

# Longfellow's WHALE Tales

## Water Habits Are Learned Early

### Lesson 9

# Stay Calm, Think It Through and You Can Know What to Do

## ABOUT THIS LESSON

This lesson includes weather-related water safety hazards that participants may encounter depending on where they live or travel: thunderstorms, floods and ice. It's recommended that this lesson is taught after participants have completed Lesson 7: Think So You Don't Sink and Lesson 8: Reach or Throw, Don't Go, which cover some of the basic skills a person should have in a water emergency situation to help themselves and others.

## GUIDANCE FOR THE LEADER

Please refer to the section How to Lead Longfellow's WHALE Tales for full guidance on how to teach this lesson and the Longfellow's WHALE Tales Water Safety for Children program. Leaders are encouraged to follow the lesson plan provided. However, use of the course presentation and videos is optional. You should also adapt the language and activities as needed based on the age and learning level of participants, the teaching setting and local references. In some cases, options are offered for activities based on these factors.

## KEY TERMS

**Flood:** When water overflows onto or collects in an area that is normally dry land

**Flash flood:** Very fast flooding of a low-lying area

**Flood warning:** An alert that means that a flood may already be happening in an area, so move to higher ground

**Flood watch:** An alert that means flooding is possible because of conditions, so be ready

**Hypothermia:** When the body gets so cold it loses heat faster than it can get warm again

**Thunderstorm:** A dangerous storm with lightning that may also bring heavy rain, winds and hail

# TEACHING OBJECTIVES

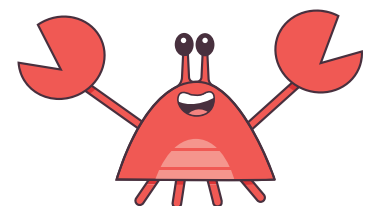
After completing this lesson, participants will be able to:

- Know what a thunderstorm is and what dangers may be related to thunderstorms.
- Know what safety actions to take if a thunderstorm happens.
- Define what a flood is and where floods may happen, including flash floods.
- Understand basic facts about floods.
- Explain safe behavior to follow when there is a flood warning or flood watch.
- Understand why a person should not enter a flooded area to wade or play.
- Understand safety considerations and dangers when going onto a frozen body of water.
- Know how to rescue oneself after falling through the ice.
- Know how to help a friend if they fall through the ice by calling for help and using a reaching or throwing assist.

# MATERIALS, EQUIPMENT AND SUPPLIES


Review the lesson plan prior to leading it to determine which items you'll need for the options you choose. Materials may include:

- Course Presentation 9: Stay Calm, Think It Through and You Can Know What to Do
- Poster: Stay Calm, Think It Through and You Can Know What to Do
- Longfellow's WHALE Tales animated video: Stay Calm, Think It Through and You Can Know What to Do
- Longfellow's WHALE Tales live action video: Staying Safer in a Flood
- Monitor or computer, projector and screen (for use with downloadable course presentation and videos)
- Writing utensils for participants (pencils/pens, crayons or markers)
- Dry erase board and marker or other method to record answers for all to see (newsprint and marker, chalkboard and chalk, etc.)
- Yardstick ruler
- Sticker badges
- Coloring Sheet: Stay Calm, Think It Through and You Can Know What to Do (one for each participant)
- Activity Sheet 9-1 (one for each Level 1 participant)
- Activity Sheet 9-2 (one for each Level 2 participant)
- Caregiver Letter 9-1 (one for each participant)



# TOPIC: INTRODUCTION

Time: 1 to 5 minutes, depending on whether optional video is used

 **Leader's Note:** If needed, start by introducing yourself to participants and allow them to introduce themselves.

## SHARE AND TELL DISCUSSION



### LEVEL




### MATERIALS

Course Presentation 9, Slide 1

#### ■ Tell participants:

- This water safety lesson is not about swimming. It's not about boating either. It's about some other ways you might need to be water smart.
- In this lesson we're going to talk about a few different weather-related water emergencies you might encounter: thunderstorms, floods and ice.

 **Leader's Note:** If you live in an area where any of these weather events are common, let participants know that these topics are especially relevant in the environment they live in. But even if this is not the case, they may take a vacation or visit a relative or friend somewhere where these events may occur.

## VIDEO



### LEVEL




### MATERIALS

Course Presentation 9, Slide 2

Dry erase board and marker or similar

#### ■ Tell participants: We are going to watch a short video.

#### ■ Play animated video: Stay Calm, Think It Through and You Can Know What to Do

 **Leader's Note:** After watching the video, pose the following questions and allow a few participants to provide answers. If desired, and as appropriate for your participants and setting, you can create a Notice and Wonder chart for all to see by making a column for each and writing down what the participants say. You can then refer back to this chart as you cover topics where relevant.




#### ■ Ask participants:

- Who can tell me one thing they noticed when watching the video?
  - Allow two or three participants to answer.
- Who can tell me one thing they are wondering after watching the video?
  - Allow two or three participants to answer.

#### ■ Tell participants: As we go through this lesson and we learn more about this topic, think about what you saw in the video to help you in our discussions and activities.

