

## HEADER

You know I love the forest, but I'm not so keen on the river to be totally honest. I'd rather be dry and up a tree, rather than wet in the water, but then I'd miss out on some delicious crawdads.

So getting used to the water is super important.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

You will earn your Nugget, my big brave explorer, when you can float in the pool without panicking and can propel yourself from one side to the other.

LEVEL A

PERIOD 3

TASK 3

Let's get things going with a little floating, shall we? You'll need a set of floaties and some adult supervision of course.

Here are some tips from when I started learning to swim:

- Make sure the floaties are firmly on your arms, close to your shoulder and well inflated.

- Don't try to keep your head too far out of the water. The higher you try to keep your head, the more you seem to sink.

- Experiment with kicking your legs and moving your arms to move around the pool.

- Get used to it, relax and enjoy it.

- Don't ever try putting them on your feet. Every child tries it, and it never ends well.

