



# Kids Activity Pack 6

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](http://www.auraleisure.ie/swim-academy-at-home) for more fun activities.

## Contents:

- 1) Water Safety Scrabble
- 2) Water Safety Word Search
- 3) Spot the Difference
- 4) Colour Me In
- 5) Banana Bread Recipe for Kids

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

Share your child's creations with us for a chance to have their artwork featured on our Social Media!

Take a picture and tag us on Facebook or Instagram using the hashtag **#AuraSwimAcademy** or Scan and Email it to [information@auragroup.ie](mailto:information@auragroup.ie)





# Water Safety Scrabble



## WATER SAFETY PICTURE MATCH SCRAMBLE

Unscramble the words and then draw a line to the correct picture. Put the numbered letters below to unscramble the message.

t l e i f k e c a j

-----  
                    2

n s u e n s e r c

-----  
8    1    10

f e s t a y    g i n r

-----  
3            6

g e f u a l r i d

-----  
9            4

c t l i p a s            r e t a w            t t l e b o

-----  
11                            7                            5



**MESSAGE:**

1 2 3 4 5 6    7 8 9 10 11 !

Answers: lifejacket, sunscreen, safety ring, lifeguard, plastic water bottle. MESSAGE: safety rules!



## Water Safety Wordsearch

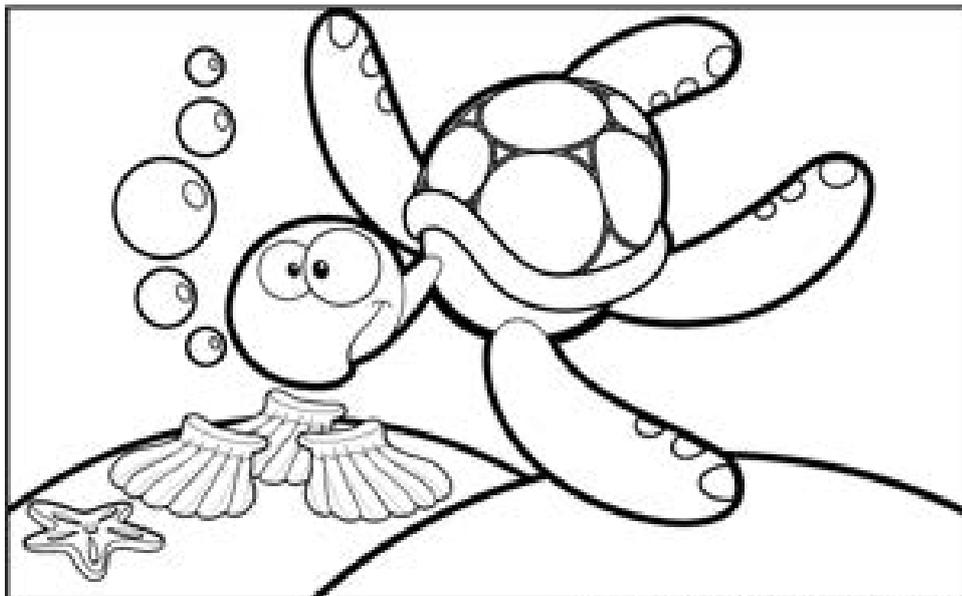
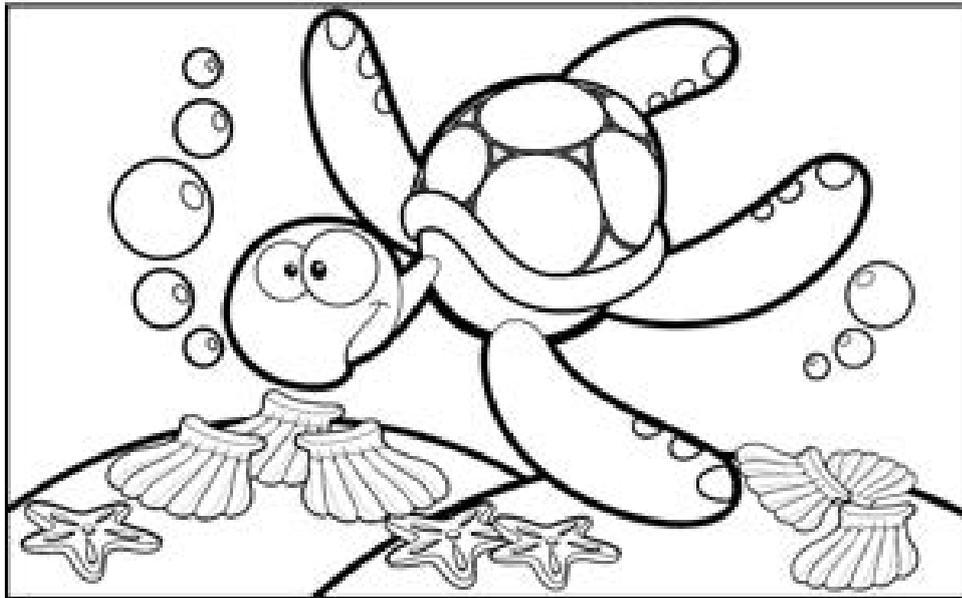
S	A	E	G	T	S	S	Q	R	D
T	U	V	S	F	C	A	P	D	A
E	H	I	J	W	K	W	L	M	N
P	E	B	A	L	I	E	N	O	G
S	L	I	S	W	A	M	S	E	E
G	U	A	S	R	D	Y	K	M	R
G	U	T	T	E	R	L	I	F	A
D	G	B	A	W	L	P	D	R	G
I	U	C	P	A	I	O	R	E	E
V	A	U	S	T	F	E	I	D	A
I	T	H	I	A	E	E	A	D	P
N	E	G	S	R	G	S	N	E	E
G	R	K	T	W	U	T	K	P	D
D	G	T	E	E	A	A	A	T	C
I	U	H	I	A	R	P	Y	H	C
W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

STEPS      DANGER  
DIVING      SWIM  
WATER      GUTTER  
LIFEGUARD      DEPTH





## Spot the Differences



[www.dreamstime.com/illustration/sea-turtle-image232222222.html](http://www.dreamstime.com/illustration/sea-turtle-image232222222.html)





## Colour Me In

Colour in this amazing drawing from Emmet, one of our Swim Teachers in Aura Dundalk! Follow him on Instagram @em\_kart.





## Banana Bread Recipe

### Ingredients

- 1 3/4 cups flour
- 1 Tbsp baking powder
- 1/2 tsp salt
- 1.5 tsp cinnamon
- 1/3 cup butter
- 2/3 cup sugar
- 2 eggs
- 3 overripe bananas
- 1/4 cup chopped walnuts or chopped pecans (optional)
- Chocolate chips, to taste (optional)



### Directions

Whisk together flour, baking powder, salt, and cinnamon in large mixing bowl. In separate bowl, cream butter until light and fluffy. (I didn't bother pulling out the mixer here, and just hand-whisked everything.) Add sugar and eggs to the butter and mix well. Peel bananas, then chop into coins and add to the egg mixture and whisk until just mixed in.

Stir in dry ingredients until just mixed. Stir in walnuts, then pour batter into greased loaf pan. Bake for about 60 minutes at 350 degrees, or until knife inserted in middle of loaf comes out clean. Cool in pan for about 10 minutes, then remove from pan and let cool as much as you can stand it before slicing.

