1. Sing to the tune of "Are you sleeping?"  
Who is honest? Who is honest?  
Never tells a lie, never tells a lie.  
Who could that person be? Who could that person be?  
Oh it's me! Oh it's me!

Complements: **Abundant Assets Alliance**



Activity: **I Feel Good**

Ages: **SKIP**

Value(s): **Honesty**

Facility and Equipment: **None**

**Description:**

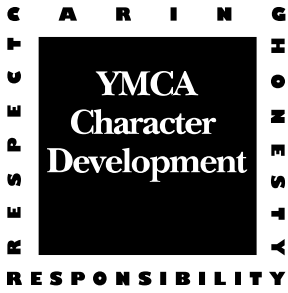
1. Sing to the tune of "10 Little Indians."  
I feel good when I'm being honest.  
I feel good when I'm being honest.  
I feel good when I'm being honest and all my friends like me.

Complements: **Abundant Assets Alliance**









Activity: **Power of the Water**

Ages: **SKIP**

Value(s): **Respect**

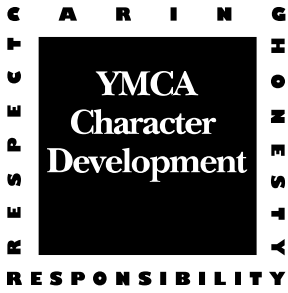
Facility and Equipment: **None**

**Description:**

1. During orientation, discuss the power of water and how it can be fearful to the child and some adults. Explain the rules and why we have them, how safe swimming shouldn't be fearful, and how to get your whole family to respect aquatic environments to ensure a safe time for all.

Complements: **Activate America**





Activity: **Respecting Rules**

Ages: **SKIP**

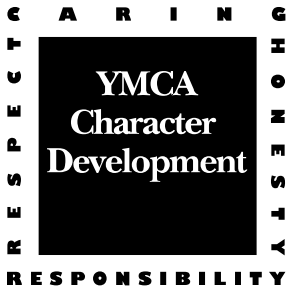
Value(s): **Respect**

Facility and Equipment: **None**

**Description:**

1. During orientation, tell parents about the YMCA guidelines for infant swimming.
2. Explain the importance of following these guidelines and some of the consequences if they don't follow them.

Complements: **Abundant Assets Alliance**



Activity: **Baby's Respect**

Ages: **SKIP**

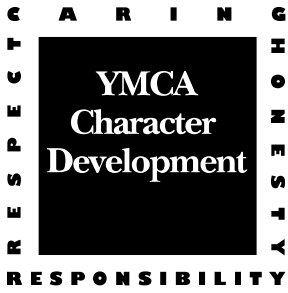
Value(s): **Respect**

Facility and Equipment: **None**

**Description:**

1. At the first class, discuss the need to respect their babies in the class. Some days they may not want to participate. It's okay and it happens to everyone at one time or another. Allow them to get out early, watch, or go play on their own. There is no need to push babies; respect their feelings.

Complements: **Abundant Assets Alliance**



Activity: **Bobbing**

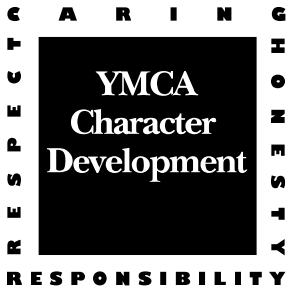
Ages: **3-5 (Pike)**

Value(s): **Respect**

Facility and Equipment: **Pool**

**Description:**

1. Have the students work on bobbing where they don't stop on top and all of their air is blown out underneath.
2. Demonstrate and have the students watch.
3. As each child accomplishes the skill, all the other children clap for them.



Activity: **Respecting Others**

Ages: **3-5 (Eel)**

Value(s): **Respect**

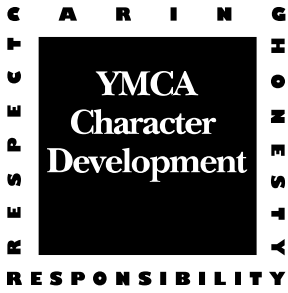
Facility and Equipment: **Stickers**

**Description:**

1. Discuss "respecting other people" at the end of class.
2. Tell the students that they must do something nice for their mom or dad before the next class. They will get a sticker at the next class if they can remember to do it and report back to the class.

