

Lamont Books Standing Order

September 2012

Teacher Notes and Activities

Heather Fell In The Water

By Doug MacLeod & Illustrated by Craig Smith

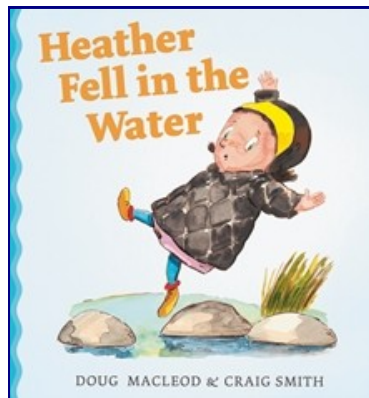
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\$24.99

Heather was a little girl...who always fell in the water. She didn't mean to do it. She didn't enjoy it. But she fell in the water nearly every day, and so her parents made her wear water wings all the time.

Find out how Heather overcomes her fear in this warm and funny story from a much-loved team.

A hilarious story about a little girl who is afraid of the water, but ultimately makes friends with it - and learns to swim.



Themes:

- Water safety
- Learning to swim
- Being accident prone
- Overcoming fear

Discussion Points:

- Heather always seemed to fall in the water, even though she doesn't mean to. Is there something that always seems to happen to you by accident or do you know someone else who is like this?
- If you are 'accident prone' like Heather, how does it make you feel?
- Why was Heather scared of the water?
- How did she overcome this fear?
- Is there something that you are scared of? Think of some practical ways that you could overcome it.
- Heather decided that she liked to swim. Is swimming something that you like to do?
- Why is it important to learn to swim?
- 'Heather realised the water didn't hate her. It loved her. That was why it kept making her fall in. It wanted to be with her.' How can positive thinking change how we approach things?

Activities:

- If practical, arrange a class excursion to the local swimming pool. Make it an educational experience, but also show the children how much fun you can have in the water.
- Make your own pretend 'swimming pool'. Be creative—remember to include lane ropes, starting blocks and you may also like to make people swimming.