

# Kurious Kumara's Day At The Beach



**Esther Hone & Karla McCaughan**

Illustrated by

*Zeeshan Shahid*

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This book is created as part of a resource for Water Skills for Life Beach education programme, targeting students in Year 3 – 8 at primary school.  
This is the natural extension to Water Skills for Life.

Research suggests that aquatic skills are developed faster and retained for longer, when they are experienced and learnt in natural environments. Water Skills for Life Beach incorporates all the learnings from the foundation programme, Water Skills for Life with the added indepth learnings around beach/rocky foreshore recreation and water safety.

Water Safety New Zealand is making water safety and Water Skills for Life an integral part of a child's learning through the Health & PE Curriculum.

Furthermore, to ensure a generational improvement in children's knowledge, attitudes and behaviour around water, we will embed Water Skills for Life into authentic environmental education to make water safety skills training reflective of real-life experiences.

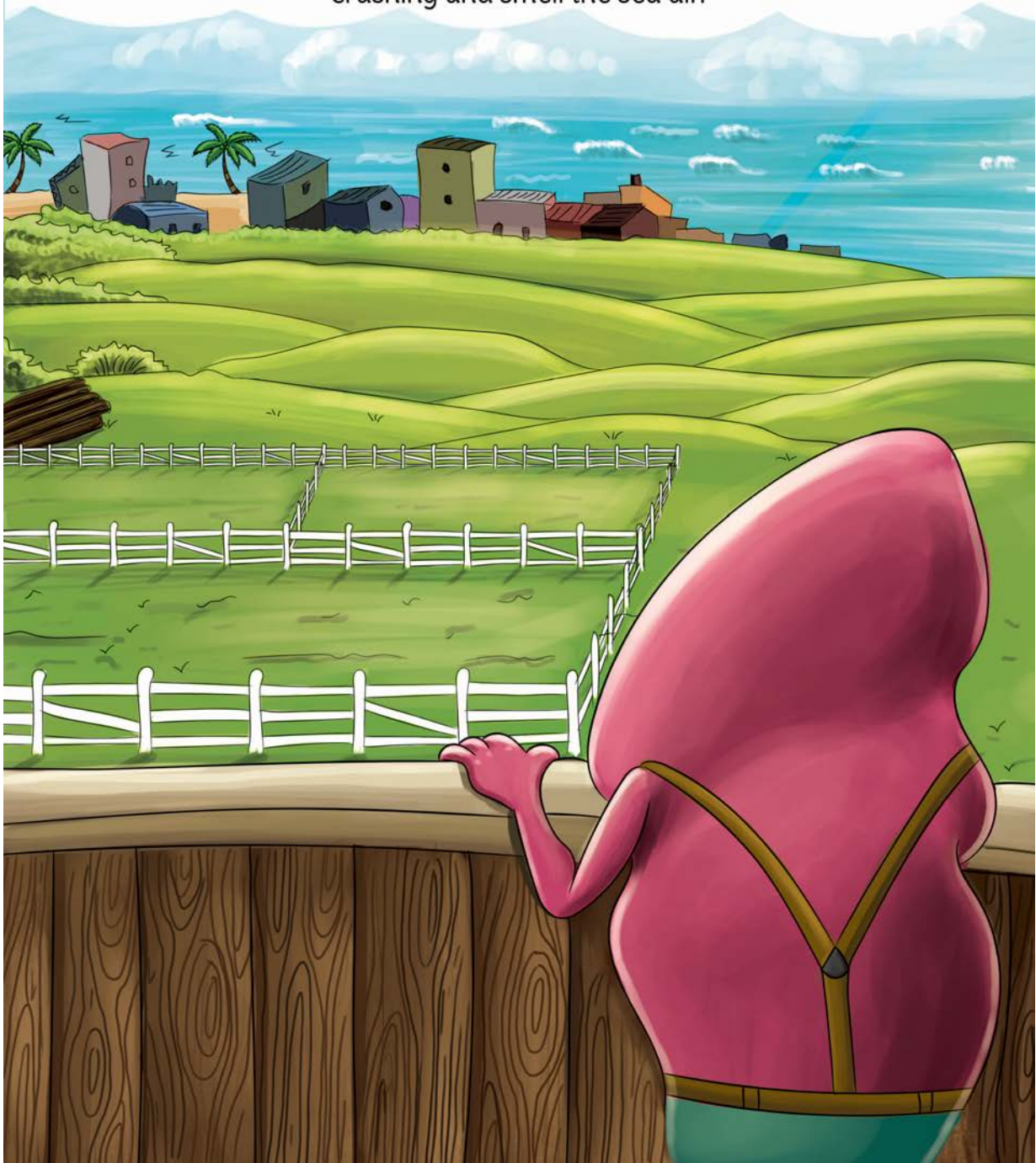
Written by  
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Water Safety New Zealand  
Or visit Water Skills For Life website: <https://waterskills.org.nz/>  
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Kurious Kumara got up one day and looked out past the paddocks far far away. Far in the distance way over there, he could hear the waves' crashing and smell the sea air.





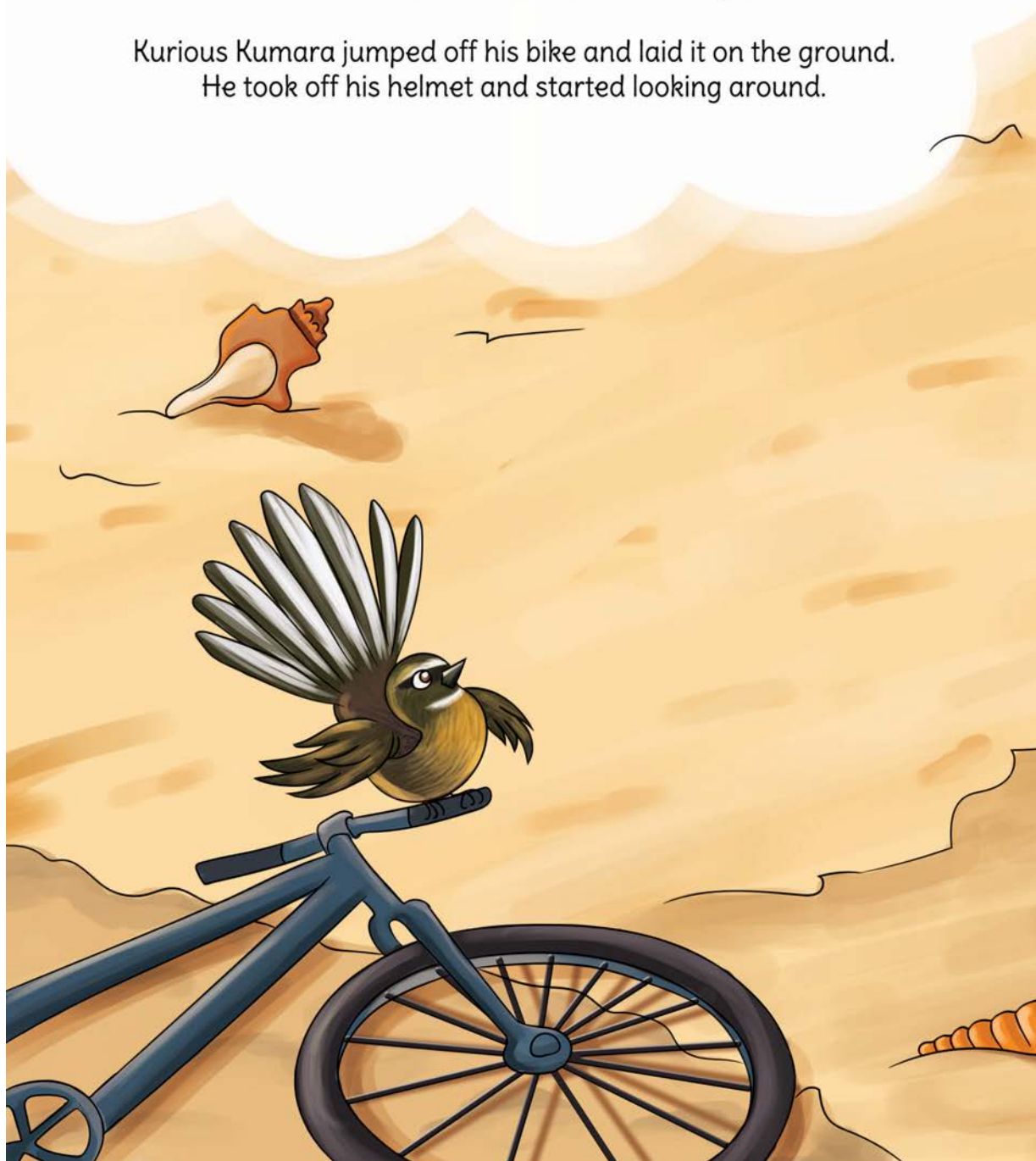
He ran to the kitchen looking for Mum, calling for Dad, "I want to go to the beach, there's fun to be had". Kurious Kumara looked all around. He tried harder to find them but they were nowhere to be found.

