

THEME DAY: UNDER THE SEA

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SESSION 1

OCEAN LIFE

The earth has 5 oceans: **Pacific, Atlantic, Indian, Southern & Arctic**

Watch this song about the names of the oceans, for 5+ this clip has lots of great info!

Ask your kids to name some creatures and plants that live in the sea - let's get to know this underwater world by creating a **seascape**. Make 2 or 3 of the suggestions below (or all!) sticking them to your poster/butcher paper seascape as you go.

Seaweed: Twist long pieces of green crepe or tissue paper up onto your poster paper.

Glittery toilet roll fish: Paint a few paper toilet rolls, adding glitter to a few colours of paint (this worked best with blue, green & purple). Once dry, push one end of the roll inwards, and pressing the roll flat, make 2 diagonal cuts on the other end of the roll to make a tail, and one cut in the middle. Now just add googly eyes!

Cupcake liner clams: glue white pompoms inside bold-coloured cupcake liners!

Bubble wrap starfish: Taking some pieces of different coloured card/paper, bubble wrap, 3 colours of bright paint & paintbrushes. Free sketch (or print) a starfish shape & cut out a few. Paint onto the bubble wrap, layering colours, then press onto your coloured paper. Peel off slowly & leave to dry!

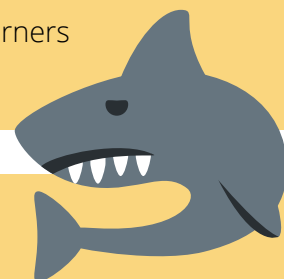
Shower cap jellyfish: Plastic shower caps & add curled ribbon legs - tape or glue them to the inside of the cap - et voila! Alternative craft: Paint a paper/plastic bowl with glow in the dark paint, or use GITD beads on strings for tentacles!

Clothespin starfish: collect 5 wooden clothespins each of the same/similar colour e.g. all yellows, have your kiddo arrange them in starfish shape and glue (may need hot glue here) them down to your seascape. Paperchain Octopus: Choose a fun colour card or paper and cut out any size oval head for your octopus, add a face :) Now get to work on some long strings of paper chain tentacles in the same colour, this will look octofabulous hanging off your seascape!

For 2-4: Messy play! Shaving foam ocean sensory bin (best done in the bath): Squirt shaving foam into a plastic container and freeze for ONE HOUR. Add blue gel colouring, swirl with wooden chopstick, add plastic fish, sharks, crabs etc. and let them enjoy!

For 4+: Seashell sight word & letter practice - fun activity here for early learners

Family activity: Ocean-in-an-egg-crate from [The Imagination Tree](#)



INDOOR ACTIVE

Sea-themed yoga: let's try and make ourselves into dolphins, octopi, turtles, crabs and sharks!

SESSION 2

I SEE THE SEA....

Seas are smaller than oceans and are usually found where land & ocean meet. The kind of water found in the sea is saltwater, different to our regular drinking or tap water! Kitchen science with water:

- **Water xylophone, sound vibration experiment:** Tap an empty glass jar with a teaspoon or chopstick so you can hear how it sounds *without* water inside. Now fill a few glass jars with differing levels of water, add some food colouring, and use your chopstick to make the water sing! Let them change the amounts of water and see what happens to the sounds....
- **Saltwater science:** 2 raw eggs + 2 glasses of water. Add 4-6 tbsp of salt to one glass. What happens when you drop your eggs in and why?
- Have you heard of the **Dead Sea**? Have a look at some funny photos online at people floating in the water!
- **Water pollution:** have you ever wondered how we end up with clean drinking water?
- Water filtration [experiment](#) 4+

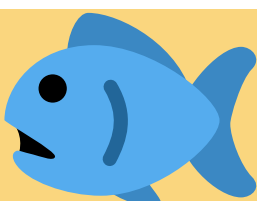
There are so many fascinating **stories and legends** about the ocean and the seas - do you know any of them? What stories have you read about magical creatures who live in the sea?

- **Mermaid** egg crate dolls: a really fun craft to do together, take a look online for a 'mermaid template' | Loch Ness Monster paper [craft](#)
- Watch: [Storybots 'Ocean Commotion'](#) to visit an underwater fantasy world!

BOOKS

Mister Seahorse - Eric Carle | Secret Seahorse - Stella Blackstone
The Snail and The Whale - Julia Donaldson | The Rainbow Fish - Marcus Pfister
Down down down in the sea - Jonathan Litton | Nessie the Loch Ness Monster - Richard Brassey

FOOD IDEAS



Seashell pasta salad
Fish fingers & chips
Star(fish) shaped sandwiches & veggies
Shark cupcakes - blue frosting & half an Oreo on top!

