



# HOMework ACTIVITIES

Jungle Tots 1,2



## JUNGLE TOTS 1 (GETTING COMFORTABLE)

### BREATH CONTROL

In the bathtub, have your child put their lips in the water and blow bubbles. Have them make noises when trying to blow bubbles.

To practice blowing have your child blow things across the table such as tissues or ping pong balls.

### WATER COMFORT

In the bathtub, use a "rain" bucket or cup to pour water on your child, working from their toes up to their head (including toes, hands, tummy, back, shoulders, ears, and head). Before pouring water over their head use the cue: "1-2-3" and then bring the water forward from the back of your child's head. Be sure to give lots of praise!

### SHOULDER FLOAT

Fill the bathtub with 2-3 inches of water. Have your child lie on their back in the tub with his/her ears submerged. The water should be low, but high enough for their ears to be completely covered by the water to minimize water running in and out of the ears. Pick a favorite song to sing or count to 10 while the child lies there.

To practice submerging their ears in the water, have them put an ear in the water to listen for you, then knock on the bathtub floor or tap it with a spoon, to see if they can hear it.

### CONNECTING WITH YOUR INSTRUCTOR

Talk about your instructor by name throughout the week. Talk about how exciting it is that your child gets to swim with (Ms. Joani) in two days! If you do not know the name of your child's instructor, make sure to ask our front desk!

## JUNGLE TOTS 2 (GAINING INDEPENDENCE)

### ASSISTED BACK FLOAT

Fill the bathtub with 5-8 inches of water. With your hands supporting their head, have your child lie on their back with their ears and body submerged and their face above the water. Pick a favorite song to sing or count to 10 while the child lies still in the water.

### BREATH CONTROL

Have your child practice taking a deep breath without exhaling and holding it for a set number of seconds (start with 3, then 5, then 10).

### Y-GLIDE AND PUSHING OFF THE WALL

Have your child sit on the couch facing you with their legs bent, and knees tucked into their chest, feet pointing outward, towards you. Place your hands on their feet and ask them to push you away. If they do not push their feet out, you can pull their legs out, showing them the correct "pushing" motion, until they start pushing on their own.