So he jumped on his bike and rode all the way to the soft sandy beach on that warm sunny day.



Then down flew Piwi, his piwakawaka mate, landing on Kurious Kumara handlebars as he rode in the gate.

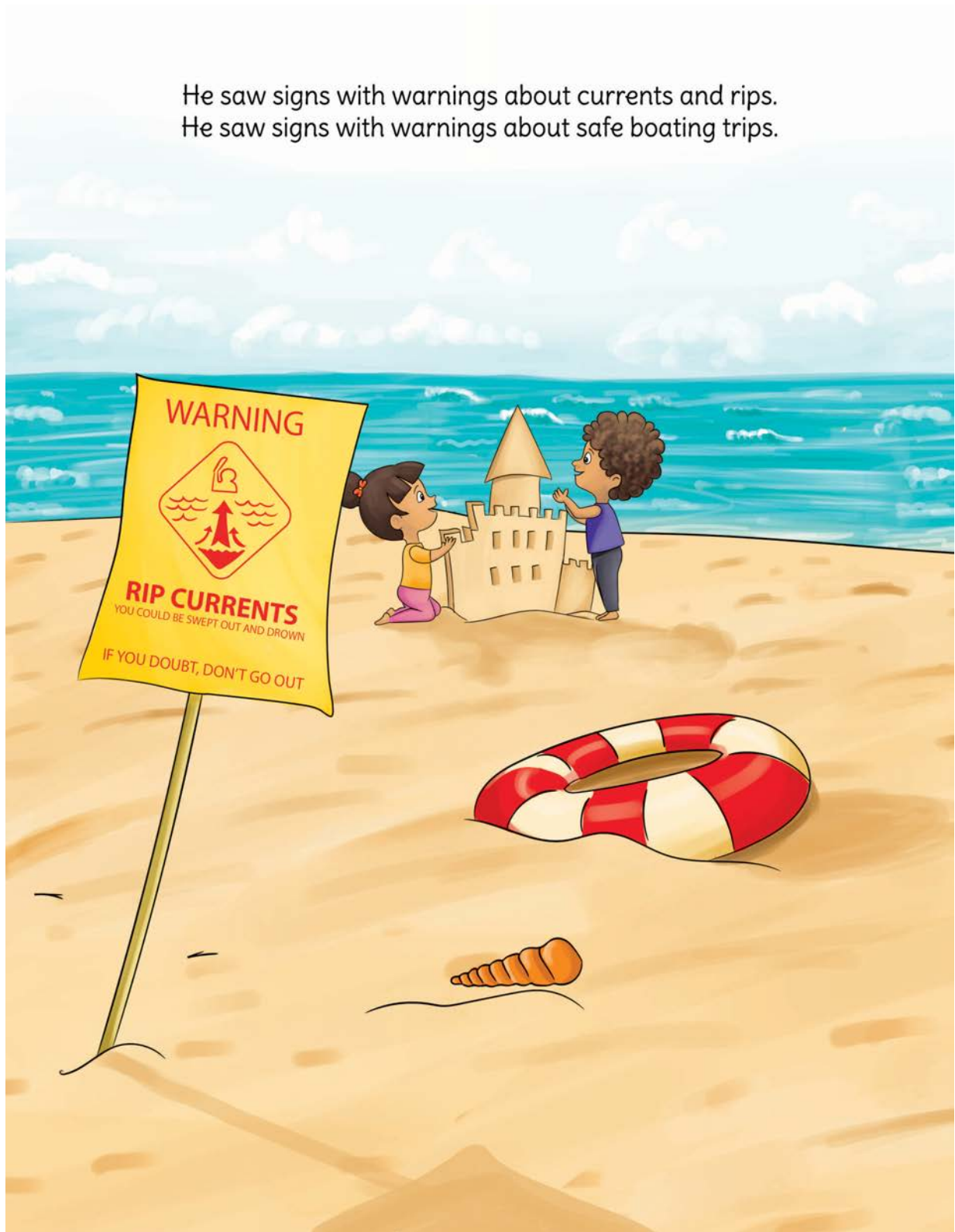
Kurious Kumara jumped off his bike and laid it on the ground.  
He took off his helmet and started looking around.







He saw signs with warnings about currents and rips.  
He saw signs with warnings about safe boating trips.



He saw kids making castles and seagulls flying high.  
He saw red and yellow flags and lifeguards nearby.





“Stop!”, chirped Piwi, His piwakawaka friend, “You’re forgetting the safety rules from beginning to end.”

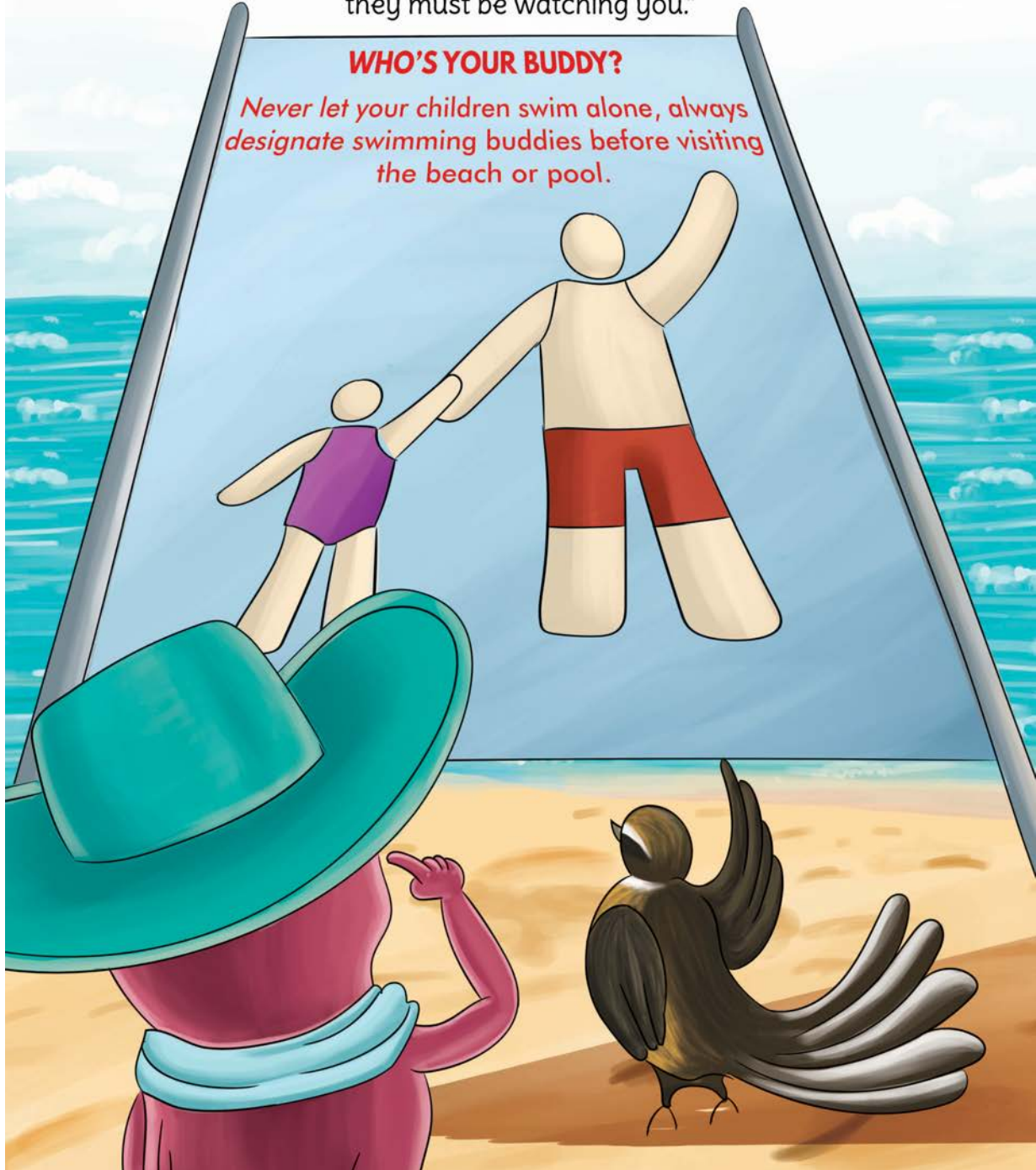


“You must put on your sunscreen and your hat,  
“You know Mum and Dad would be happy with that.”  
So, Kurious Kumara slapped on his sunblock and put his  
sunhat on his head. “Now, stop and remember”, chirped Piwi,  
“what Mum and Dad said!”