# TOPIC: WHEN IT STORMS



Time: 5 minutes

<p><b>SHARE AND TELL DISCUSSION</b></p>  <p><b>LEVEL</b></p> <p>LEVEL 1    LEVEL 2</p> <p><b>MATERIALS</b></p> <p>None</p>	<ul style="list-style-type: none"><li>■ <b>Tell participants:</b><ul style="list-style-type: none"><li>● A thunderstorm is a dangerous storm that includes lightning.<ul style="list-style-type: none"><li>○ Lightning can seriously hurt a person if it strikes nearby.</li><li>○ A thunderstorm also may bring strong, damaging wind and hail, heavy rainfall that can lead to flooding and sometimes even tornadoes.</li></ul></li><li>● To stay safer when a thunderstorm is in the weather forecast, just remember what the National Weather Service says: When thunder roars, go indoors!</li></ul></li><li>■ <b>Say to participants:</b> Now let's say that together: "When thunder roars, go indoors!"</li><li>■ <b>Tell participants:</b><ul style="list-style-type: none"><li>● If you are outdoors and see lightning, head indoors for safety.</li><li>● If you can hear thunder, even if you haven't seen lightning yet, it's also time to head indoors for safety. If you can hear thunder, lightning could strike any time, even if it's not raining yet.</li><li>● If you are swimming or doing another water activity—even if you are at an indoor pool—get out of the water and go to dry land as fast as you can. If you are outdoors, seek shelter.</li><li>● Stay indoors until 30 minutes after the last thunder is heard.</li></ul></li></ul>
<p><b>BRAIN GAME</b></p>  <p><b>LEVEL</b></p> <p>LEVEL 1    LEVEL 2</p> <p><b>MATERIALS</b></p> <p>Course Presentation 9, Slide 3</p>	<div style="border: 1px solid red; padding: 5px;"> <b>Leader's Note:</b> If you are not using the course presentation, you can skip the sorting activity and just provide the information on good and not-so-good shelters as lecture points.</div> <ul style="list-style-type: none"><li>■ <b>Tell participants:</b> There are good places to take shelter, and not-so-good places to take shelter. To learn more, we are going to do a quick sorting activity.</li><li>■ <b>Set up activity:</b> Show Course Presentation 9, Slide 3, Good and Not-So-Good Storm Shelters.</li><li>■ <b>Say to participants:</b> Look at the slide and let's decide together how to sort the pictures shown from the best type of shelter in a storm to the worst type. Which do we think is best? Second best? Which is not-so-good? And the worst?<ul style="list-style-type: none"><li>● <i>Answers should be:</i><ul style="list-style-type: none"><li>○ <i>Best is the sturdy building</i></li><li>○ <i>Second best is the car</i></li><li>○ <i>Not-so-good is the open structure</i></li><li>○ <i>Worst is the tree</i></li></ul></li></ul></li></ul>

	<ul style="list-style-type: none"> <li>■ <b>Tell participants:</b> <ul style="list-style-type: none"> <li>● The safest, best place to be in a thunderstorm is in a sturdy, fully enclosed building like a home, school or store. At an outdoor pool or waterfront, there may be a building that has changing rooms or indoor gathering spaces. Once inside, stay away from glass doors, windows and running water. No baths, showers or washing dishes!</li> <li>● If there is not a sturdy shelter nearby, but you do have a car, getting into your car is safer than being outdoors.</li> <li>● Sheds, gazebos, beach shacks, porches, baseball dugouts and similar open structures do not protect from lightning or high winds.</li> <li>● Trees are very dangerous to stand under during a storm as they are more likely to be hit by lightning.</li> <li>● If possible, don't wait to take shelter until a storm is happening. Instead, start looking for shelter as soon as you know a storm is coming.</li> </ul> </li> </ul>
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## TOPIC: FACTS ABOUT FLOODS

**Time: 5 minutes**

<p><b>SHARE AND TELL DISCUSSION</b></p>  <p><b>LEVEL</b></p> <div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid blue; border-radius: 50%; padding: 5px; text-align: center;"> <small>LEVEL</small> <b>1</b> </div> <div style="border: 1px solid blue; border-radius: 50%; padding: 5px; text-align: center;"> <small>LEVEL</small> <b>2</b> </div> </div> <p><b>MATERIALS</b></p> <p>Dry erase board and marker or similar</p>	<ul style="list-style-type: none"> <li>■ <b>Tell participants:</b> Next, we are going to talk about floods.</li> <li>■ <b>Ask participants:</b> Can anyone tell me what a flood is? <ul style="list-style-type: none"> <li>● <i>Answer should be something like: A flood is when water overflows from a river, lake or another body of water or when there is a lot of water that collects on an area that is normally dry land.</i></li> </ul> </li> <li>■ <b>Ask participants:</b> What might cause a flood to happen?</li> </ul> <div style="border: 1px solid red; padding: 10px; margin: 10px 0;"> <p> <b>Leader's Note:</b> As answers are given, write them down for all to see, if desired. Participant answers may depend on their experiences and what is common where they live. If needed, offer prompts to encourage answers similar to those below.</p> </div> <ul style="list-style-type: none"> <li>● <i>Answers may vary but should include things like:</i> <ul style="list-style-type: none"> <li>○ <i>Heavy rain/thunderstorm</i></li> <li>○ <i>Too much stormwater or wastewater in pipes</i></li> <li>○ <i>Hurricanes or tropical storms</i></li> <li>○ <i>Big waves, tsunami</i></li> <li>○ <i>Storm surge (when the ocean rises more than normal because of a storm)</i></li> <li>○ <i>Spring snow melt</i></li> <li>○ <i>Dam or levee failure</i></li> </ul> </li> <li>■ <b>Tell participants:</b> Great job with this list. Let's see what else you know about floods.</li> </ul>
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## POP QUIZ