Complements: **Abundant Assets Alliance**





Activity: **Being Proud**

Ages: **All**

Value(s): **Respect**

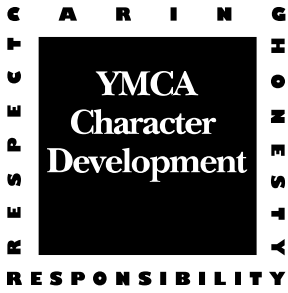
Facility and Equipment: **None**

**Description:**

1. To teach self-respect, ask each student, "What did you do well today and what are you most proud about?"
2. This should give them each the opportunity to feel good about that day's accomplishments.
3. This is one way to help teach the children about self-respect.

Complements: **Abundant Assets Alliance**





Activity: **Showers**

Ages: **3-5 (Starfish)**

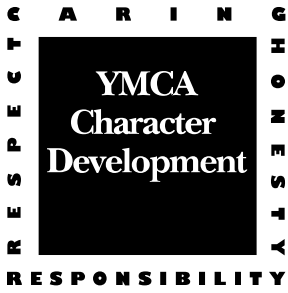
Value(s): **Respect**

Facility and Equipment: **None**

**Description:**

1. Before getting into the pool on the first day, discuss why we take showers before entering the pool.
2. Say, "We are respecting everyone's right to swim in a clean pool. What other rules should we respect during swim lessons?"

Complements: **Abundant Assets Alliance**



Activity: **Taking Turns**

Ages: **3-5 (Eel/Ray)**

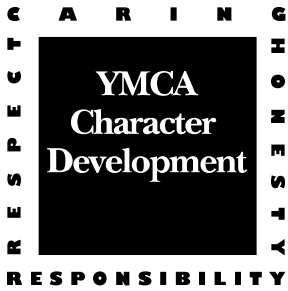
Value(s): **Respect**

Facility and Equipment: **Pool**

**Description:**

1. Each person gets to take a turn to go first on the following skills:
  - a. floating
  - b. floating and kicking
  - c. floating, kicking and paddle stroke
  - d. paddle stroke and breathing
2. Talk about why everyone had a chance to go first.

Complements: **Abundant Assets Alliance**



Activity: **Splash and Respect**

Ages: **3-5 (Pike)**

Value(s): **Respect**

Facility and Equipment: **None**

**Description:**

1. Have the students sitting on the side of the pool, kicking their feet softly to warm up. Hard kicking is disruptive and not responsible behavior.
2. Ask the following questions:
  - a. "Who is responsible for a safe pool?"
  - b. "Who is responsible for walking across the road at school?"
  - c. "Who is responsible for fixing dinner?"
  - d. "What would happen if that person wasn't responsible?"

Complements: **Abundant Assets Alliance**



Activity: **Helping Others in Trouble**

Ages: **3-5 (All levels)**

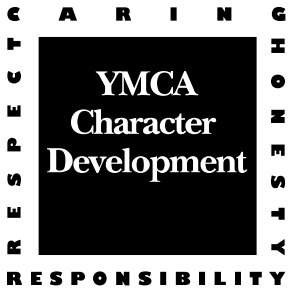
Value(s): **Respect**

Facility and Equipment: **None**

**Description:**

1. Say, "If you see someone that needs help, call for help very loudly first. This is a way of showing respect. You are trying to perform a kind and caring act for someone else."
2. "You can reach or throw something out to them. But first, you need to be in a safe position on deck. You first need to respect your own life, by not putting yourself in danger. Thinking you can help by going in the water is not showing respect for yourself or for the person who needs help."
3. Discuss water. Say, "The water is very strong, and we can have fun swimming in it. But we also need to respect the water by being safe in and around it."

Complements: **Abundant Assets Alliance**



Activity: **Showing Respect**

Ages: **3-5 (All levels)**

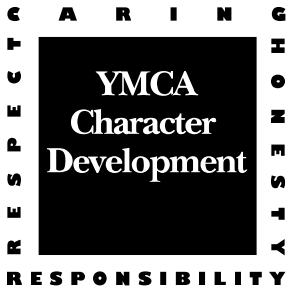
Value(s): **Respect**

Facility and Equipment: **None**

**Description:**

1. When talking to your class, be sure you listen to what they are saying. Look at them. Then restate what they said in your own words. This confirms you understood them correctly. This helps reinforce that you are providing a role model for them by demonstrating one's respect for others' opinions.

