



**Scottish  
Water**  
Trusted to serve Scotland

Proud to Support



# Fun Pack

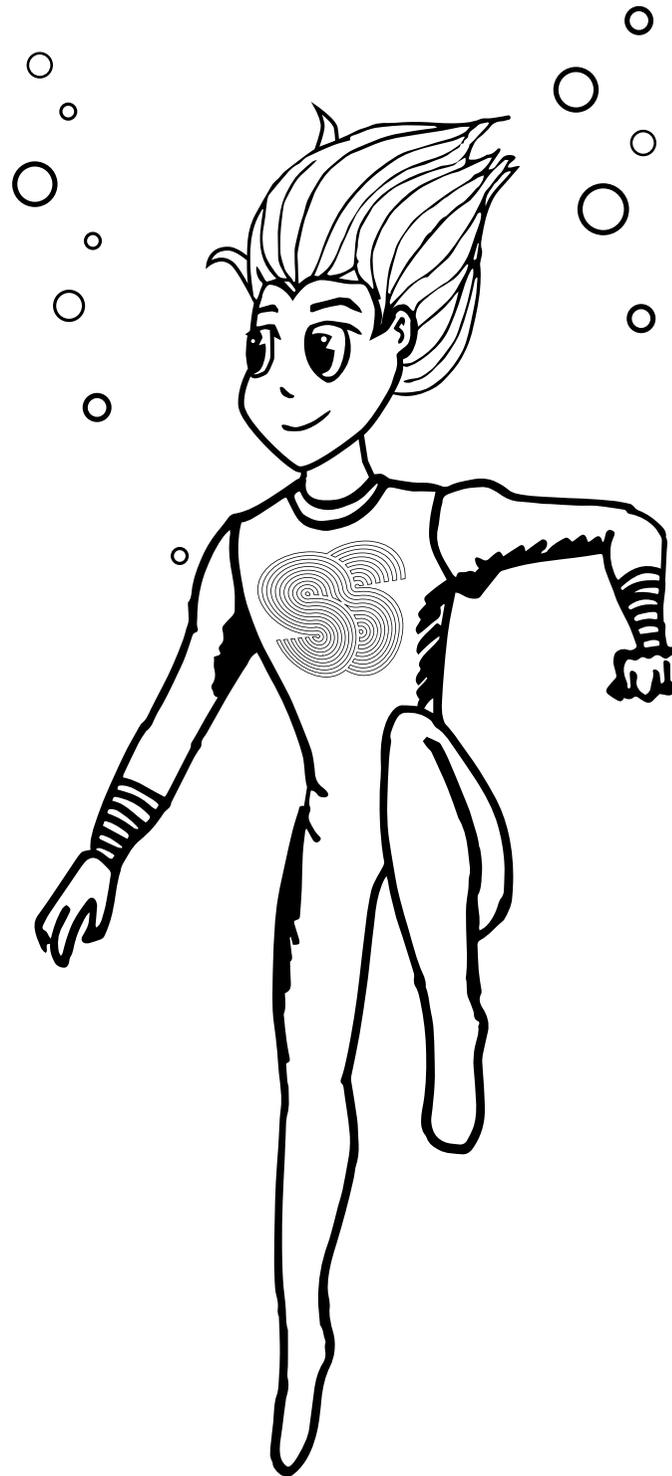
For age 4 to 7



# 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