## LEVEL



## MATERIALS

Course Presentation 9,  
Slides 4–7



**Leader's Note:** Images for the pop quiz are included in the course presentation. If you will not be using the course presentation, you can pre-print the related slides for use with this activity or find your own images to depict areas that may flood.

### ■ Tell participants:

- It's time for a pop quiz!
- When I show you an image, give me a thumbs up if you think a flood could happen in the setting shown. If not, give a thumbs down. Don't worry if you give a wrong answer. This pop quiz will help you learn more about floods.



**Level 1 Variation:** Have participants work in pairs to decide how they will answer.

- **Ask participants:** Could a flood happen along a riverside? Give a thumbs up if you think the answer is yes. Give a thumbs down if you think a flood would not happen here.
  - *Answer: Thumbs up*
- **Tell participants:** Thumbs up is right. Rivers may flood from a big rainstorm or from natural changes in the water flow, for example, when snow melts in the spring.
- **Ask participants:** Could a flood happen along the coast by the ocean?
  - *Answer: Thumbs up*
- **Tell participants:** Thumbs up is right. Some reasons for coastal flooding are storms or hurricanes. In some places, large waves caused by weather or offshore earthquakes can also lead to flooding.
- **Ask participants:** Could a flood happen on this city street? [Wait for answer.] How about in this home?
  - *Answer: Thumbs up for both*
- **Tell participants:** Thumbs up is right for both. When land is paved over for streets, parking lots and buildings, it can't absorb rainfall. Rainwater that can't be absorbed into the ground becomes runoff that could turn roads into rivers and living rooms into lakes if there is too much of it.
- **Ask participants:** One more. Could a flood happen in this dry riverbed (arroyo)?
  - *Answer: Thumbs up*
- **Tell participants:**
  - Thumbs up is right for this one too. If a lot of rain falls in the area, or even in an area "upstream" from the dry riverbed (arroyo), it can very quickly fill up with fast-moving water. This is called a flash flood.
  - Great job everyone!

- **Ask participants:** Was anyone surprised by any of the answers in the quiz? What surprised you?
  - *Allow a few participants to answer.*
- **Tell participants:** Flooding can be dangerous because it can happen in some surprising places and at some surprising times.
  - For example, even though heavy rain can cause flooding, the flooding may not happen right away. Sometimes, it can take hours for the water to rise enough to flood.
  - A flood can also turn calm waters into fast-moving, raging water.
  - A flood could also happen if a dam or levee on a body of water breaks. These are built to be safe, so this doesn't happen often. But if it did, a large amount of water would suddenly be able to move where it shouldn't be.

## TOPIC: WHAT TO DO TO BE SAFER IN A FLOOD

Time: 5 to 15 minutes, depending on option selected

### SHARE AND TELL DISCUSSION



### LEVEL



### MATERIALS

Course Presentation 9, Slide 8

- **Tell participants:**
  - Even though there isn't much that you can do to prevent a flood from happening, there are things you can do to protect yourself from a flood that does happen.
  - For one thing, if you live somewhere that floods easily, or will be visiting somewhere like that, you can make a plan with your family for what you'll do if a flood happens.
    - This is similar to how you have a plan in school, and hopefully at home too, for what to do if a fire alarm sounds.
    - You can learn how to make a flood plan on the American Red Cross website.
  - In addition, take any flood watches and flood warnings that are given with the weather forecast seriously, even if you look outside and it doesn't seem like a flood is possible.
    - If there is a flood watch where you are, you should stay alert and be ready to take action if needed. It means a flood could happen.
    - If there is a flood warning where you are, you should take action. It means flooding is already happening or will happen very soon, so you should get to higher ground.
    - If there is a flash flood warning for where you are and you are in a low-lying area, do not wait, even if you don't see any water yet. Head for higher ground right away.



**Leader's Note:** If you are not using the course presentation to show the images, instead of asking the next question, just move to the next talking point.



- **Ask participants:** Where do you think higher ground is in each of these images?

- *Answers should be:*

- *Image 1: The second floor of the home*
- *Image 2: The top of the hill*
- *Image 3: Outside of the riverbed/arroyo*

- **Tell participants:**

- Getting to higher ground means going to the highest point you can. This might be a higher floor of your home, the top of a nearby hill or even leaving your neighborhood entirely to go to a safer location.
- If you see a flood that's already happening outside your door or on a street or path where you are traveling, don't enter the water. Instead: Turn around, don't drown.
- Let's repeat that together. "Turn around, don't drown."
- You should never enter flood water. You'll learn more about that next.