Complements: **Abundant Assets Alliance**



Activity: **Respecting Rules**

Ages: **3-5 (All levels)**

Value(s): **Respect**

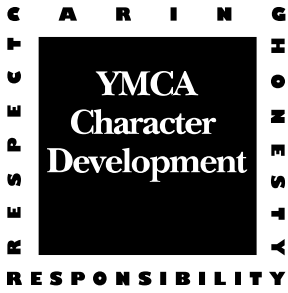
Facility and Equipment: **None**

**Description:**

1. On the first day of class, discuss the rules for the class and the pool. Tell them why these are important and what the appropriate behavior is. Explain the consequences if anyone does not follow the rules.
2. Be sure to enforce the rules. Acknowledge the students when they are following the rules.

Complements: **Abundant Assets Alliance**





Activity: **Pool and Water Safety**

Ages: **SKIP**

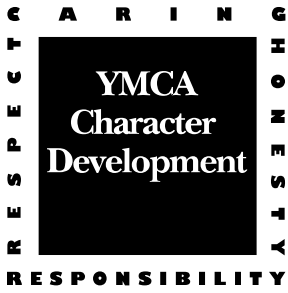
Value(s): **Responsibility**

Facility and Equipment: **None**

**Description:**

1. Discuss pool and water safety for children of all ages. Ask, "What would you do if a neighbor wasn't following safe practices? How could you encourage the person to change his or her ways?"

Complements: **Abundant Assets Alliance**



Activity: **Pool Rules**

Ages: **3-5 (Pike)**

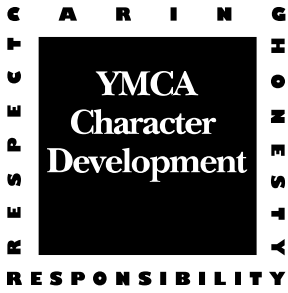
Value(s): **Responsibility**

Facility and Equipment: **Lifeguard**

**Description:**

1. Discuss pool rules and how all of us are responsible for following them.
2. Meet the lifeguard and learn what the guard is responsible for doing at the pool.

Complements: **Abundant Assets Alliance**



Activity: **Home Responsibilities**

Ages: **3-5 (Pike/Eel)**

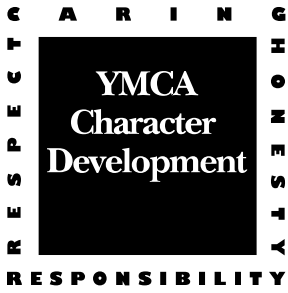
Value(s): **Responsibility**

Facility and Equipment: **None**

**Description:**

1. Have each student sit on the side of the pool and tell you something he or she is responsible for doing at home to help around the house.
2. After they tell you one responsibility, they get to play motorboat.
3. After everyone has had their turn, discuss why it's important for everyone to help out.

Complements: **Abundant Assets Alliance**



Activity: **Clean-up Monitor**

Ages: **3-5 (All levels)**

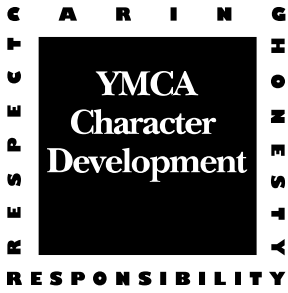
Value(s): **Responsibility**

Facility and Equipment: **Toy barrels or whatever toys are stored in, gold star stickers**

**Description:**

1. Choose two clean-up monitors for each class.
2. They have to stack up kick boards or whatever equipment was used after class is over.
3. Each monitor gets a star after class if everything is put back neatly.

