

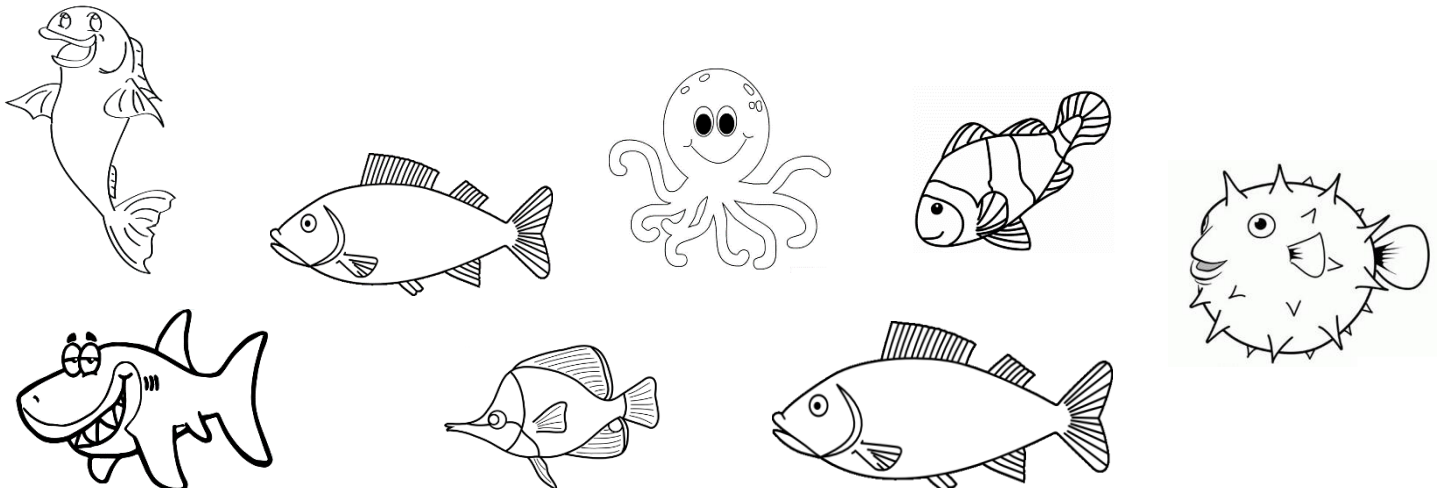
Ocean and Fish Week

Below is a list of ideas that incorporate Ocean and Fish

1. **Ocean themed yoga** is a perfect way to get the kids moving. The kids get to move their bodies to be just like all the different creatures of the sea/ocean such as a crab, octopus and whale! Join along with Ms. Kate as she does some ocean yoga on her video this week. **You can also read all about the different movements/poses in this link!** (<https://parentingchaos.com/ocean-themed-kids-yoga/>) These are seriously the best! The kids are so engaged!



2. **Fishing for Fitness:** How about some fishing this week? Check out this fun idea on fishing for fitness with a video from Ms. Patti. Learn how you can make your very own fishing pole and fish with different movement ideas. Instructions and fish can be found in the document called "Prep for Fishing for Fitness"



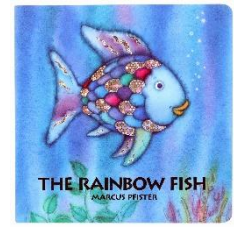
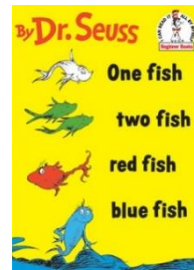
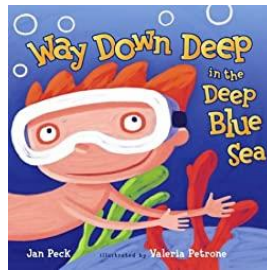
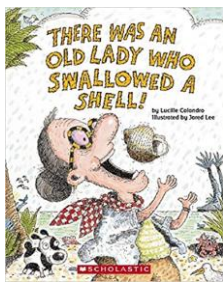
3. **Noodle Stringing Octopus:** A great fine motor activity with an ocean theme, this is such a cute octopus by **Buggy and Buddy!** This could also easily be incorporated into a gross motor game!



4. **Ocean Animal Coffee Filter Suncatchers** are a cool way to decorate your windows during ocean and fish week.



5. **Ocean and Fish themed Books to Read:** Read different book you find on oceans and fish. You can even have fun with them by acting out some of the scenes.



6. Sand Play Dough

- 1 cup of all-purpose flour
- 1 cup of fine beach sand {not craft sand}
- 1/4 cup of salt
- 1 tablespoon of cream of tartar
- 1 tablespoon of vegetable oil
- 1 tablespoon of glycerine
- 3/4 cup of boiling water



SAND PLAY DOUGH
with loose parts



Whisk the top set of ingredients together in a large bowl. Add the boiling water and mix well with a wooden spoon. When cool enough to do so, dump the dough out onto the counter and give it a good knead. Let it cool completely (this will get rid of any residual stickiness) and then play!

{FYI: The amount of dough seen in the photos above is a double batch and we always just use dry measuring cups to make our play doughs.}

7. **Ocean Themed Gross Motor Dice** – Join Mr. Vinny and have fun with this activity. Start with making your own dice and use these to move like different animals in the ocean. Print out the dice instructions and follow along with Mr. Vinny.



Ocean Themed Gross Motor Dice



8. **Move like different animals in the ocean:** Students can move from one side of the yard or room to the other like different sea creature. For example, *swim like a fish*: students would pretend to move and swim like a fish from one side to the other.

Other suggested ocean movements include:

- Flap like a stingray
- Pinch like a lobster
- Dive like a dolphin
- Crawl/walk like a crab
- Jiggle like a jellyfish
- Wiggle like an eel
- Squirm like a snail
- Swish like a seahorse

9. **Beachball Fun:** This fun game (and independent play with a ball) helps strengthen those gross motor skills like running, walking, skipping, climbing, throwing – all those whole body movements. Playing games like this one can help children develop hand-eye coordination and overall body control, coordination, and balance. Beachballs are light and slower than a regular ball; however, if it is too fast for your child, you can always use a balloon (a punching balloon works great). Make a wheel like below and see how many ball skills you can complete.



10. **Flying Fish Catch Game:** This exciting game allows kids to use sponges (you can even cut them out to look like fish!!!) and try to catch them either in a bucket or with their hands. To make it even more exciting make sure the sponges are wet first!!! Work on hand-eye coordination and toss the fish in different spots so kids move to them and even allow the kids to have the chance to underhand toss the fish to the bucket themselves.



Tot School FLYING FISH CATCH



11. Dig for seashells or other hidden treasures in the sandbox (or container). Kids will have a blast digging in the sand using their hands or a shovel to search for seashells or hidden treasures/items from around the house. You can even have them sort out the items they find by type, shape, size, or color!!!