**Leader's Note:** Let participants know the caregiver letter distributed at the end of the lesson will include the link for American Red Cross information on preparing for a flood emergency so they can share it with their families.



**Leader's Note:** For the next section of the lesson, there are several options for how participants are taught. Choose the one that works best for your setting, participant learning level and resources:

- Option A: Staying Safer in a Flood Doesn't Have to Be a Mystery (Video)
- Option B: The Truth About Flood Safety (Share and Tell Discussion)
- Option C: Flood Safety News Report (Get Up and Move—Level 2)

## Option A: Staying Safer in a Flood Doesn't Have to Be a Mystery

### VIDEO



### LEVEL



### MATERIALS

Course Presentation 9,  
Slide 9

- **Tell participants:** We are going to watch a short video to learn more about how to stay safer if you are in an area that could flood.
- **Play live action video:** Staying Safer During a Flood
- **Ask participants:** Does anyone have any questions about what we just watched?
  - *Answer any questions.*



## Option B: The Truth About Flood Safety

### SHARE AND TELL DISCUSSION



### LEVEL



### MATERIALS

Yardstick ruler

#### ■ Tell participants:

- If you've ever seen coverage of a flood after it happens on the TV news, you might have seen videos of people floating down the street in a canoe or wading through waist-deep waters. It might even look kind of fun and tempting to walk or play in floodwater that seems calm; after all, you can't usually boat down a street.
- In reality, this is a bad idea. Floodwater has many hidden dangers that most people don't realize.
  - The water could be moving very fast and carry you away.
  - There could be objects in the water that may injure you.
  - There could be bugs and animals in the water you wouldn't want to meet up with.
  - The water could have harmful germs or other yucky stuff in it.
- In other words, you shouldn't go into floodwater because you just don't know what may be in there with you or how fast it's moving.

#### ■ Ask participants: I have one more question about floods for you. See if you can guess the right answer. How deep do you think moving water needs to be to be able to knock a person off their feet:

- 3 feet deep? [Show participants how high 3 feet is as compared to your body or by showing the height of one yardstick].
- 12 inches deep? [Show participants how high 12 inches is as compared to your leg or as measured on a yardstick].
- 6 inches deep? [Show participants how high 6 inches is as compared to your leg or as measured on a yardstick].
  - *Allow a few participants to guess.*

#### ■ Tell participants:

- Believe it or not, just 6 inches is deep enough for fast-moving water to be able to knock over an adult. It could take even less water to knock over a small child.
- This is dangerous because a person can also drown in just a few inches of water. All it takes is for the water to be deep enough to cover a person's mouth and nose if they fall into it and can't get up.

## Option C: Flood Safety News Report

### GET UP AND MOVE



### LEVEL



### MATERIALS

Activity Sheet 9-2

Writing utensils



**Leader's Note:** To do this activity, you'll need to distribute copies of Activity Sheet 9-2. If you don't use the activity sheet here to teach flood safety, you can give it to participants as a take-home activity.

#### ■ Tell participants:

- If you've ever seen coverage of a flood after it happens on the TV news, you might have seen videos of people floating down the street in a canoe or wading through waist-deep waters. It might even look kind of fun and tempting to walk or play in floodwaters that seem calm; after all, you can't usually boat down a street.
- In reality, this is a bad idea. Floodwaters have many hidden dangers that most people do not realize.
- You're going to help create a "News Report" skit to learn more.

- #### ■ Set up activity:
- Distribute Activity Sheet 9-2 along with writing utensils. Divide the participants into small groups of up to six participants per group. If groups have less than six participants, let them know they can combine news reporter or expert roles as needed based on how many kids will be presenting. Allow 2 minutes for participants to fill in the blanks on the activity sheet, then ask for groups to volunteer to share their skit either by coming up in front of the group to act it out, or by reading it aloud from where they are sitting.

#### ■ Tell participants:

- To create your script, use your activity sheet and either fill in the blanks provided or select the answer you think is correct when there is a choice given. You'll have 2 minutes.
- You'll then have the chance to present your skit to the rest of the group.





**Leader's Note:** Allow as many groups to present their skits as desired. Provide feedback on the answers as appropriate. For example, you can correct any clearly wrong answers or reinforce any correct reasons given for why you should not enter floodwaters (see lecture points below).

- #### ■ Tell participants:
- The water safety experts who were interviewed had a lot of great things to say. You should never go into floodwaters because you just don't know what may be in there with you or how fast it's moving.

