STORM FORCE
COLOUR ME
Activity Pack

WELCOME TO ISSUE 3
Draw a line from lifeguard hut to sea, collecting all the kit Sandy will need for her rescue on the way.

1. All RNLI lifeguards can swim 200m in less than 3½ minutes.
2. If you fall into the sea, follow your instincts and fight against the water.
3. The best lifeguards spend all their time rescuing people.
4. You should sit in the sun from 3pm to get a tan.
5. RNLI lifeboats launched nearly 9,000 times last year.
6. Stormy Stan’s favourite milkshake is banana flavour.

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Leila and her family are getting ready for the beach. Use the clues to complete the crossword and find out what stuff they need to pack and think about before they head off.

Across
2. Stick together with these people, or your family.
6. This will protect your head from the sun.
7. Protects your skin from sunburn.
8. The rise and fall of the sea level during the day.

Down
1. Check this forecast to see if you need a coat.
3. This special suit will keep you warmer in the water.
4. Can be used to call for help.
5. Seek this at the hottest time of day.

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GIVE OUR LIFEGUARDS A Big Splash OF COLOUR!

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Ruff is hitting the beach and needs a snazzy board to surf in style. Grab your favourite pens and pencils to design something totally rad on his blank surfboard!

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COLOUR ME GALLERY

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WHY DID THE BANANA GO TO HOSPITAL?
HE WASN’T PEELING VERY WELL!

WHY DIDN’T THE PIRATE BUY A NEW HAT?
BECAUSE HE WAS WORRIED ABOUT CAPSIZING!

WHAT DID LONG JOHN SILVER’S PEGLEG AND HOOK COST?
AN ARM AND A LEG!

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LANCES

LIFESAVING LIES

1. TRUE. They can run 200m on sand in less than 40 seconds.
2. FALSE. Fight your instinct, not the water. Flip over onto your back and float until you are calm enough to call for help or get out safely.
3. FALSE. Most of a lifeguard’s job is about preventing people getting into trouble in the first place.
4. FALSE. That’s when the sun is at its hottest and you need to find shade. Suntans are not a great idea!
5. TRUE. And our lifeboat crews and lifeguards saved the lives of 329 adults and children.
6. FALSE. Stan’s absolute fave milkshake is chocolate!

WHO’S READY?

1. Leila’s ready with hat and sunglasses.  
2. Leila’s ready with t-shirt and factor 50 suncream.  
3. Harry’s ready with a drink and snacks.  
4. Leila’s ready with bodyboard and leash (the orange windsock means it’s windy and Harry may get blown out to sea in the inflatable swan).

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