“You must always swim with an adult Kurious Kumara, no matter what you do; You must always swim with an adult, they must be watching you.”

**WHO'S YOUR BUDDY?**

*Never let your children swim alone, always designate swimming buddies before visiting the beach or pool.*



Kurious Kumara, had run down to the water to dive into the sea. "Stop and look!" said Piwi, "Stop and listen to me!" "Can you see the rip?" ,he chirped, "Where it's calm and really flat. You're not allowed to swim there, Kurious Kumara; Please remember that."



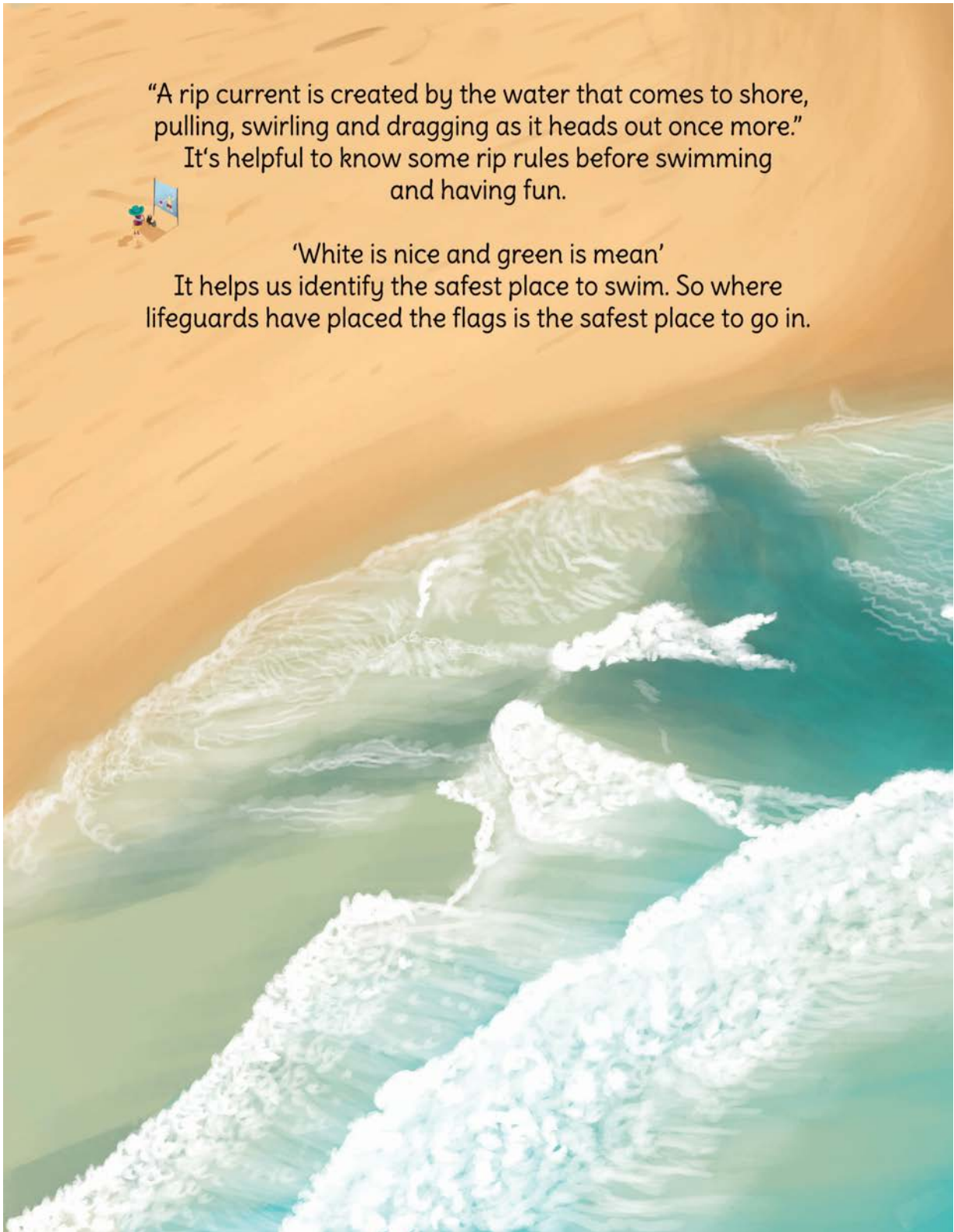
"A rip current is created by the water that comes to shore, pulling, swirling and dragging as it heads out once more."

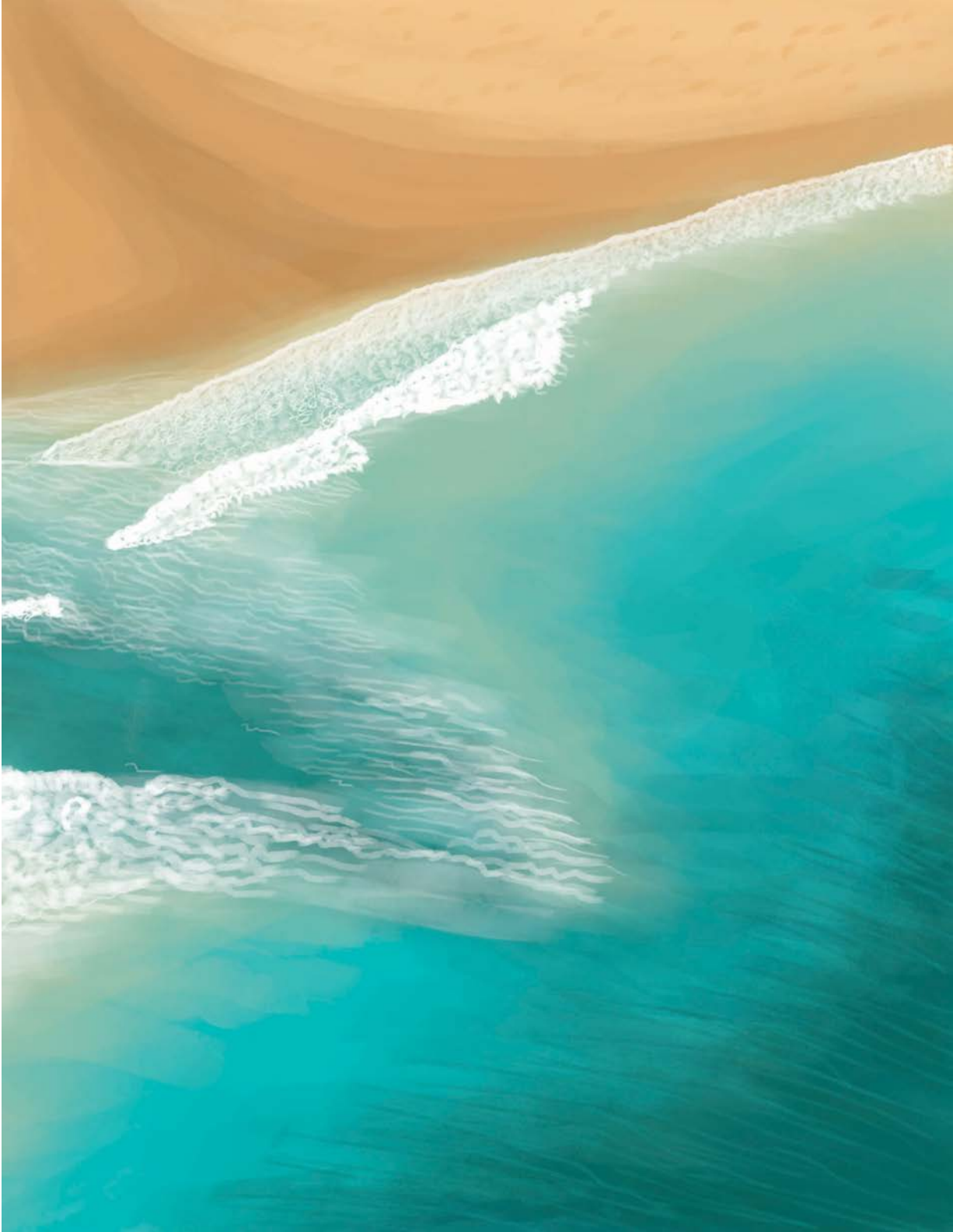
It's helpful to know some rip rules before swimming and having fun.



