

UNDER WATER

HOME ACTIVITIES



Water covers 70% of the planet. It's full of mystery! So what better theme to explore than the ocean? Even if you are nowhere near the salty seas, you can create experiences that bring you and your child "Under the Water." So, take a mini beach vacation together without leaving your home.

AHOY, MATEY!



Tap the icon to view the step-by-step instructions!

GET STARTED: Make an Ocean Sensory Bag

To visit the ocean, you've got to feel the ocean. After all, a beach trip is a sensory experience! Your child will love making the ocean sensory bag and then enjoying how it feels. If you don't have all of the suggested materials on hand, get creative. Paint some rocks. Use sand instead of glitter. Transform small objects into sea creatures. It's all part of the fun.



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Now that you're feeling the ocean, time to turn an area of your home into a beach. You'll need to dress properly (swimsuits, hats, sunglasses), pack a picnic lunch, spread out a blanket and your towels, and create a small patch of sand (if you're stuck indoors, just use a white or brown piece of cloth and pretend!).

MAKE YOUR OWN BEACH

SING ALONG: "Down by the Bay"

Start the music to get a summer vibe going as you and your little one work to create your beach. When it's time to make a picnic lunch, continue your beachy theme. Cut your sandwiches in the shape of sails. Put them on plates with lots of blueberries below them, to look like water. Crackers at the bottom can be the sand. And think about including a special treat like banana boats!



Tap the icon to listen to Kindermusik's "Down by the Bay."

To make "Banana Boats":

- Cut a banana in half vertically. One half is your boat; one is your child's.
- Split the boats down the middle.
- Fill it with little chocolate chips and mini marshmallows. YUM!



What you need to make your own "patch of sand":

- Large plastic bin
- Sand
- Beach toys

You can also use cups of different sizes to build a sandcastle in your patch of sand! Use objects like these to decorate your castle:

- Buttons
- Cotton balls
- Shells
- Beads
- Sprinkles
- Pebbles



Tap the icon to view the "How to Make an At Home Beach" video!

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You might not be swimming at your beach, but it's time to get moving! You and your kiddo can move like sea animals. They move in lots of fun ways. Leap like a whale. Jump like a dolphin. Romp and snuggle together like otters.



WALK LIKE A PENGUIN...OR A CRAB



Tap the icon to listen to Kindermusik's "Penguin Wobble-Wobble."

Don't miss seizing as many fun opportunities as you can to move together with your child to songs. For example, the joyful tune and chanted lines of "Penguin Wobble-Wobble" will never grow old. As your child mimics the adorable walk of a penguin, he or she is increasing balance and stability.



Crab walking is an extremely good motor activity for your child. It strengthens muscles and works the proprioceptor nerves that are key to helping children learn to pay attention and focus.

As part of your beach play, why don't you try crab walking to "The Crab" song? Begin by assuming the crab position: feet flat on the floor, knees pointing up, hands behind the back and pushing down to lift the bottom off the floor. Once this position can be held for 5-10 seconds, walk backwards first (It's easier!). Then, accept the challenge to crab walk forward. Have fun!



Tap the icon to listen to Kindermusik's "The Crab."

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Once beach play is over, it's time to chill out. There's something about playing hard that leads to resting easy. A nap where there's a breeze and soothing sounds is a wonderful thing.

RELAXING TOGETHER



Tap the icon to listen to Kindermusik's "My Little Boat."

NAPTIME: "My Little Boat"

Stir up a soft breeze using any sort of fan. Turn the beach blanket and towels into a comfortable napping spot. You might also create some hammocks using sheets tied around sturdy objects. Even if napping doesn't happen, just relaxing and imagining being on the sea in a boat is a fabulous way to calmly be together as you listen to the instrumental "My Little Boat."



We'd love to see your personal beaches. Take a photo of your ocean sensory bag, beachy scene, picnic lunches, or other fun elements of the beach getaway you created in your own home. Post to your favorite social media site. Remember to tag @Kindermusik!



When you give your child love, attention, and the encouragement to explore and learn, you are helping support the development of the amygdala. This is a part of the brain that functions to help regulate emotional states, including the ability to calm oneself. The kind of activity in which you and your child can interact together in an enjoyable, comforting way can be a way to nurture a strong bond while also fostering your child's ability to become secure and confident.

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