Complements: **Abundant Assets Alliance**



Activity: **Getting Ready for Class**

Ages: **3-5 (Starfish)**

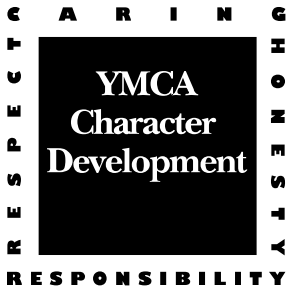
Value(s): **Responsibility**

Facility and Equipment: **None**

**Description:**

1. On the first day of class, discuss responsibility. Ask the students these questions:
  - a. "What are we responsible for before swim class, during class, and after class?"
  - b. "Do you have any other responsibilities at home?"

Complements: **Abundant Assets Alliance**



Activity: **Boating Safety**

Ages: **3-5 (All levels)**

Value(s): **Responsibility**

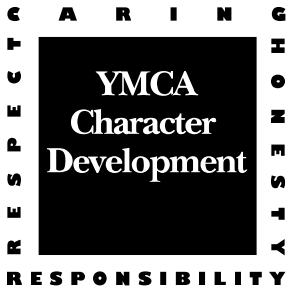
Facility and Equipment: **Plastic bottle with message, boat, pool**

**Description:**

1. On boating safety day, have all the students in the boat with their life jackets on. (Be sure you have your life jacket on, too!)
2. Throw a plastic bottle with message inside it into the middle of the pool. Pretend you are on the high seas and row out to the bottle.
3. Inside the bottle, have a value statement about boating safety and being responsible near boats, lakes, and oceans.

Complements: **Abundant Assets Alliance**





Activity: **Clean-up**

Ages: **SKIP**

Value(s): **Responsibility**

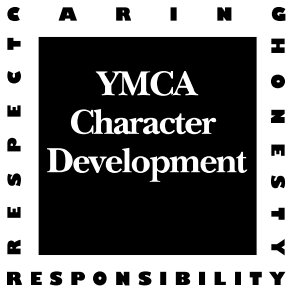
Facility and Equipment: **Toy barrels or whatever toys are stored in**

**Description:**

1. Have all the students put their toys away at the end of class.
2. Explain to parents this is a good way for them to learn about responsibility.

Complements: **Abundant Assets Alliance**





Activity: **Parent Responsibility**

Ages: **SKIP**

Value(s): **Responsibility**

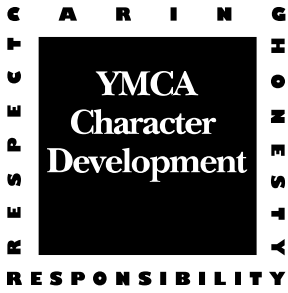
Facility and Equipment: **None**

**Description:**

1. On the first day of class, discuss with the parents their responsibility in class: not necessarily teaching their child to swim, but encouraging water adjustment, learning about water safety, and bonding with their child. Encourage parents to talk to each other about things they have learned about their babies and ways to help them through difficult times.

Complements: **Abundant Assets Alliance**





Activity: **Boating Safety**

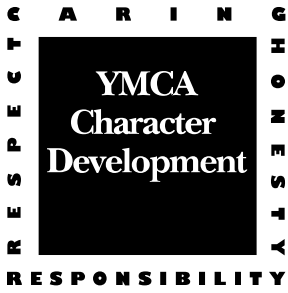
Ages: **SKIP**

Value(s): **Responsibility**

Facility and Equipment: **Life jackets for adults, children, and infants**

**Description:**

1. Discuss boating safety with parents.
2. Demonstrate what to look for in a good life jacket, and how it should fit.
3. Discuss that it is important for children to understand the importance of wearing life jackets through watching the parents.



Activity: **Homework**

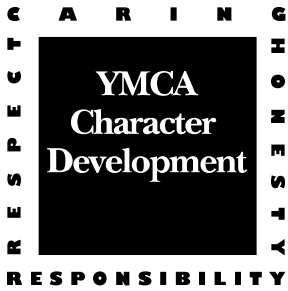
Ages: **SKIP**

Value(s): **Responsibility**

Facility and Equipment: **None**

**Description:**

1. Give parents and children homework of blowing bubbles or squeezing sponges on their baby's head in the bathtub between classes.
2. Tell them it's their responsibility to remember to practice.
3. Next class, ask them who remembered.