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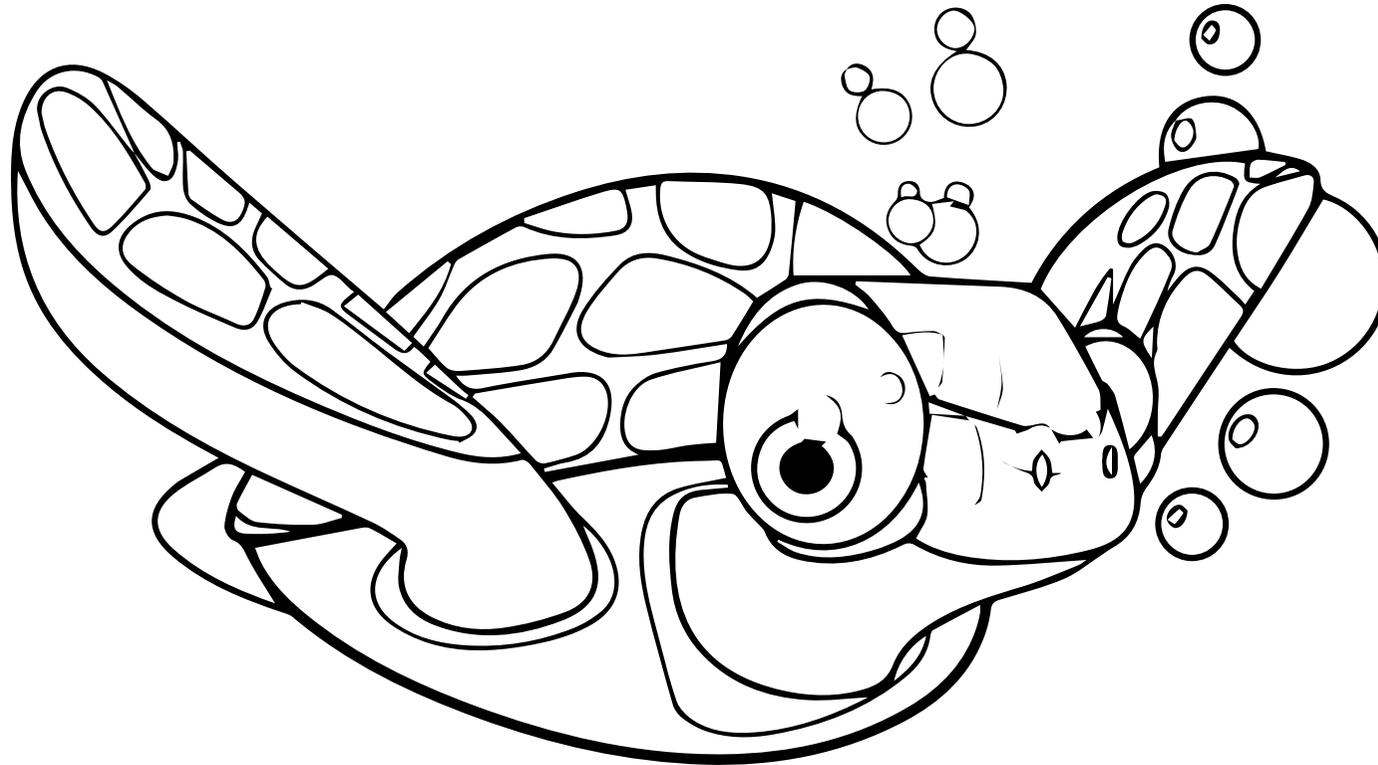
For more activities, advice and tips on swimming and  
being safe in the water, visit us at [learntoswim.scot](http://learntoswim.scot)

