



Stay Calm

Name: _____

Find the hidden words listed below. They describe things that could cause even good swimmers to panic if they do not think first. The words can run across or down.

i d s s w a t e r w e e d s n
g s t n e r r u t n q v c o v
c j w j c c o l d w a t e r u
s u d d e n i m m e r s i o n
a i a y o f p b n s m p v m r
q a y h i k d c y n t m p t i
u r i v e r c u r r e n t o p
a j b t f s m h s c u q d j c
t h e h d s l e g c r a m p u
i m x p r r w o k v r v o w r
c b n x h v b b a k k x w x r
l z a r f s s t e g a x h c e
i l p e x h a u s t i o n y n
f r c y a b i m b k b z w g t
e s t m a l c h c a m t s t n

Word List

aquatic life

exhaustion

rip current

sudden immersion

cold water

leg cramp

river current

water weeds