

# LET THE GAMES BEGIN!

## Fun opening games for Parent and Tot

### THE PAINT GAME – 5 minutes



Have children sit on the side, parents stand in the water in front of their child.

Pick any colour and begin to “mix” some magical paint by swirling hands and splashing in the water.

Ask your class, “What colour should we paint our legs? How about Green! Everyone mix up some magical green paint.” Explain that, “this is special paint that is going to help us be great swimmers! Now that the paint is all mixed, it’s time to paint our legs.”

Parents then take the “paint” and colour their child by gently pouring water on their legs. Continue with different parts of the body until the whole class is completely “painted”.

Next have the children slip or jump into the water and swim around to wash off all the paint.

**Bonus:** Have the parents tow their children on their front to wash the paint off, then declare the pool a mess and have them do a back tow, pretending to be erasers to clean up the pool.

**Tip:** Try selecting rainbow as a colour and have the group paint a part of their body like a rainbow!



### Little Speckled Frogs



Five little speckled frogs sat on a speckled log, eating  
some most delicious bugs

Yum! Yum!

One jumped into the pool, where it was nice and cool

Now there are four speckled frogs

Ribbit! Ribbit!



### HUMPTY DUMPTY

**How to play:** Children sit on the edge of the pool, hands out, imitating big tummies. Then fall into the pool (with parent’s assistance) and do a front float.



**Rhyme:**

Humpty Dumpty sat on a wall  
Humpty Dumpty had a great fall  
All the king’s horses and all the king’s men  
Couldn’t put humpty together again!

# Jack and Jill

Start by having your class sit on the pool edge, parents in the water facing their little one. Say the rhyme and have the parents & tots complete the actions.

**Jack and Jill went up the hill**

**To fetch a pail of water  
(Scoop water)**

**Jack fell down and broke his crown  
(Boys fall in)**

**And Jill came tumbling after  
(Girls fall in)**



## HEAD AND SHOULDERS

Have swimmers sit on the side, parents in the water. Parents help little ones get wet as they sing the song.

Head and shoulders  
Knees and toes  
Knees and toes  
Knees and toes  
Head and shoulders  
Knees and toes  
Eyes, ears, mouth  
and nose!



For more great activity ideas refer to your *Teaching Swim for Life* manual or ask your co-workers for suggestions!