Activity: **If You're Honest and You Know It**

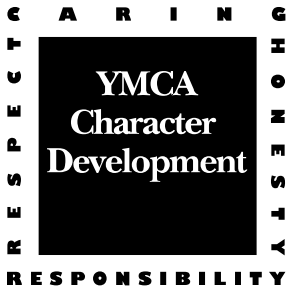
Ages: **SKIP**

Value(s): **Caring, Honesty, Respect, Responsibility**

Facility and Equipment: **None**

**Description:**

1. Sing to the tune of "If You're Happy and You Know It."  
If you're honest and you know it, splash your hands.  
If you're honest and you know it, splash your hands.  
If you're honest and you know it, your life will surely show it.  
If you're honest and you know it, splash your hands.  
If you're caring and you know it, kick your feet.  
If you're responsible and you know it, turn around....  
If you're caring and you know it, jump up and down...



Activity: **Olympic Days**

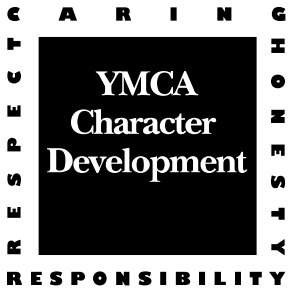
Ages: **All**

Value(s): **Caring, Honesty, Respect, Responsibility**

Facility and Equipment: **Olympic ring symbol, markers or crayons, equipment for races**

**Description:**

1. Assign each of the five colors of the Olympic symbol a value. Put a paper with the Olympic symbol up on a bulleting board or a wall – don't color in the circles yet.
2. Each day as the class discusses a value, they get to color in a ring.
3. On the fifth day, they review all the values and color in the final ring.
4. When they complete the Olympic symbol, they get to have "Olympic Day Races." (Have all kinds of crazy races: swimming on a noodle, boat races with the kickboards, etc.)
5. If several classes complete the symbol on the same day, you can do group Olympics with all the classes.



Activity: **Jelly Bean Day**

Ages: **All**

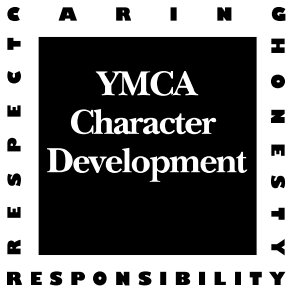
Value(s): **Caring, Honesty, Respect, Responsibility**

Facility and Equipment: **Jelly beans, volunteer**

**Description:**

1. If several classes are going on around the pool at the same time, have a volunteer roam around.
2. Whenever the volunteer sees children doing something nice (clapping hands for a friend, encouraging a classmate, listening well, etc.), the volunteer will give them a jelly bean.

Complements: **Abundant Assets Alliance**



Activity: **Beads**

Ages: **All**

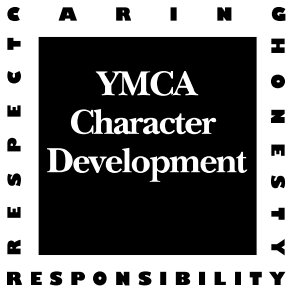
Value(s): **Caring, Honesty, Respect, Responsibility**

Facility and Equipment: **Colored beads, lanyards**

**Description:**

1. Give everyone a plastic lanyard and a color starter bead to represent their level (pike = white, guppy = purple, etc.) to tie onto their swim bag.
2. Each day you discuss a value, they get a new color bead to put on their lanyard.
3. When they complete all four and can tell you what the four values are, they get a multi-colored bead.





Activity: **Boating Safety**

Ages: **Ray/Starfish**

Value(s): **Caring, Honesty, Respect, Responsibility**

Facility and Equipment: **Boat, life jackets (preschool, youth, and adult sizes)**

**Description:**

1. Discuss how we demonstrate our values by learning about boating safety.
  - a. Caring: Check that everyone is wearing a Personal Floatation Device correctly, especially your buddy.
  - b. Honesty: Speak up if you notice something is wrong, like someone's life jacket is not on correctly.
  - c. Respect: We follow instructions by the "Captain" of the boat (mom or dad) when they tell us we need to stay seated or it is time to put on our life jackets.
  - d. Responsibility: For yourself; wear a PFD whenever you are on a boat.

Complements: **Abundant Assets Alliance**