# 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

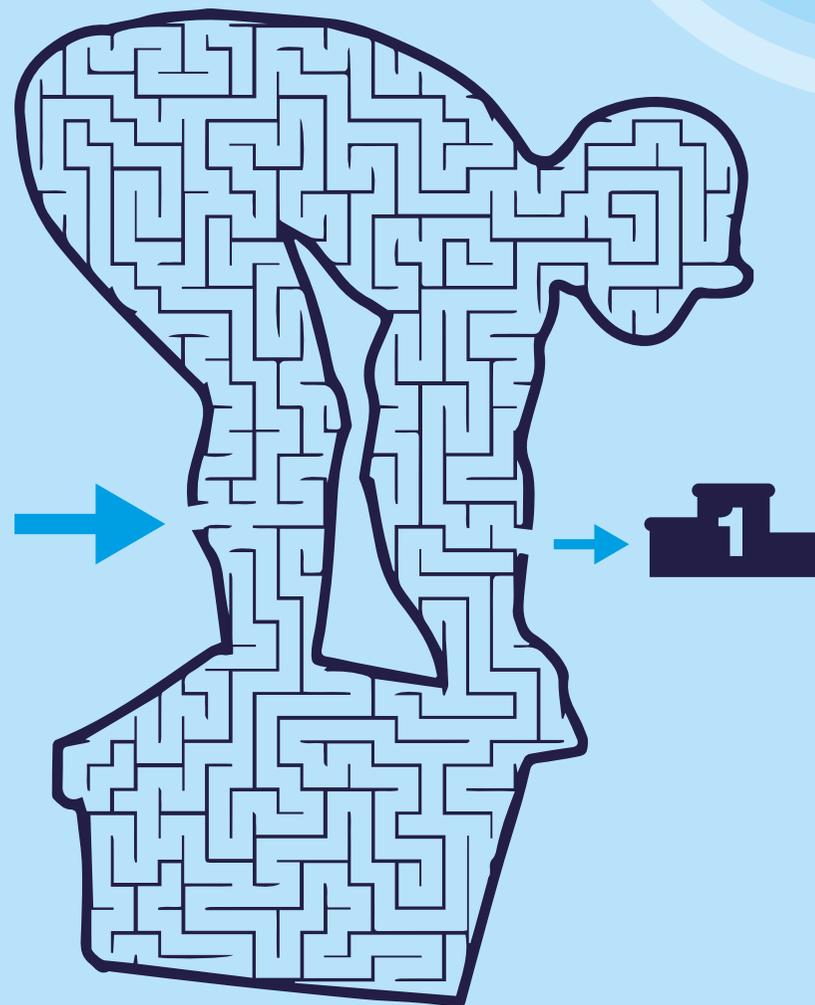
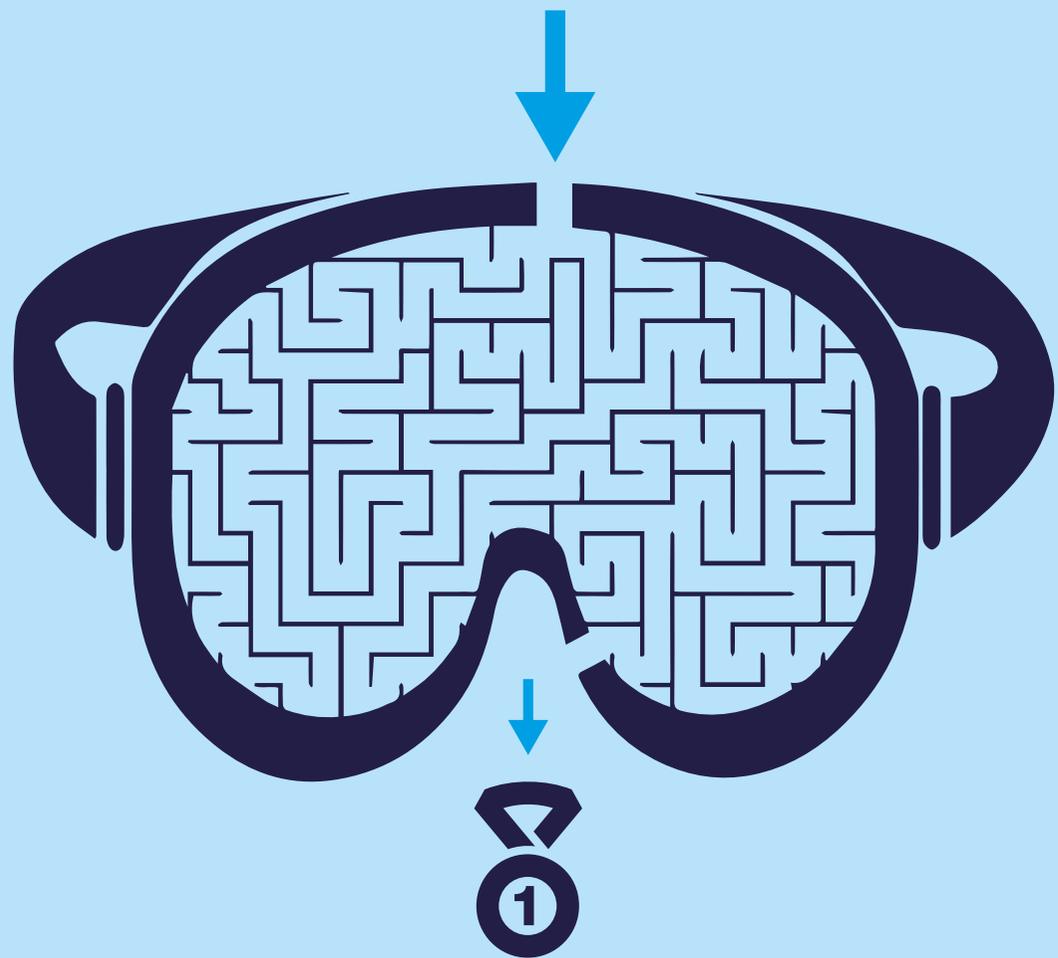
# Duncan Scott, Learn to Swim Ambassador



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# Swimazing!



