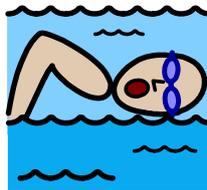
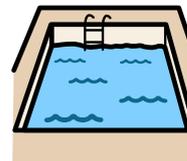
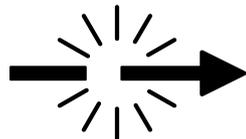


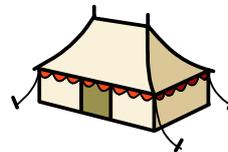
Swimming Lessons



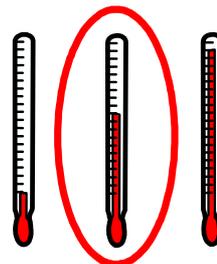
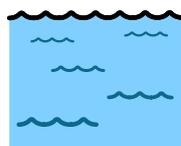
I am going to have swimming lessons at school for the next 2 weeks.



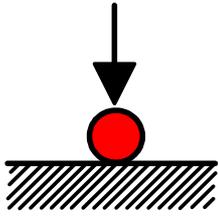
They will take place in a pop-up pool on the



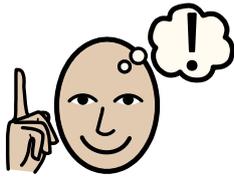
playground in a huge tent.



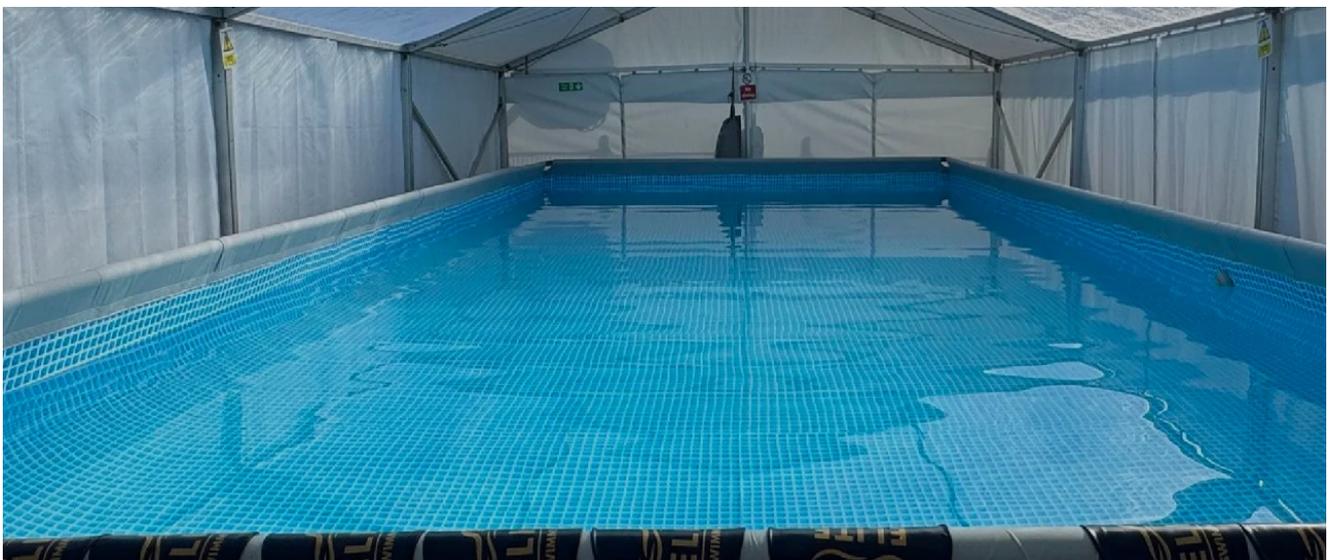
The water will be heated.

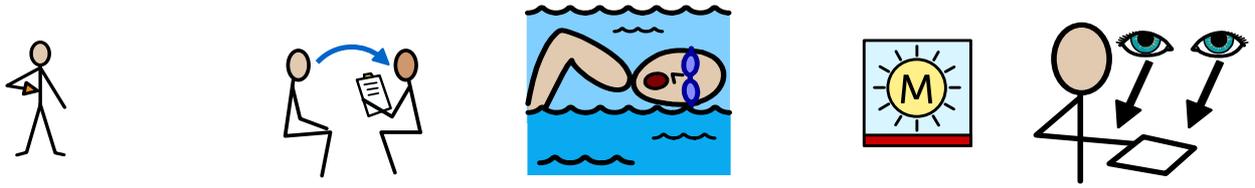


Here are some photos to help me



understand what it will be like.

