

My high five



Lifesaving
education programs

Extension for staying fit and healthy

Students will reflect on how they feel in certain situations, how to express their emotions and who they can turn to if they feel unsafe.

Equipment:

- ☐ Whiteboards
- ☐ Markers

- 1 In a circle, ask participants to discuss different safe and unsafe situations. Specifically talk about some situations at aquatic environments.
- 2 Talk about how to express emotions ...
- 3 Discuss with participants the type of people that they can trust to keep them safe (i.e., family, family friends, police, lifeguards, teacher).
- 4 Discuss the importance of creating personal safety networks and having people you can trust to ask for help.
- 5 Ask participants to trace their hand onto a piece of paper or small whiteboard.
- 6 On each of the fingers they need to identify someone they can trust in their network. Check what they are writing to ensure participants are on the right track.
- 7 Participants can share who they have on their 'high five'.