- There may be a current that could carry you away.
  - There could be objects in the water that may injure you.
  - There could be bugs and animals in the water you wouldn't want to meet up with.
  - The water may contain harmful germs (bacteria) or chemicals.
- #### ■ Ask participants:
- Does anyone have any questions?
- *Answer any participant questions.*

# TOPIC: SAFETY AROUND ICE


Time: 4 minutes

<p><b>SHARE AND TELL DISCUSSION</b></p>  <p><b>LEVEL</b></p> <p><b>LEVEL 1</b> <b>LEVEL 2</b></p> <p><b>MATERIALS</b></p> <p>None</p>	<p>■ <b>Tell participants:</b></p> <ul style="list-style-type: none"><li>● The last thing we are going to talk about is ice safety.</li><li>● In some ways, staying safer in winter months around frozen bodies of water is very similar to staying safer in, on and around water when it's warm.<ul style="list-style-type: none"><li>○ There should always be a capable adult who gives you permission to go out on any ice and who is there to supervise you when you are on the ice.</li><li>○ You should never go out on ice alone.</li><li>○ Ideally, you should only go on ice that is meant for winter activities. This means the ice is checked daily for safety by a responsible authority such as a park ranger, a city worker, a resort employee or similar.</li><li>○ Always follow any posted warnings or rules near the ice.</li></ul></li></ul>
<p><b>GET UP AND MOVE</b></p>  <p><b>LEVEL</b></p> <p><b>LEVEL 1</b> <b>LEVEL 2</b></p> <p><b>MATERIALS</b></p> <p>None</p>	<p>■ <b>Tell participants:</b></p> <ul style="list-style-type: none"><li>● We're going to do another quick quiz, but this time it'll be a stand up, sit down poll. Our topic is ice!</li><li>● Everyone stand up to start. Then follow my directions for whether to stay standing or sit down.</li></ul> <div data-bbox="483 1052 1459 1157" style="border: 1px solid red; padding: 5px;"><p><b>LEVEL 1</b> <b>Level 1 Variation:</b> Have participants work in pairs to decide how they will answer.</p></div> <p>■ <b>Say to participants:</b> If part of a pond is marked off as an area that's meant for ice skating, it means the whole pond is also safe to skate on. If you think this is correct, sit down. If you think this is wrong, stay standing.</p> <p>■ <b>Tell participants:</b> If you are standing, you are right. The thickness of ice may not be the same everywhere on a lake or pond. If it's a foot thick in one place, it could be only an inch thick a few feet away.</p> <p>■ <b>Say to participants:</b> Just because ice is thick, it doesn't mean it's definitely strong enough to hold up a person. If you think this statement is correct, sit. If you think this statement is wrong, stand.</p> <p>■ <b>Tell participants:</b> The people who are sitting are right! Even thick ice may be weak, especially if it has layers of snow or water, if it has frozen and thawed repeatedly, or if it is spring ice.</p> <p>■ <b>Say to participants:</b> A snowfall can warm up existing ice. If you think yes, that's right, sit. If you think, there's no way that's right, stand.</p> <p>■ <b>Tell participants:</b> The people who are sitting are right! Snow actually acts like a blanket, so ice under the snow will be thinner and weaker.</p>

	<ul style="list-style-type: none"> <li>■ <b>Say to participants:</b> It is especially dangerous to go on ice at night. If you agree, sit down. If you disagree, stand.</li> <li>■ <b>Tell participants:</b> It's the sitters who are right. Ice conditions change daily, and you will not be able to see danger or warning signs at night.</li> <li>■ <b>Say to participants:</b> Ice on a small, shallow, slow-moving body of water is usually more solid and safer for ice activities than ice on a deeper, larger, body of water. If that makes sense to you, sit. If that sounds silly to you, stand.</li> <li>■ <b>Tell participants:</b> Everyone should be sitting. Ice forms more quickly on a body of water that is small, shallow and slow moving. But you should never assume ice is safe just by looking at it. Great job everyone!</li> </ul>
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# TOPIC: WHAT TO DO IF YOU OR A BUDDY FALL THROUGH THE ICE

**Time: 6 minutes**

<p><b>SHARE AND TELL DISCUSSION</b></p>  <p><b>LEVEL</b></p> <div style="display: flex; gap: 10px;"> <div style="border: 1px solid blue; border-radius: 50%; padding: 5px; text-align: center;">LEVEL <b>1</b></div> <div style="border: 1px solid blue; border-radius: 50%; padding: 5px; text-align: center;">LEVEL <b>2</b></div> </div> <p><b>MATERIALS</b></p> <p>None</p>	<ul style="list-style-type: none"> <li>■ <b>Tell participants:</b> <ul style="list-style-type: none"> <li>● Even if you take all of the right steps to be safer, sometimes an emergency could happen and you or a friend could fall through the ice.</li> <li>● A person who falls through ice is in danger for two reasons:           <ul style="list-style-type: none"> <li>○ Falling through ice into water puts a person in danger of drowning, especially when the water is very cold. This is because falling into icy cold water can make you gasp automatically and inhale water.</li> <li>○ Falling into very cold water can also put you in danger of hypothermia. Hypothermia is a very serious condition in which the body can't stay warm and organs like the heart aren't able to work as they should.</li> </ul> </li> <li>● If you know you are about to fall into cold water, try to cover your face with your hands and hold your breath. This helps you to avoid gasping water into your lungs.</li> <li>● In very cold water a person may also have terrible shivering and pain. These are natural body responses.</li> <li>● It's easy to panic under these conditions, but it is important to stay calm. After a couple of minutes, a person's body adjusts to the cold.</li> </ul> </li> </ul>
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## What to Do If You Fall Through the Ice

### SHARE AND TELL DISCUSSION



### LEVEL



### MATERIALS

Course Presentation 9,  
Slide 10

#### ■ Tell participants:

- If you fall through the ice and there is not a trained person on site to help with a rescue, you'll need to try to help yourself.
- To do so, try to stay calm and remember these four actions:
  - Shout out
  - Grab hold
  - Give a kick
  - Do a roll

- **Say to participants:** Let's repeat that together a few times. (*Say three or four times*) "Shout out; grab hold; give a kick; do a roll."