'White is nice and green is mean'

It helps us identify the safest place to swim. So where lifeguards have placed the flags is the safest place to go in.





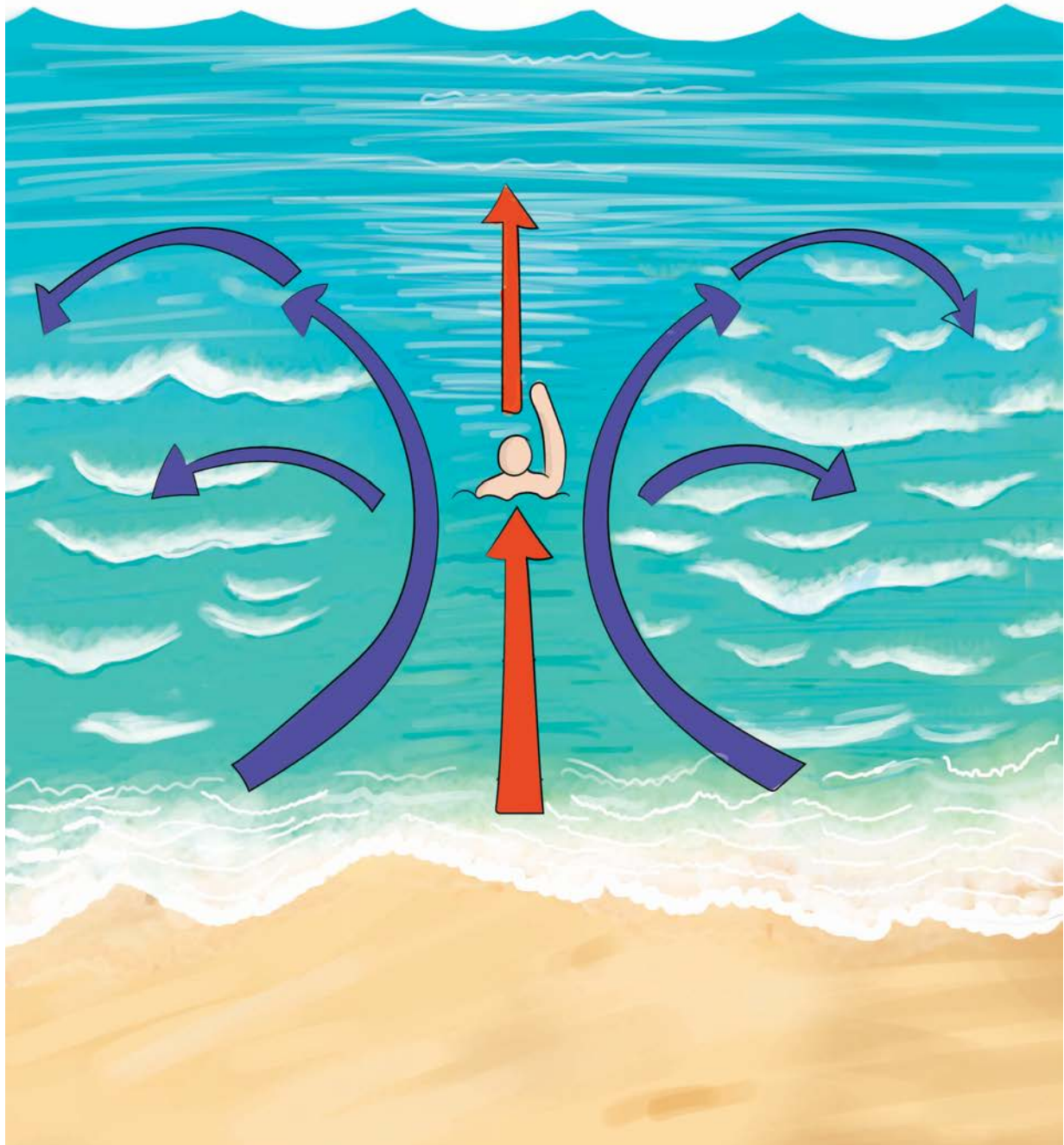


"If you get caught in a rip Kurious Kumara! You need to know, what to do." "So let me explain about the 3 R's to you."

"The first R stands for relax, lay back and float. Second R for raise your hand up high like a mast on a boat."



“The final R stands for ride; I’m talking about the rip. Don’t try and swim against it, is an important safety tip.”



Piwi chirped louder, "Kurious Kumara! you've made a big mistake; if you go to the beach an adult you must take."

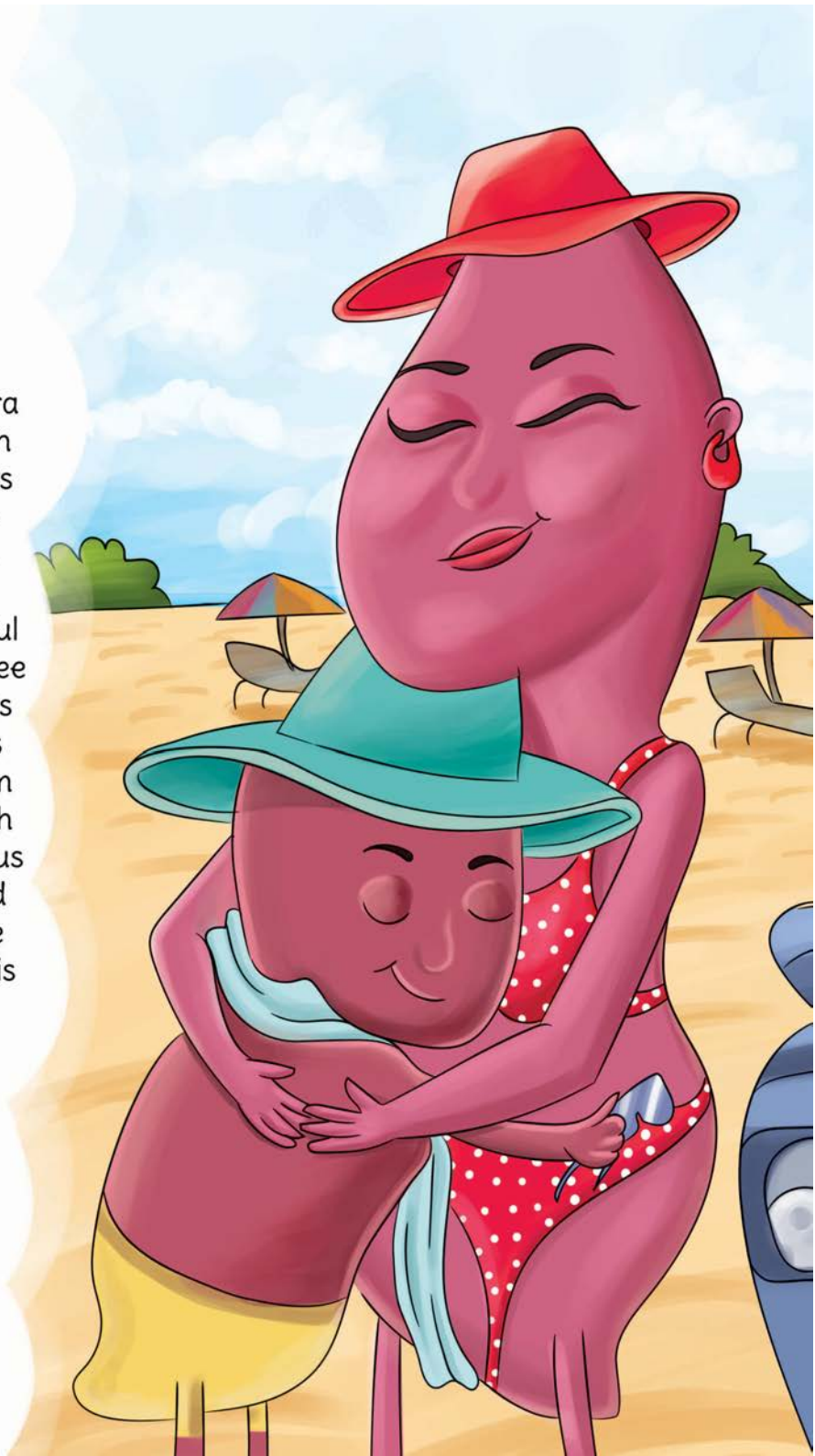
"Listen!" said Piwi, "That's Mum calling your name. "Ok, where are you?" Your Dad's calling the same."