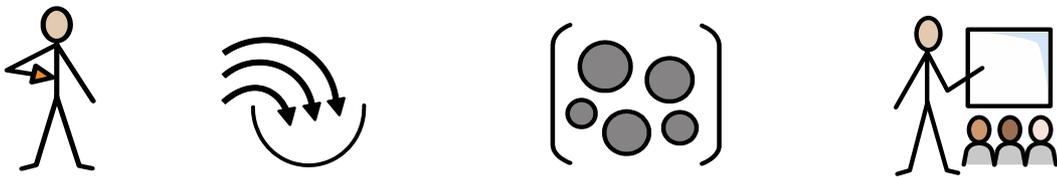




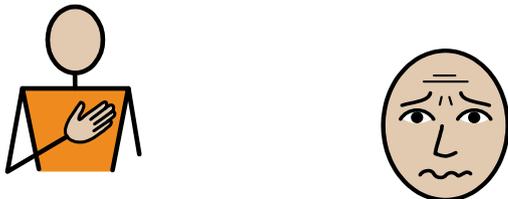
I will have an assessment swim on Monday to show the



swimming instructors how well I can swim and what I need to work on.



I will then be put into a group for the lessons.



I might feel a bit nervous about this, especially on the



first day and I don't know what to expect. That is okay.



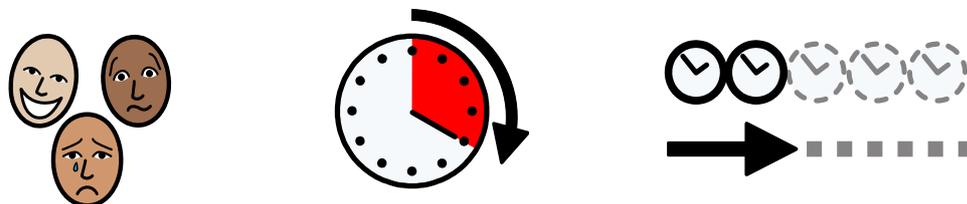
After the first swim, it doesn't usually feel so worrying but if I'm still worried at any time,



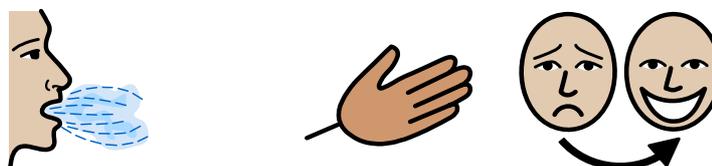
I can ask my trusted adults in school for help.



Lots of children will feel the same and



these feelings will only last for a short while.



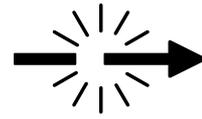
I could take some deep breaths to help me feel better.



What



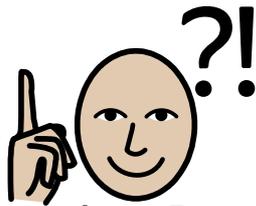
will



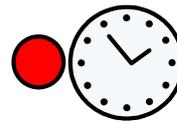
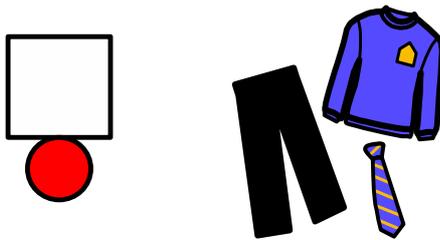
happen?



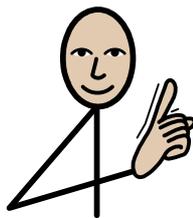
I will change into my swimming costume/shorts in small groups in the rooms by the office.



If it feels easier, I can put my swimming costume/shorts



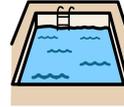
on underneath my uniform before I come to school.



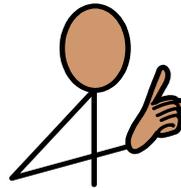
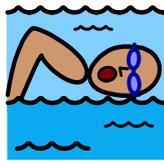
I also need to wear a swimming hat.



