



## TAKE HOME ACTIVITY PACK



An Ipswich Libraries First 5 Forever initiative supported by SEAL Pool Safety Programs and Kids Alive.

# Tales AND TRAILS



## ABOUT TALES AND TRAILS

Follow the Trail, Read a Tale, Have an Adventure!

Enjoy reading outdoors with your family.  
Look for the numbered signs as you follow the path around your local park.

Run your fingers along the signs to discover the touch reading technique of Braille.

This trail features *In The Deep End* written and illustrated by Charlie Thomson.  
Discover and learn how fear can interfere with everyday activities.

Tales and Trails is proudly supported by Kids Alive.

Visit the Queens Park Environmental Education Centre or any branch of Ipswich Libraries to collect your Nature Play Passport and Take Home Activity Pack.



LISTEN



WATCH



READ



### ABOUT FIRST 5 FOREVER

In the first five years, little moments make a big difference. Children learn best from those closest to them – and by talking, reading, singing and playing together every day, families support their child's brain development and help them build a lifelong love of learning and discovery.

### ABOUT STORIES FOR LITTLE QUEENSLANDERS

State Library of Queensland has published 12 children's picture books for Queensland's littlest readers as part of First 5 Forever. Produced exclusively for State Library of Queensland and First 5 Forever, this series reflects the diversity of Queensland, celebrates the uniqueness of our state, and aims to inspire a love of reading and discovery in a new generation of little Queenslanders. The books also showcase writers and artists with a Queensland connection who are based throughout the state.

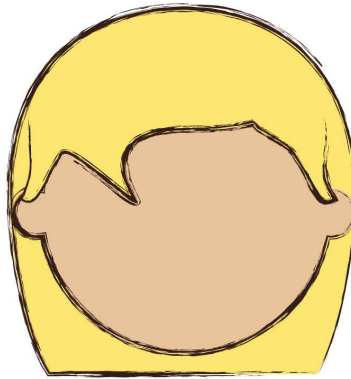


## FEELINGS

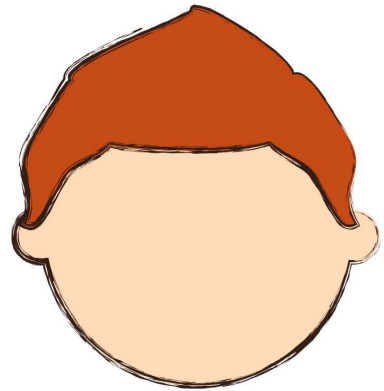
Trace the words and draw a face for each emotion.



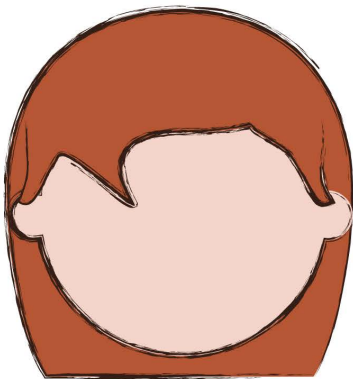
Happy



Sad



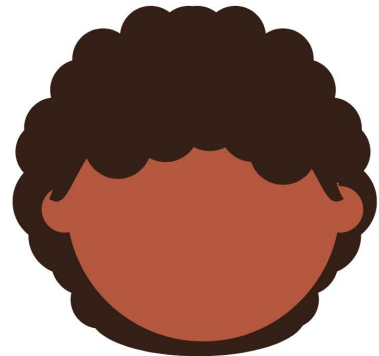
Afraid



Excited



Angry



Silly



1, 2, 3, 4, 5

## Once I Caught a Fish Alive

One, two, three, four, five,  
Once I caught a fish alive.  
Six, seven, eight, nine, ten,  
Then I let it go again.

Why did you let it go?  
Because it bit my finger so.  
Which finger did it bite?  
This little finger on the right.