**Leader's Note:** If desired, add hand/body motions to go with each step. If done with rhythm, it could be the next hot dance craze! (*Say as you cup your hands by your mouth*) **Shout out;** (*hold your arms straight in front of you with the palms flat and facing down*) **grab hold;** (*kick out one leg out*) **give a kick;** (*as you spin around once with arms bent at the elbow and held up against sides*) **do a roll.**

#### ■ Tell participants:

- Shout out means to call out if you can to let others know you need help.
- Grab hold means to use your hands and arms to hold onto the unbroken part of the ice to help you keep your head above water. But try not to push down too hard so you don't break off more of the ice.
- Give a kick is about how to use your feet and legs. Kicking should help you move back up onto the ice.
- Finally, do a roll means to lie flat and roll away from the hole. You shouldn't try to stand. This will help keep you from breaking through the ice again.
- If you are unable to get out on your own and are waiting for help to arrive:
  - Do not try to take off any of your winter clothing while you are in the water. Your clothes can help trap air to provide warmth and flotation.
  - Try to keep your head out of the water.
- Once you are out of the water:
  - Get to a warm place as quickly as possible.
  - Make sure you get help from a responsible adult trained in first aid.

## What to Do If Your Buddy or Another Person Falls Through the Ice

### SHARE AND TELL DISCUSSION



### LEVEL



### MATERIALS

Poster: Stay Calm, Think It Through and You Can Know What to Do

OR

Course Presentation 9, Slide 11



**Leader's Note:** Display the poster: Stay Calm, Think It Through and You Can Know What to Do.

- **Tell participants:** If someone else you are with falls through the ice, you should never try to go out on the ice to help them or you could fall through the ice too. But there are things you can do.
- **Ask participants:** Can anyone guess what that is?
  - *Answer should be: Reach or Throw, Don't Go*
- **Tell participants:**
  - Great guess! Just like with any emergency where someone is in trouble in the water, first, call for help. Either locate an adult who is already there on the scene who can help or call 9-1-1 or your local emergency number or ask someone nearby to call.
  - Then, look around for something you can use to try to do a reaching or throwing assist.
- **Ask participants:** Looking at the poster, what are some things you could use to try to a reaching or throwing assist to help the person who fell through the ice?
  - *Answers should include:*
    - *The hockey stick*
    - *The sled*
    - *The broom*
    - *The scarf*
    - *The snow tubes*
- **Tell participants:**
  - If a reaching or throwing assist isn't possible, tell the person in the water to stay calm. You can help coach them to try what you just learned. Since they've already gotten your attention, they can start with: Grab hold, give a kick, do a roll.
  - Once the person is out of the water, help them get to a warm place as quickly as possible and make sure they get help from an adult trained in first aid.

# TOPIC: WRAP-UP

Time: 1 minute

## SHARE AND TELL DISCUSSION



## LEVEL



## MATERIALS

Sticker badge

Coloring Sheet: Stay Calm, Think it Through and You Can Know What to Do

Activity Sheet 9-1 or 9-2

Caregiver Letter 9-1

### ■ Tell participants:

- In today's lesson, we all learned more about some common weather events that could lead to water emergencies.
- If you are in any of these situations, just remember to use your water smarts to help you stay safer or return to safety as needed.

### ■ Ask participants: Does anyone have any questions about what we learned today?

- *Answer any questions.*

### ■ Tell participants:

- You've all earned a safety champion badge to add to your collection.
- If you have Internet access at home, you can also view and share videos about what we learned today by following the link on the activity sheet I am going to hand out.

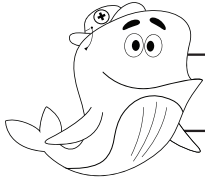


**Leader's Note:** Hand out a sticker badge to each participant along with the coloring sheet, activity sheet (if not already used in the lesson) and caregiver letter.

If this is the final lesson you will be teaching in Longfellow's WHALE Tales, allow time to do the Closing Ceremony at the end of this lesson to celebrate what participants have learned. You can find this in the Closing Ceremony section of Longfellow's WHALE Tales.



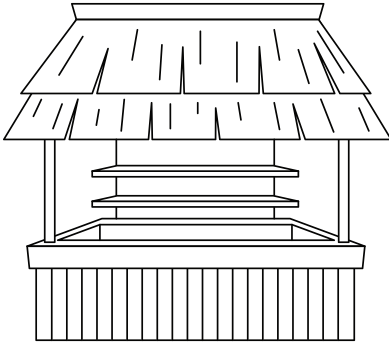
Name: \_\_\_\_\_



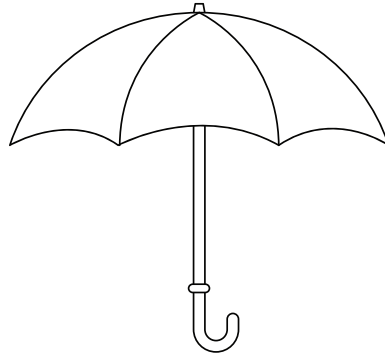
## Thunderstorm Safety

Help the swimmers find a place to shelter from the thunderstorm that's moving in. Put a checkmark in the boxes under the pictures that show a good place to take shelter. Put an X in the box if it's not a safe place.

