



# A Day at the Beach

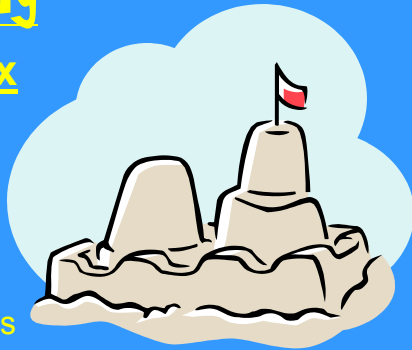
No matter the month, we could always use a day or week at the beach!

## Sensory Play

### Beach in a Box

What you need:

Short Rubber Maid  
Box  
Sand  
Water  
Little Drink Umbrellas  
Shovels  
Buckets  
Forms



Put sand and a bit of water in the Rubber Maid, just enough water to make the sand moist. Allow the children to use anything in the box to make sand castles, or to set up beach scenes. You can also cut out little rectangles of towels and put Barbie and Ken in the box.

## Math Play

### Counting Shells

What you need:

Sea shells  
Felt Pen  
Paper



Take each shell and on the inside write a number from 1-10 or 1-20 depending on the age and development of the children.

Have a paper or two with squares, in each square have corresponding numbers. The children can match the numbers up on the paper to the shell.



## Dramatic Play

### Beach Scene

What you need:

Beach chairs  
Bathing suits  
Umbrellas



Books  
Sunglasses  
Flip Flops



You can also tape an ocean scene on the wall or on a tri fold board. Set up the scene for the children. You can either pick up

some inexpensive bathing suites and other props at the dollar store. Allow the children to change into the suits and they can relax in the sun. You can change your reading centre into

## Gross Motor Play

### Ball Toss

What you need:

Balls of any size (best to use soft ones)  
Child size pool or blow up foot bath  
Tape



Tape a line that the children sit at. Set up the pool a bit away from the line. Allow children to throw the balls into the pool. The children can stand or sit.

# More Beach Activities

## Food Fun

### Sea, Sand and Sharks Oh My

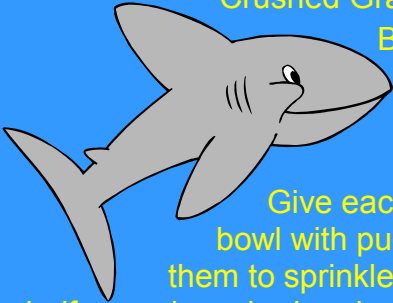
#### What you need:

Vanilla Pudding or Yogurt

Crushed Graham Crackers

Blue Sprinkles

Shark fruit snacks or  
Jellies



Give each child a bowl. Fill the bowl with pudding or yogurt. Allow them to sprinkle blue sprinkles on one half and crushed graham crackers on the other. You will have a sea and sand. Then let them put 2 or 3 sharks in the water.

## Counting Shells

#### What you need:

Tall glasses

1 Cup frozen strawberries

2 cups Orange Juice

1 Banana

1/2 Cup Milk

2 TBSP sugar



Blend it all together and serve in a tall glass with an umbrella! You can also cut a strawberry or lime slice to decorate the top of the glass.

## Games Are Fun!

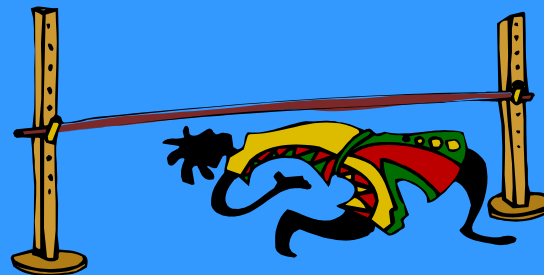
### The Limbo

#### What you need:

Stick or piece of doweling

Music

Play some beach themed music and have the children see if they can bend and go under the wood. How low can they go?



## Arts and Crafts

### Beach Scene

#### What you need:

Wax paper

Construction Paper

Blue and Green Paint

Paint Brushes and trays

Have the children paint their wax paper with paint like the sea. Then have the children

cut out animal shapes or have them pre-cut.

You can also have nature magazines there that the children can cut from.

Have children place their cut-outs in the paint which will work as glue.



### Musical Beach Chairs

#### What you need:

Beach chairs

Music

Have children walk around the chairs and when the music stops they sit. Each time you do this, make sure to take a chair away until there is only one.