

safe to  
swim?

Don't run  
along the  
outside of  
the pool

practice to  
hold your  
breath

Stay away  
from pool  
drains

Swim  
carefully

Swimming  
under  
surveillance

Swimming  
is  
great  
workout

Be  
Comfortable

says

thinks

feels

does

Anxious

Fear

Relaxed

Safe

Pretend to  
be deep  
sea divers

Playing  
with water  
slides

Playing  
with each  
other

Floating  
on inner  
tubes