



DL Kids Active Games - Under the Sea Theme

Equipment Needed; Hoops/Household objects, bed sheet or blanket and sea animal toys or similar.

Submarines: Find some space in your house or garden and ask your child to pretend to be a submarine floating around the sea. Call out the below actions in a random order:

- **Scuba Dive** – Pretend to dive in the sea
- **Shark** – Crouch down and hide
- **Treasure chest** – Pretend to search for and find treasure
- **Shoal of fish** – Pretend to swim like fish
- **Dolphin** – jump around like a dolphin leaping out of the water

Jelly Fish Jump: Lay out hula hoops or socks in a line. These are your jellyfish.

- The task is to jump from one jellyfish to the next. If your feet land on the jellyfish, they will be stung.
- Start with your jellyfish at a short distance from each other and then extend the distance for a second and third round.
- How far apart can you get the jellyfish without getting stung?

Diving Game: Parents involvement is required for this game. Gather sea animals or water-based animal toys and a bed sheet or blanket.

- Lay the sea animals on the floor and cover with the blanket or sheet.
- Players hold the blanket at the edges and begin to shake it gently creating waves.
- The players will 'dive' under the blanket into the sea and collect a sea animal.
- Once retrieved, they tell you what animal it is and place on the blanket and repeat.
- This continues until all animals have been collected. Wave the blanket throughout.

Under the Sea Boogie: Play music to dance to, call out the below animals in a random order. When the animal is called out you must move to music like them.

- **Octopus** – Wiggle your arms & legs
- **Fish** – Arms out in front of you with your hands together, wiggling your body and arms like a tail fin
- **Dolphin** – Jump around, dolphins love to jump out of the water
- **Sea Horse** – Bob your head forward and backwards
- **Star Fish** – Star jumps and twisting star jumps