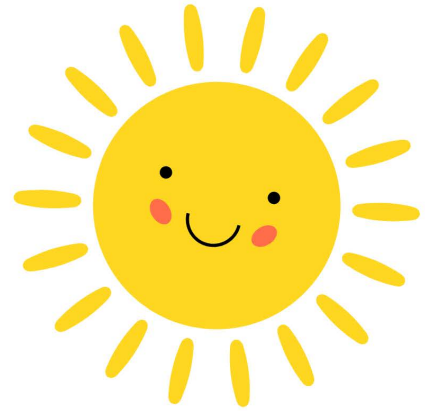


Scan the QR code to go  
in the draw to win a prize  
by telling us where we could  
host the next Tales and Trails!



## WHEN I'M HAPPY...

When I'm happy, I look like this:



Things that make me happy:





## Here is the Sea

Here is the sea, the wavy sea,  
here is a boat and here is me.

And little fishes, way down below,  
wiggle their tails and away they go.

*(Make hand actions while  
singing this calming rhyme.)*



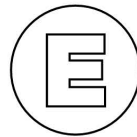
Scan the QR code  
for more quick rhymes!



## POOL SAFETY COLOURING SHEET



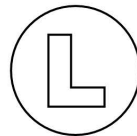
**UPERVISE**  
around the pool



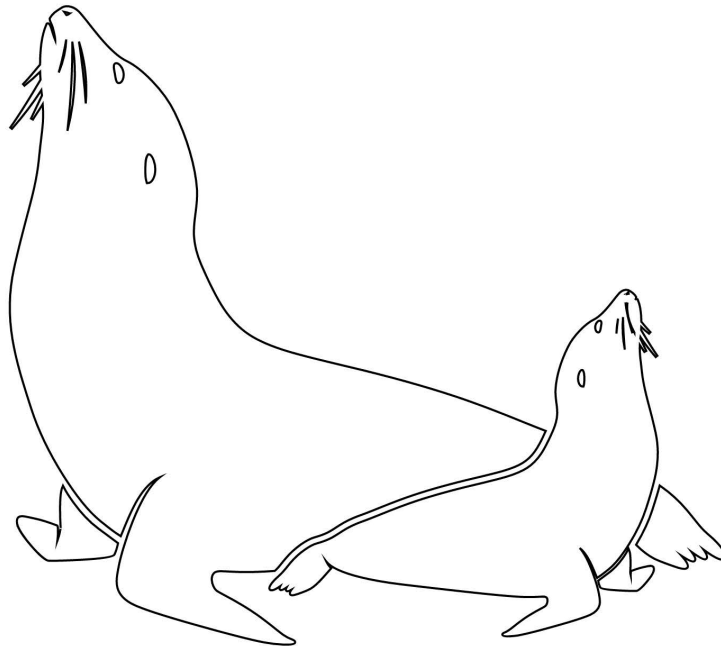
**NCLOSE**  
the pool with a fence



**CTIVELY**  
check the pool gate and fence



**EARN**  
CPR and to swim





## CPR GUIDE

**D**ANGER

### CHECK FOR DANGER

To Self

To Others

To Patient

**R**ESPONSE

### ASK PATIENT'S NAME

Gently squeeze the patient's hand and call their name



### ANY SIGN OF LIFE

- Is patient
- Responsive?
- Conscious?
- Breathing Normally?
- Moving?

**S**END

### SEND FOR HELP

Ask someone to call **000**

**A**IRWAYS

### CLEAR THE AIRWAYS

- Check the airway - if the airway is blocked, place patient on their side
- Support head
- Clear mouth

**B**REATHING

### IF LESS THAN 2 BREATHS IN 10 SECONDS

- Place onto back
- Support head & jaw
- Head tilt opens airways
- Administer 2 initial breaths

OR

### NORMAL BREATHING

- Place patient onto side
- This is recovery position
- Clear the airway

**C**OMPRESSION

### COMMENCE CPR

- Start CPR
- 30 compressions followed by 2 breaths
- Continue until expert help arrives
- Compression should be at a rate of 100/minute
- Chest compressed at 1/3 depth of the chest

### INFANTS UP TO 1 YEAR

- Don't tilt the head back
- Cover mouth and nose for breath
- Use 2 fingers for chest compression

**D**EFIBRILLATION

### DEFIBRILLATION

- Apply defibrillator if available



THESE INSTRUCTIONS ARE NO SUBSTITUTE FOR A CPR COURSE. CONTACT YOUR SERVICE PROVIDER.