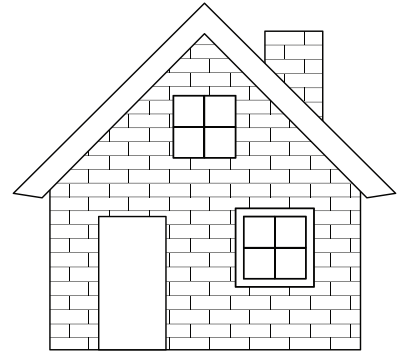
1.



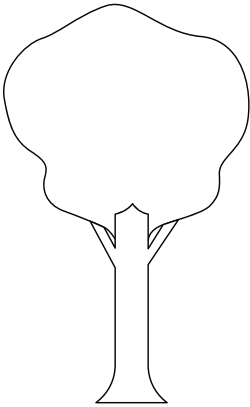
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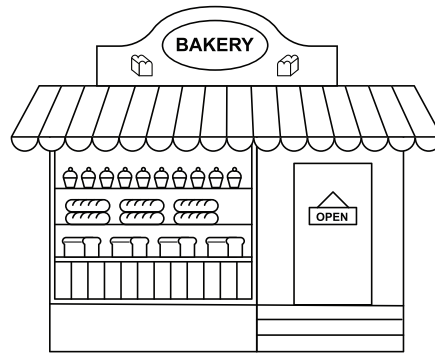
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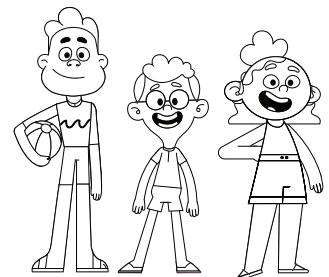
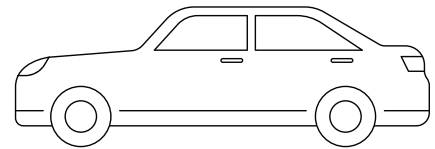
4.



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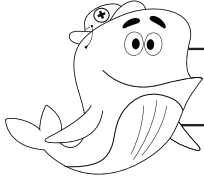


6.



See the answer key, plus learn more at [redcross.org/watersafetyforkids](https://www.redcross.org/watersafetyforkids).

Name: \_\_\_\_\_



## Reporting Live! Flood Safety



Fill in the blanks or choose the correct answer from choices given to complete the important breaking news story below. Then act out the script with some friends!

**News reporter 1:** We are reporting live today from \_\_\_\_\_ to find out what the real facts are about staying safer in a flood. Insert a location of your choice

**News reporter 2:** That's right, now some people say it's OK to go into floodwaters. We're here to investigate.

**News reporter 1:** Excuse me, you look like an expert on being water smart. Our listeners want to know: Is it really safe to swim or wade through floodwaters?

**Expert 1:** Well, the answer to that is \_\_\_\_\_.  
Yes/No

**News reporter 1:** That's interesting. Why is it that you \_\_\_\_\_ go into floodwaters?  
Should/Should not

**Expert 2:** There are a lot of reasons for that. Like: \_\_\_\_\_ and \_\_\_\_\_  
Insert reason

**News reporter 2:** You heard it here first! Now, I've also heard it doesn't take much water to knock you off your feet if it's moving fast enough. Experts, can you tell our listeners how much water it would take? Are we talking like 6 feet?

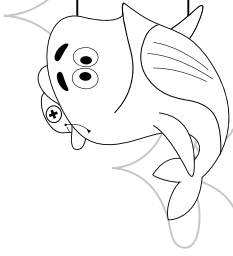
**Expert 3:** No, not that much! It takes just \_\_\_\_\_ of water to knock even an adult off their feet. It could take less for a small child. 6 inches/12 inches/2 feet

**News reporter 2:** \_\_\_\_\_!  
Insert expression of surprise!

**Expert 4:** It's true. And water also doesn't need to be very deep for a person to drown either. It just needs to cover a person's \_\_\_\_\_ for them to be able to drown if they fell in and couldn't get up. Eyes and ears/Mouth and nose

**News reporter 1:** \_\_\_\_\_! That's why we say you should always listen to the experts!  
Insert expression of surprise!