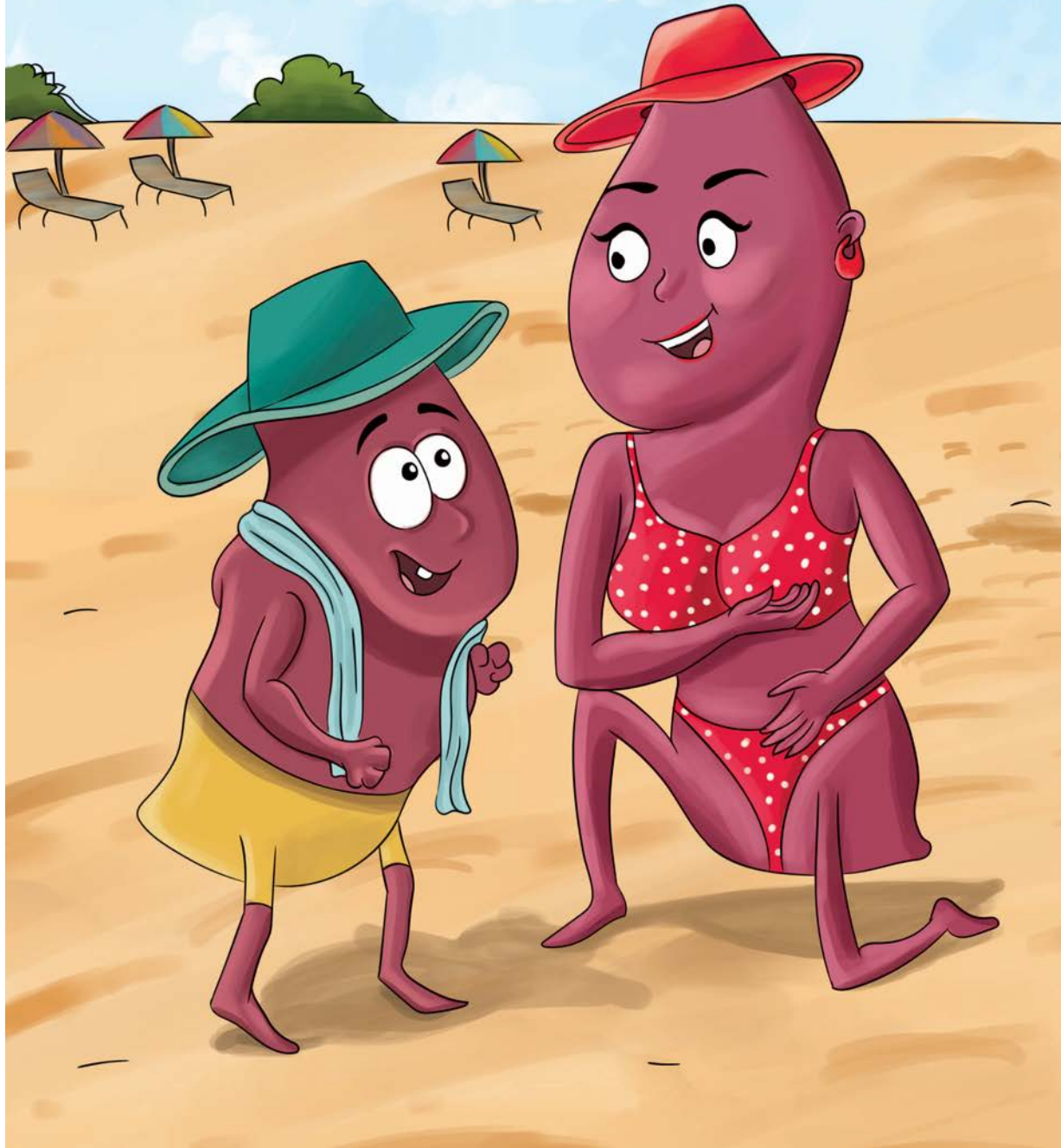
Kurious Kumara  
ran up through  
the sand dunes  
in that warm  
summer sun.

He was thankful  
and happy to see  
his Dad and his  
Mum. "Kurious  
Kumara!", Mum  
said with a sigh  
of relief. "Kurious  
Kumara!", Dad  
smiled a smile  
that showed his  
teeth.





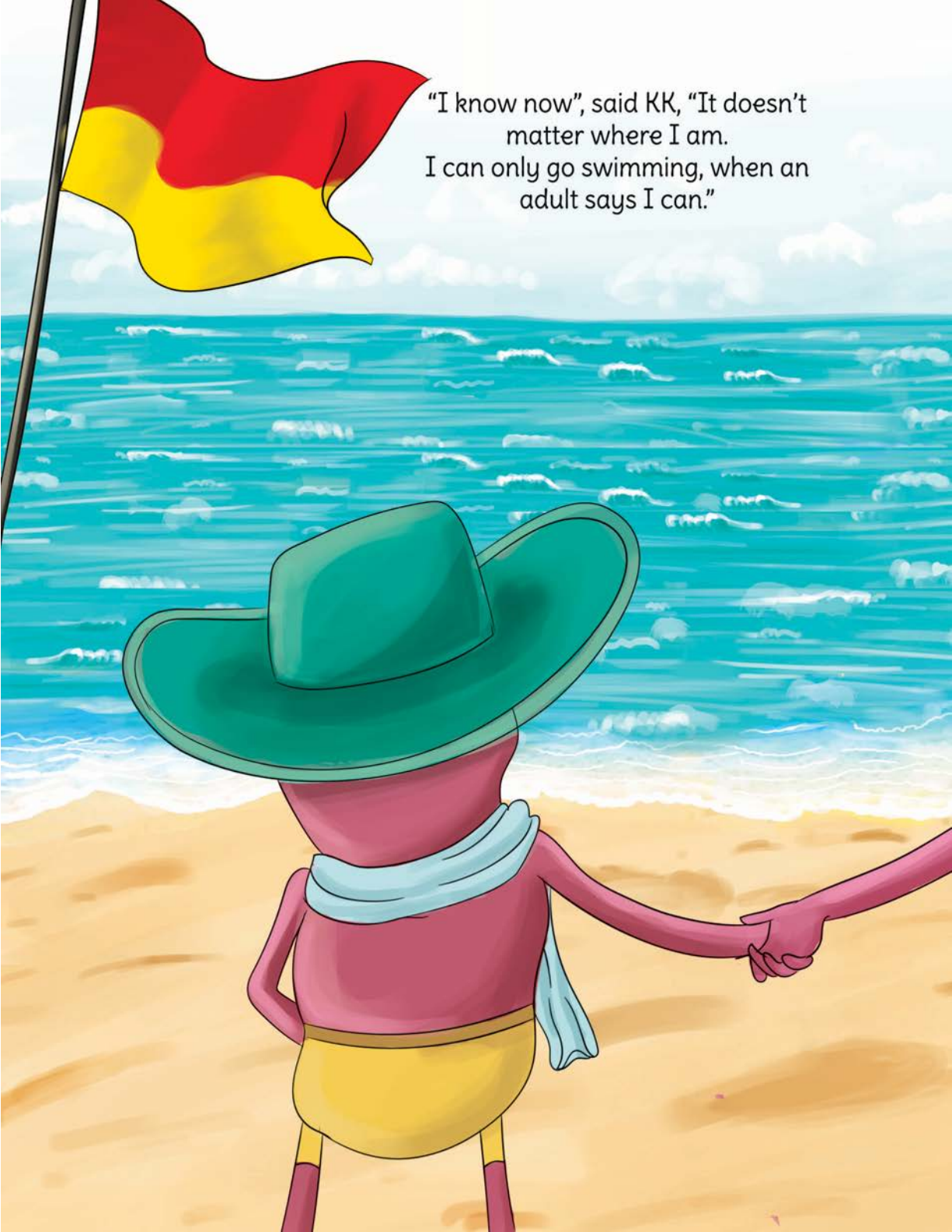
"Kurious Kumara! we were worried.", said his Mum and his Dad.  
"If something had happened, our hearts would be sad." "I'm  
sorry", said Kurious Kumara, "I forgot the rule, I must always  
have an adult at the beach or at the pool."



