

Water Safety Songs for Children

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The following songs use tunes that almost all children are familiar with, but they have been given a water safety twist.

Swimming Hole Song

Swimming, Swimming, In the swimming hole
When days are hot, when days are cold
In the swimming hole

Breast stroke, side stroke, fancy diving too
Don't you wish you never had anything else to do

Add your own water safety verses....

This song is done accompanied by body motions. The song can be stopped at certain points to give water safety messages such as the breast stroke and side stroke are good swimming techniques to learn since they can be used as resting strokes. You can talk about never diving into an unknown body of water.

The PFD Song (Round)

Part 1

1 PFD, 2 PFD, 3 PFD, 4 PFD, 5 PFD, 6 PFD

Put your PFD on (Act like you are zipping or buckling up a life jacket)

Part 2 (rocking motion)

Don't rock the boat while I'm in it, I'm in it, I'm in it

Don't rock the boat

Part 3

I swim with a buddy, buddy, buddy, I swim with a buddy,

Never, never alone (find a buddy and hold hands with them)

Row, Row, Row Your Boat with a Water Safety Message

Substitute "Wear Your PFD" for "Life is but a dream" and sing in rounds