



Support at Home Activity: Pool/Swimming

Description: So many of us love to be around water. Swimming is a year-round activity for some of us but often in the summer we seek out water-based activities to cool off and have some fun. This activity plan focuses on simple learning activities that can be created at a pool or swimming area.

Materials: The materials can vary based on where you are swimming, this is a sample of potential materials.

Pool/Beach/Lake/Water Source, swimsuit, goggles, towel, sandals, kickboard, tube/floaties, pool toys (e.g., squirt toy, beach ball, water ball, diving rings/sticks, pool noodle, etc.)

POTENTIAL LEARNING OPPORTUNITIES – You DO NOT need to do these all at once. Remember you can complete the activity multiple times and focus on the same or different learning opportunities each time you do the activity. Look below or brainstorm your own learning opportunities and select a few to focus on when working with your learner.

Requests	Comments	Directions	Possible Behavioral Tolerance opportunities	Other Learning Opportunities
-Pool/Beach/Lake/Sprinkler, etc.	-Woohoo!	-Responds to name	-Waiting for turn	- Setting and using a timer
-Jump/dive/spin/cannonball	-It's cold	-Go!	-Hearing "no" and accepting an alternative	-Teaching independent lap swimming/exercise
-Goggles	-Feels _____	-Jump/Dive	-Checking schedule and transitioning to pool, shower, etc.	-Changing/Getting dressed and undressed
-Blow bubbles/float/go under	-Good exercise	-Get the _____	-Responding to "yes" or "no" to different things they might want/not want or need/not need while swimming	-Independent showering or rinsing off
-Tube/Floaties	-Fun	-Put the _____ here		-Identifying the lifeguard and knowing how to go to them for help
-Kickboard	-I like _____			-Water safety
-Pool toys (noodle, squirt toy, beach ball, ball, diving rings/sticks, etc)	-I don't like			-Imitation for blowing bubbles
-Sandals/Flip-Flops/Water Shoes	-The waves are big			-Playing Marco Polo and other games in the pool
-Swimsuit/Swim trunks				
-Sunscreen				
-Towel				
-Ear plugs				



<p>-Bathing cap</p> <p>-Shower/Rinse off/change clothes</p> <p>-Let's swim (freestyle, backstroke, butterfly, breaststroke, sidestroke, etc.)</p> <p>-Watch me _____ (jump, etc.)</p> <p>-Surf/Boogie board, Body surf</p> <p>-Come in</p> <p>-Where is _____?</p> <p>-Let's go to _____ (deep end, diving board, baby pool, shallow end, slide, etc.)</p> <p>-Help</p>				
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