"I remember now." said Kurious Kumara, "It doesn't matter where I might be. I can only go swimming when an adult watches me."







"I know now", said KK, "It doesn't matter where I am. I can only go swimming, when an adult says I can."

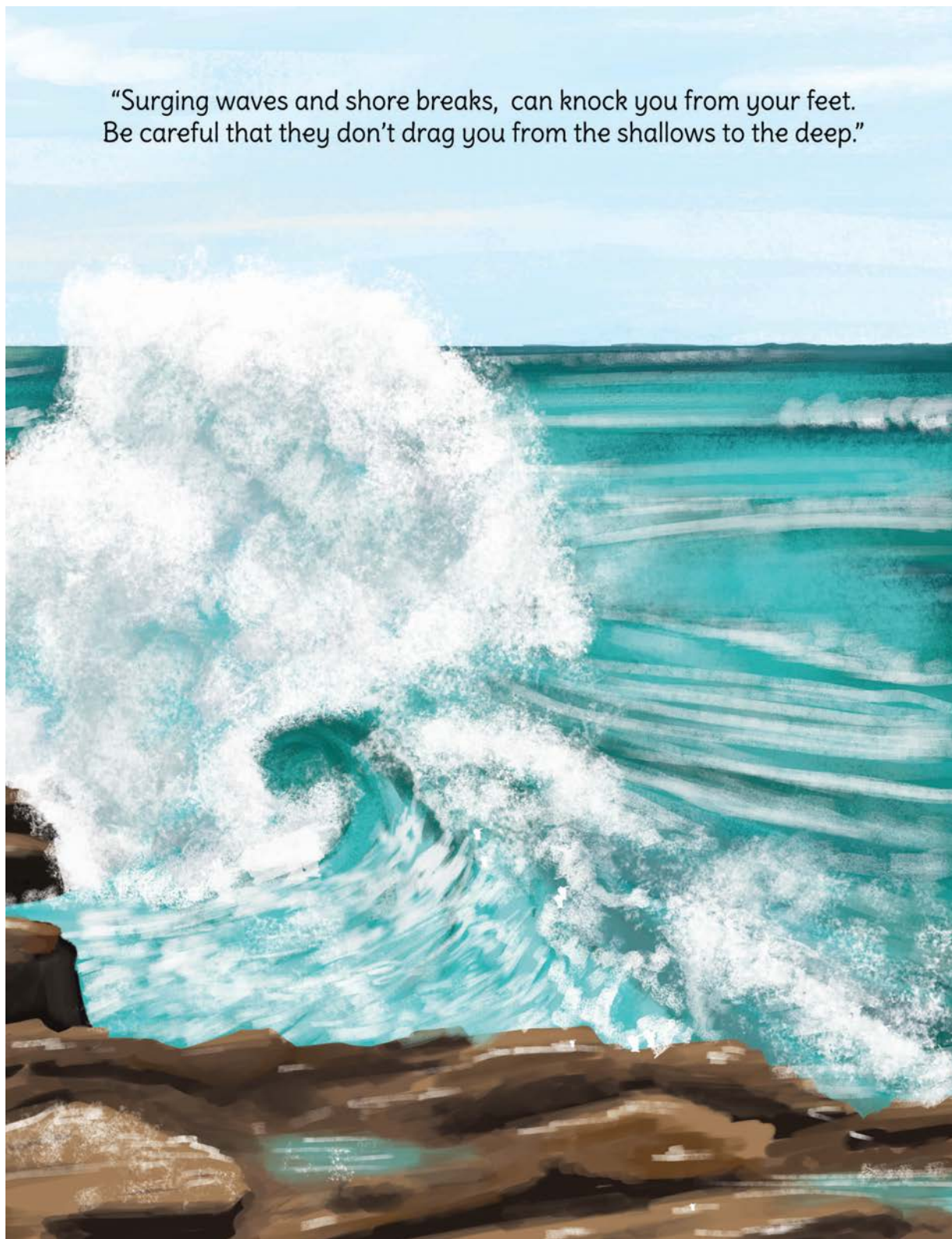
Mum said, "We love you Kurious  
Kumara! you curious little guy."  
Dad said, "Now let's swim between the  
flags,,while the lifeguards stand by."



“But first lets look at the waves” said Mum,  
“Before we go diving in. Some waves can be dangerous,  
so, we should look before we swim.”

