



Can you fill in the missing words from our seaside story?

1

The children wanted to find Grandma and Grandad, but Mummy made them wait patiently and helped them to put on "It is important to wear sun cream to stop the sun from burning you," she explained. "And we must all wear our sun"

Sun cream

Hats

2

"Why didn't we go to a beach with no one else there?" "Well", explained Grandma, "if you are going into the sea, you should always go to a beach with Can you see them over there?" "Oh yes," cried Tim, "there they are, wearing yellow and ..., I can see them over by the truck. They spend all day watching the water to make sure that everyone is safe."

Lifeguards

Red



3

"We must always stay", said Mummy.

"Make sure that you are always with Mummy or Daddy, or Grandma or Grandad. If, for some reason you lose us, go to the, and tell them you are lost, and they will help you." "OK" The children chorused, "can we go and have fun now?"

Together

lifeguards

4

We can't just run into the sea," said Dad. "See those flags over there? The lifeguards put the flags up, to show us where it is safe to swim." "Red mean danger; we must not go into the water." "The black and white flags mean the area is for surfers, and we must not swim there." "Red and yellow flags show the swimming area. If we are going into the water, we must stay between the ... and yellow flags."

Flags

Red

5

"..... is what we want you to do if you fall into the water or start finding it hard to swim.

You need to turn on to your back, so your face is looking at the sky and put your arms and legs out like a star. Would you like to have a?" said Ann. "Yes please," cried Lilly and she quickly lay on her back like a star. "I'm going to try that too," said Grandma. "Perfect!" said Ann, and they all made star shapes together.

Float

Practice