There will be teaching assistants to help me.



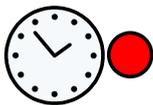
They will be with me when I walk to the pool and



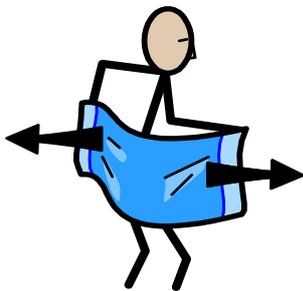
during my swimming lessons to make sure we are safe,



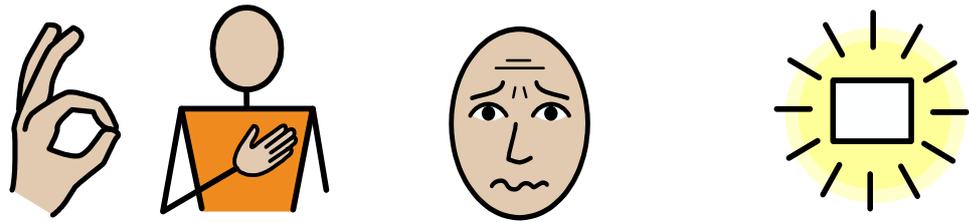
we are listening and we are having fun.



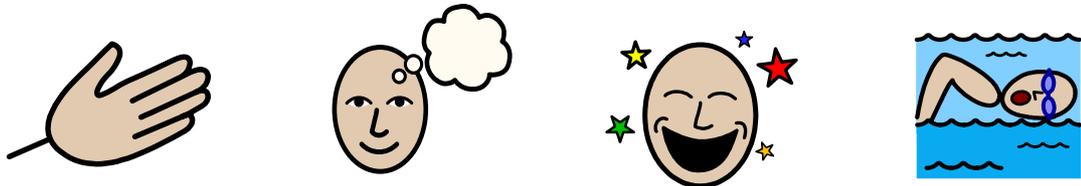
After the lesson, I will go back to the rooms by the office



to get dry and put my uniform back on.



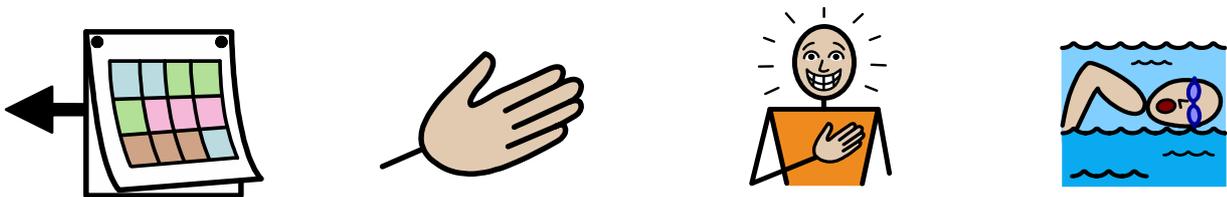
It is okay to feel a bit nervous about new things.



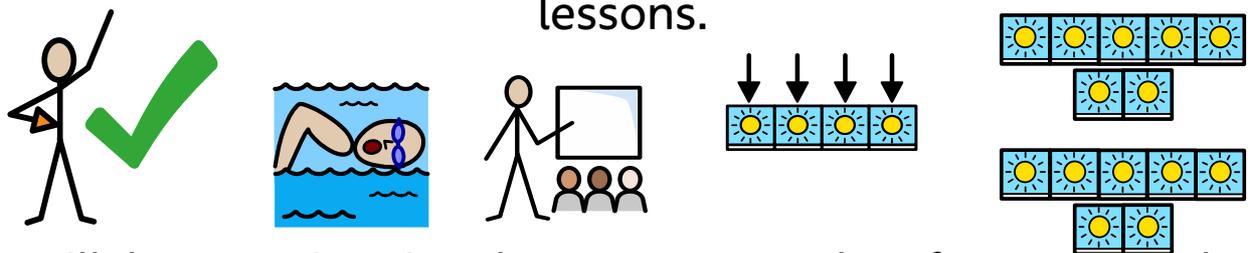
It might help to think about how much fun swimming can be.



If I remember the times I have had fun in the water



before, it can help me feel excited about swimming lessons.



I will have swimming lessons every day for two weeks,



and I just need to try my best each time!