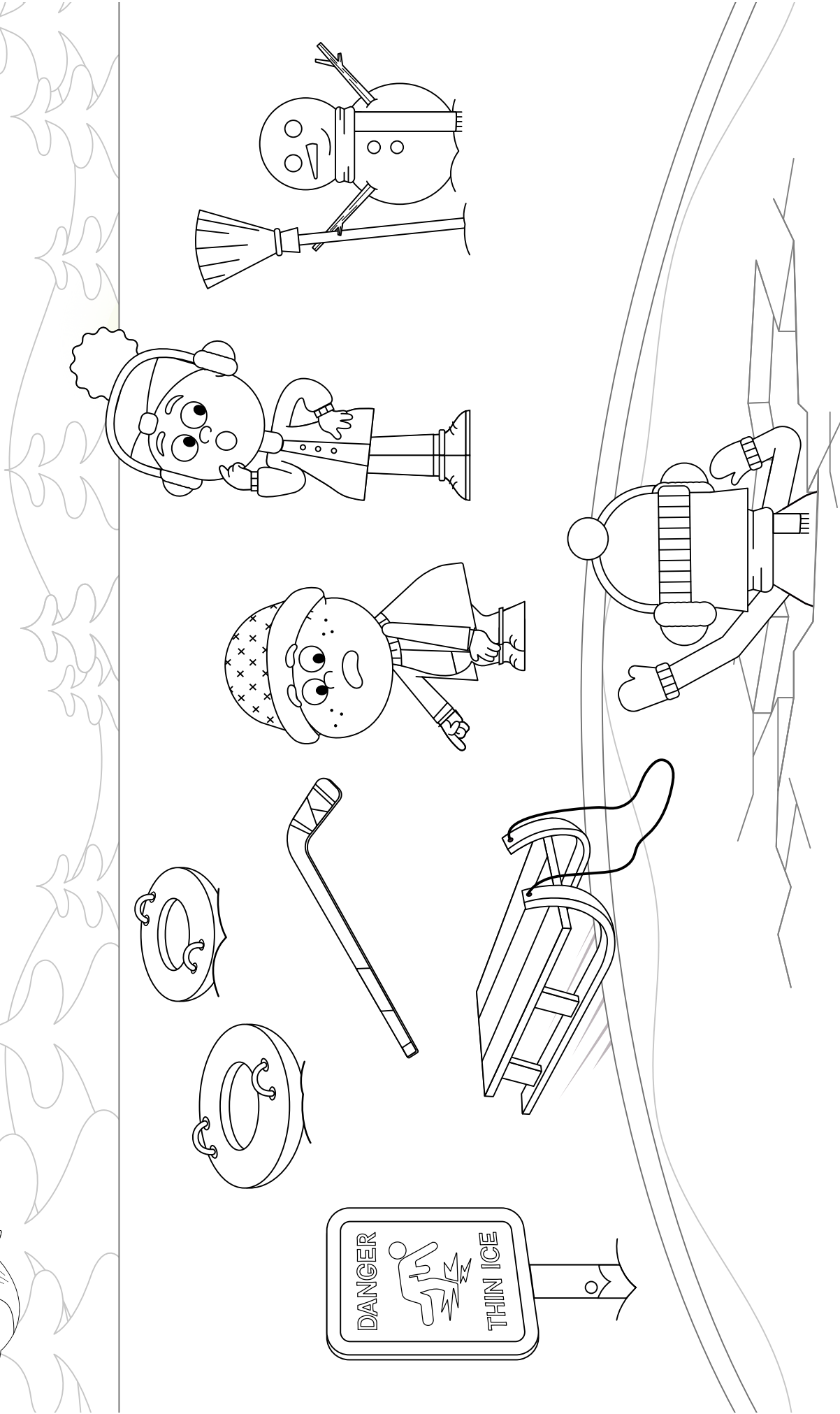
See the answer key, plus learn more at [redcross.org/watersafetyforkids](https://www.redcross.org/watersafetyforkids).



**STAY CALM, THINK IT THROUGH AND YOU CAN KNOW WHAT TO DO**

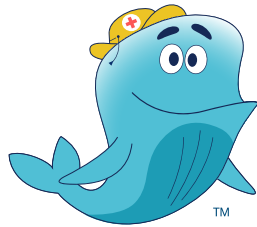


**American  
Red Cross**



**Name** \_\_\_\_\_

**If you spot someone in trouble, call for help then reach or throw!**



## Longfellow's WHALE Tales

### Water Habits Are Learned Early

**Dear Parent/Caregiver,**

Part of water safety is knowing what to do in the event of a weather-related water emergency, such as a major thunderstorm or flood. With the increase in the number and severity of these types of events in recent years, it's more important than ever to be ready *before* a disaster strikes.

Your child learned some things about this today. But they will be counting on you to really know what to do if needed. Fortunately, being "Red Cross Ready" can be as easy as 1-2-3!

1. **Get a kit** that includes any supplies that are essential for an emergency and keep it stocked and up-to-date.
2. **Make a plan** so everyone in your family knows what to do if an emergency like a severe storm or flood happens.
3. **Be informed** by knowing the risk of floods where you live and visit, as well as what other types of disasters are most likely to happen in your area.

Don't worry. You're not on your own with taking these steps. The resources below can help you be prepared so your family can stay safer, whatever the weather!

**Visit [redcross.org/floods](https://www.redcross.org/floods):** Find tips and information on what to do before, during and after a flood event.

**Go to [ready.gov](https://www.ready.gov):** Learn how to prepare for storms, make family plans and much more.

**Download the Emergency: Severe Weather App:** Get weather alerts and live updates on this FREE app brought to you by the American Red Cross. It's available in the Apple Store or Google Play.

Stay safe out there!

Longfellow