



Going Under  
Water



*It's okay to feel nervous or excited about going under the water. My coach will stay close and keep me safe.*



*I can decide how to protect my eyes. I may wear goggles or I may gently close my eyes if that feels better for me.*





*When I go under, I will blow bubbles.* Blowing bubbles helps keep water out of my mouth and nose and makes it easier to breathe when I come up.



*We will practice going under for a quick count of five. My coach will count “1-2-3-4-5” with me and help me rise up to take a breath.*



*After I come up, I can wipe my face with my hands or a towel.*

*I can tell my coach what I want. If I feel ready, I can try again. If I need a break, I can let my coach know.*

Every time I try something new, I'm being brave and should feel proud.