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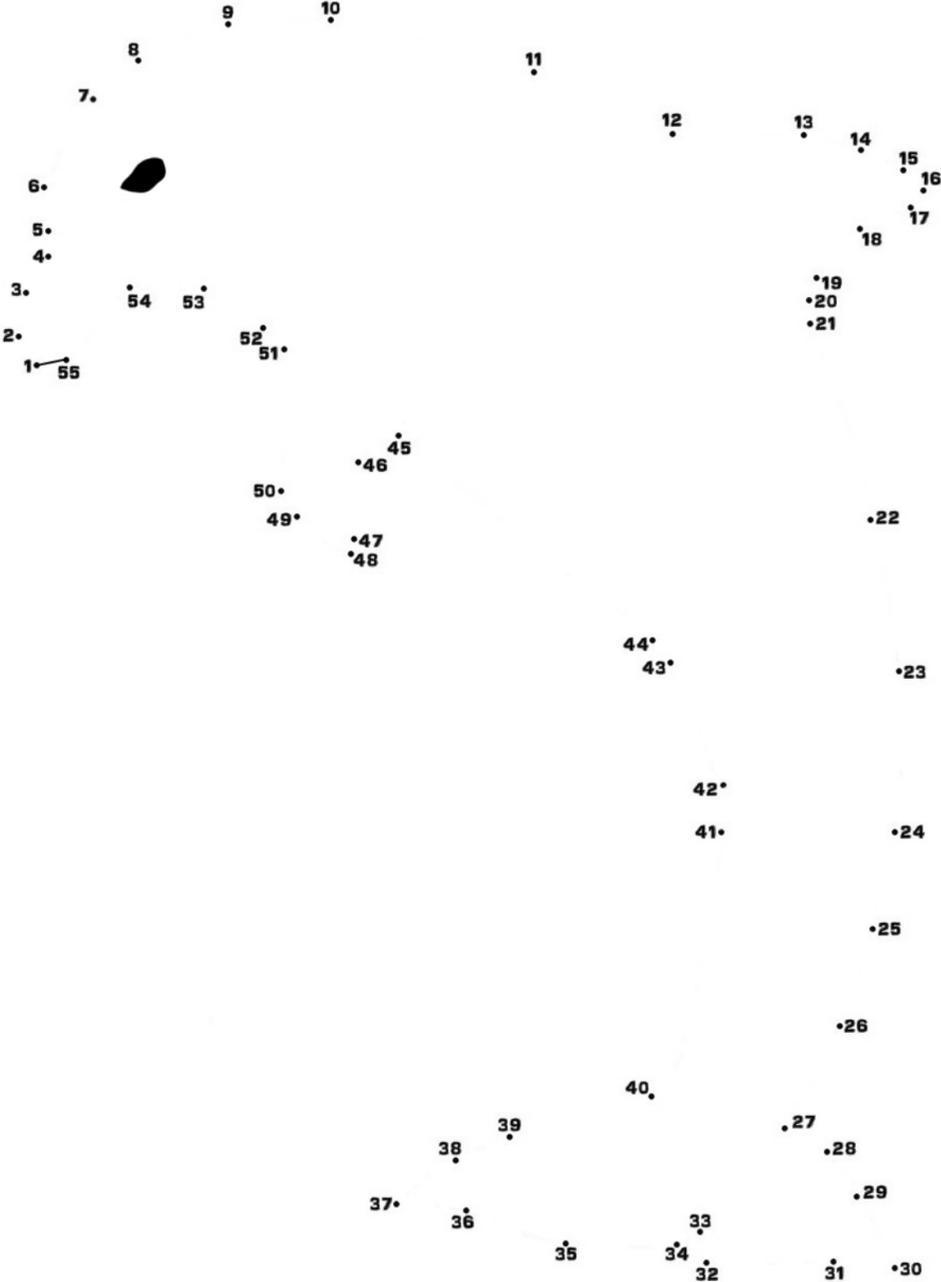
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# Dot-to-dot

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](mailto: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



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Scottish Swimming

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# 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

**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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# 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](mailto: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](mailto: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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