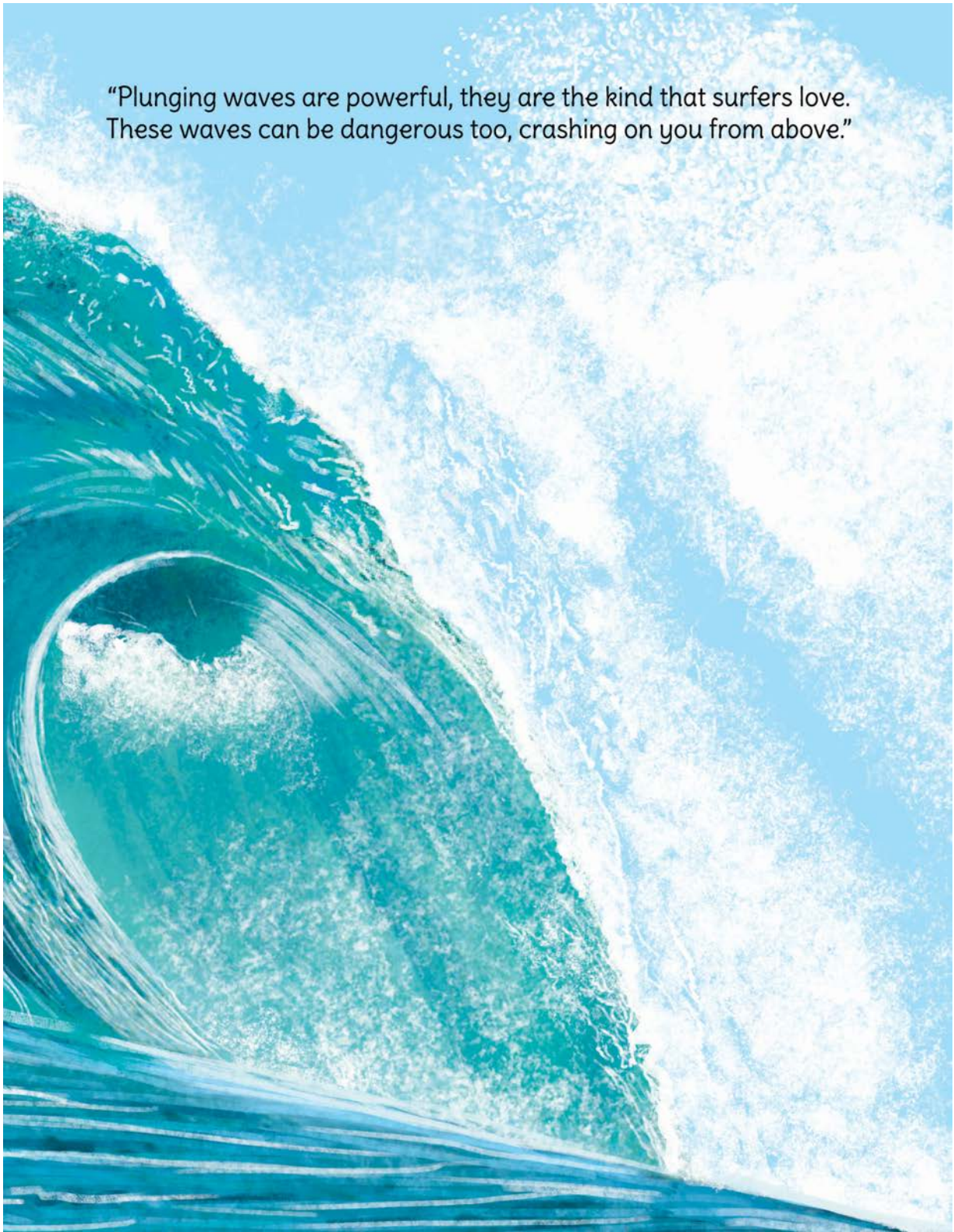


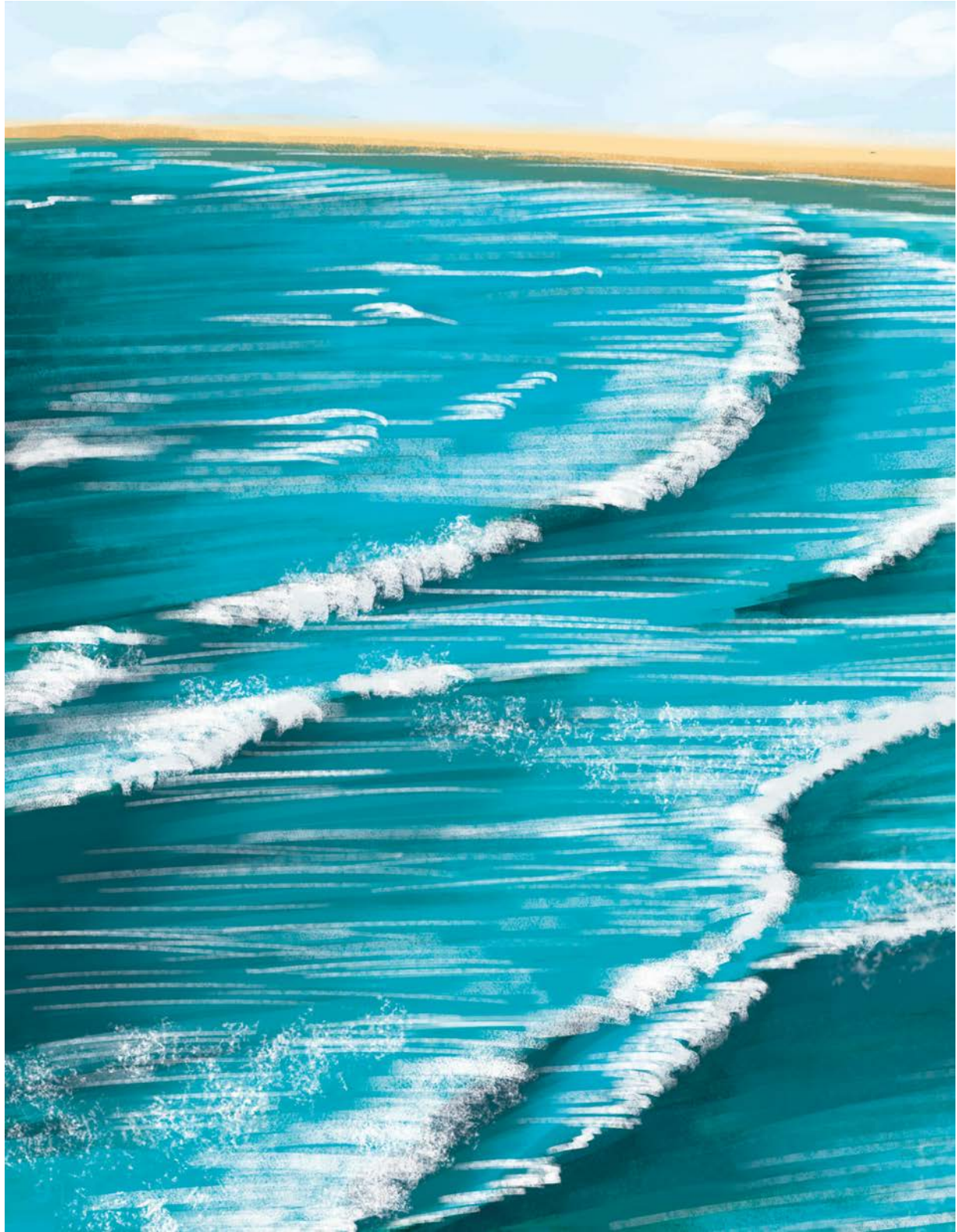
“Surging waves and shore breaks, can knock you from your feet.  
Be careful that they don’t drag you from the shallows to the deep.”



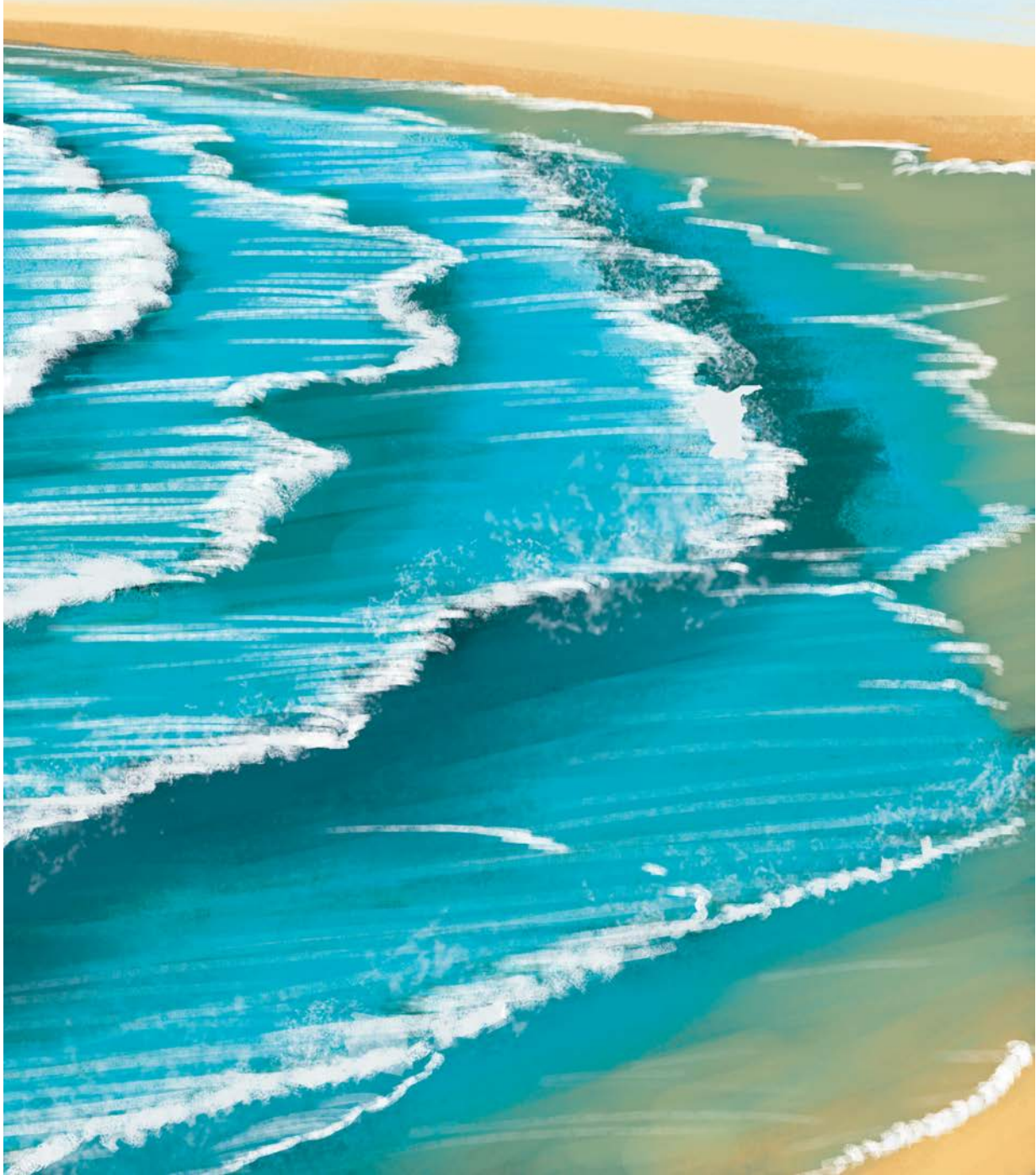


“Plunging waves are powerful, they are the kind that surfers love. These waves can be dangerous too, crashing on you from above.”



