



Kids Activity Pack

Swimming provides lots of health benefits for children, keeping their heart and lungs healthy, improving their strength, flexibility, balance, posture and increasing their stamina. Swimming is also great fun! Our pools may be closed but we remain committed to supporting the health and happiness of children while they are safe at home.

The Aura Swim Academy At Home Activity Packs are designed to help support parents and guardians to keep your children healthy and happy at this time while also providing some great Swim tips which can be practiced on dry-land!

Check out: www.auraleisure.ie/swim-academy-at-home for more fun activities.





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Have a go at all the activities or just pick and choose!

Please share your child's creations with us for a chance to have their artwork featured:

Tag us on Facebook or Instagram using **#AuraSwimAcademy**

Or

Scan and email it to **information@auragroup.ie**

Watch out for part two of our activity book coming soon.





Swimming word search

Can you find these swimming related words in the grid below?

B	Q	M	W	L	O	B	V	K	Q	B	T	H	C	V
U	L	W	A	R	C	T	N	O	R	F	J	D	J	T
N	B	N	W	L	R	T	A	O	L	F	H	I	A	B
Q	L	A	N	E	T	D	O	G	P	D	U	V	G	R
B	R	E	C	U	G	S	U	Q	W	X	J	E	Z	E
U	V	S	E	K	Y	L	F	R	E	T	T	U	B	A
G	A	L	X	H	S	P	U	L	L	S	M	X	D	S
J	M	I	B	D	S	T	A	E	L	D	D	A	P	T
R	W	Y	O	Q	U	R	R	S	J	U	M	P	W	S
C	E	H	N	M	M	B	N	O	E	J	J	Z	E	T
S	A	T	B	B	K	R	A	E	K	B	K	L	J	R
T	I	L	A	C	G	G	Y	B	L	E	G	H	I	O
U	E	N	I	W	B	Z	R	F	V	G	J	U	B	K
X	D	K	K	S	Q	J	S	M	O	M	P	B	N	E
S	E	M	U	T	S	O	C	G	U	P	D	L	S	I

Armbands
Dive
Jump
Sink

Backstroke
Float
Kick
Tumble

Breaststroke
Frontcrawl
Lane
Water

Butterfly
Goggles
Paddle

Costume
Hat
Pull



Talking bubbles! (Adult Supervision Required)

You will need:

- A large tub or bowl
- Hat and goggles (optional)
- Water

How to play:

1. Fill a large tub or bowl with water.
2. The person playing wears the hat and goggles.
3. The player will submerge their face in the water and try to say a chosen word whilst blowing bubbles in the water.
4. The other players must guess the word correctly.

Scoring:

Option A – Individuals

- A point is scored by each correct word.
- The player with the most points wins.
- Keep playing until every player has had a turn at blowing bubbles.
- Or keep going for as many rounds as you like!

Option B – Teams

- Put all players into two teams.
- Each team nominates a player to blow bubbles both teams go at the same time and the team that guesses first wins the point.
- Keep playing until all players in each team have had a turn at blowing bubbles.
- Or keep going for as many rounds as you like!
- The team with the most points at the end is the winner.





Swim dance

Create a new dance craze using just swimming strokes!

Get together with your friends over FaceTime and work out a dance routine using just swimming strokes!

You can make it as long or as short as you like, you can include as many of the strokes as you want, repeat strokes and add other elements in to your dance too!

We'd love to see the results so when you're ready for your grand performance get someone to film you, and post it on Facebook or Instagram tagging us using the hastag **#AuraSwimAcademy** so we can see them and share them on our pages also.

Think about including:

- Your Siblings
- Your Parents
- Your Cuddly Toys
- Swim Products like Hats and Goggles





Colour Me!

Use as many different colours as you like to colour in our outdoor swimming pool sketch. Don't forget to share with us on social media using [#AuraSwimAcademy](https://twitter.com/AuraSwimAcademy)

Remember – keep to the lines!





Tell us a story...

Write a short story or poem about your time in the water, how it makes you feel, what you enjoy about it.

Can you include any of the following words? Can you use them to rhyme with other words?

Swim Hat Stroke Goggles Splash Float Kick

When you've written your story or poem, send it in via Facebook messenger or email it to us at information@auragroup.ie, with your name and age.

We'll share the best ones on social media!





Dry swimming

We know you can't get in the swimming pool and practice your swimming with us at the moment but we'd still like to see your efforts at keeping swimming at home!

Send us your video clips of the stroke technique practice you're doing...think about what you wear, the different strokes you could practice and where you practice your swimming!

We'd love to see you practicing your swimming in different locations from around your house and garden!

You can send in your best clips via our Facebook page and we'll share them over the next couple of weeks, or post them on your own timeline and tag us so that we can see and share.





Indoor Scavenger Hunt

- Find a fork
- Find something that is red
- Find a tissue box
- Find 3 things that have wheels
- Find an orange crayon
- Find something that is very soft
- Find a band aid
- Find a Key
- Find 2 socks that match
- Find something round
- Find a sticker
- Find a rubber band
- Find a pair of glasses
- Find an envelope