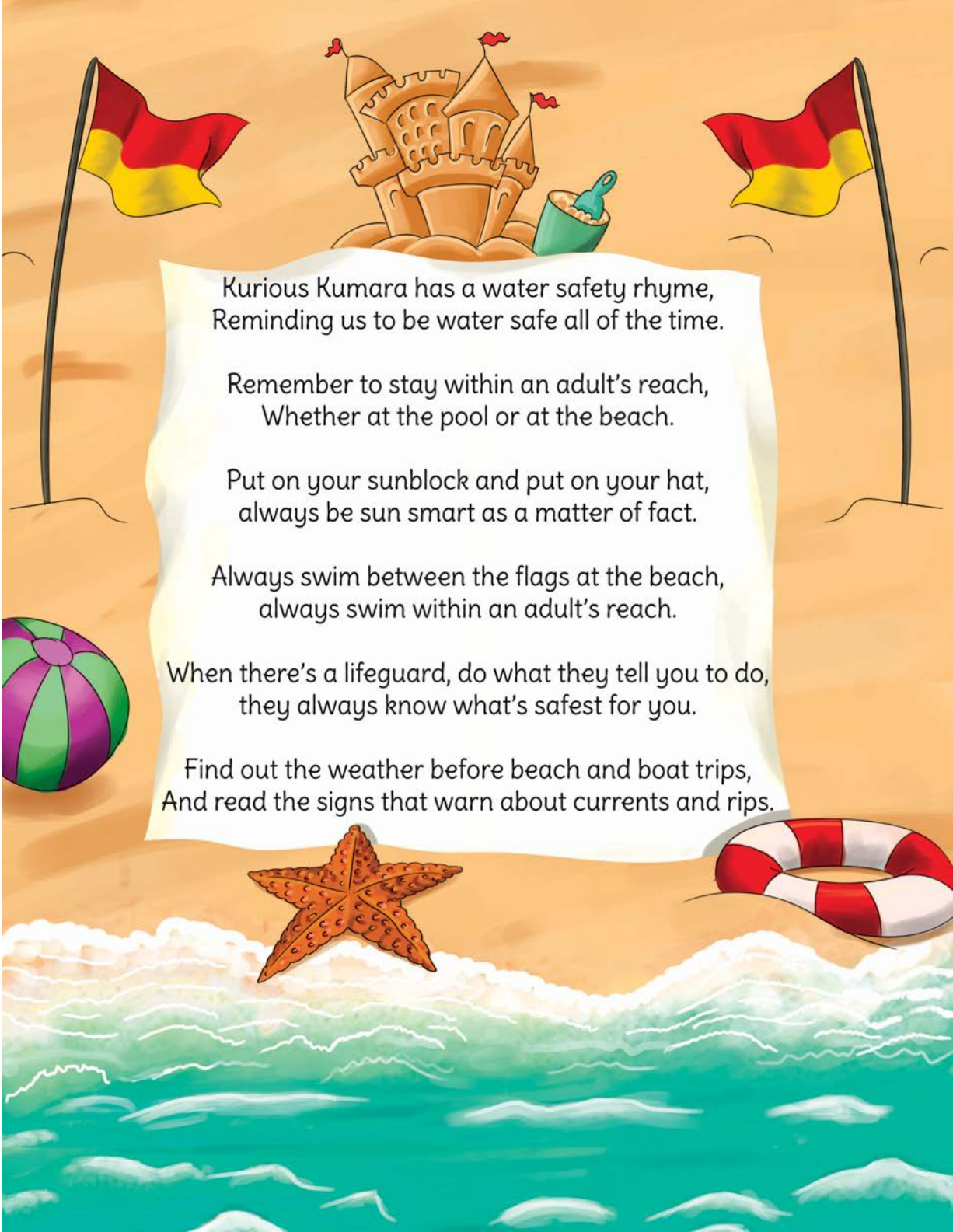


"But the rolling waves are safest, where the shoreline is flat.  
They are the gentlest waves, so be sure to remember that."









Kurious Kumara has a water safety rhyme,  
Reminding us to be water safe all of the time.

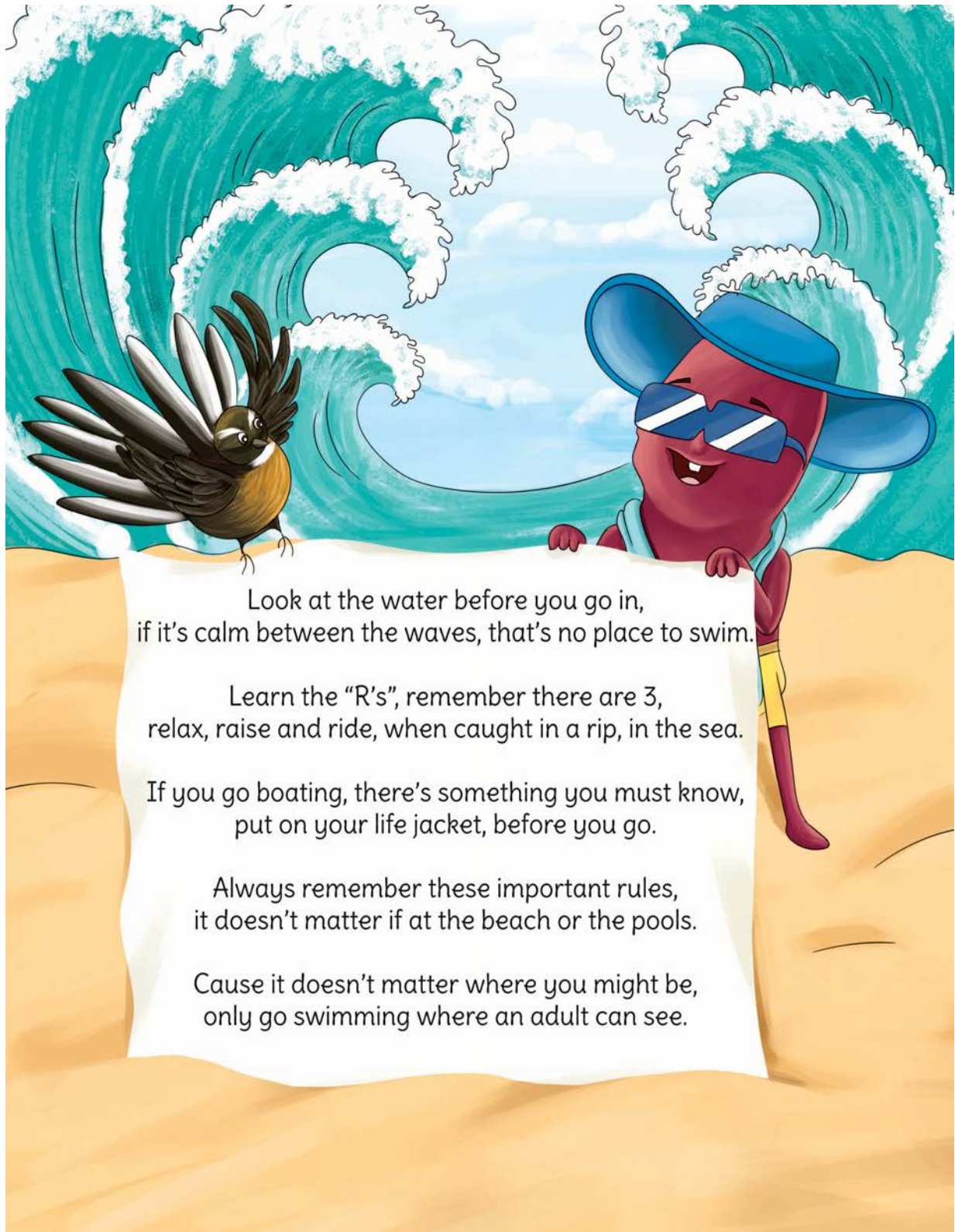
Remember to stay within an adult's reach,  
Whether at the pool or at the beach.

Put on your sunblock and put on your hat,  
always be sun smart as a matter of fact.

Always swim between the flags at the beach,  
always swim within an adult's reach.

When there's a lifeguard, do what they tell you to do,  
they always know what's safest for you.

Find out the weather before beach and boat trips,  
And read the signs that warn about currents and rips.



Look at the water before you go in,  
if it's calm between the waves, that's no place to swim.

Learn the "R's", remember there are 3,  
relax, raise and ride, when caught in a rip, in the sea.

If you go boating, there's something you must know,  
put on your life jacket, before you go.

Always remember these important rules,  
it doesn't matter if at the beach or the pools.

Cause it doesn't matter where you might be,  
only go swimming where an adult can see.

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In this book, Kurious kumara learns about the rules needed for going to the beach. He learns about different kinds of waves and the 3 R's theory. His friend piwakawaka feels proud of him when he follows the rules.



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