

# 20 Best beach activities

Make the most of your time at the beach with our best beach activities. Let off some steam, connect with nature or explore the shoreline.

We've got **20 ways** to keep kids and adults entertained whatever the weather. How many will you do?

✕ Keep track of what you've done by crossing out each activity!

## Hunt for shells

Who can find the most interesting shells on the beach? The most common shells on British beaches are: shiny, glittery, cone-shaped, oblong, spirals, orange, yellow, purple and pink shells. Will you find one of each?

## Make a sand angel

Lie on your back on the sand with your legs together and arms out, to make a T shape. Move your arms up and down and legs out to the side and back a few times. It's like a snow angel but without the chills.

## Make a sand sculpture

The key to a good sculpture is damp sand. Use one part sand and one part water for the perfect mix. Will you make classic castles, or experiment with creatures, cars, people? The options are as unlimited as your imagination.

## Play wave chicken

How close can you get to the water without getting wet? Run to the sea as it goes out, wait for it, then run away from the incoming waves. How long can you wait till you have to run? Can you run fast enough to stay dry?

## Make a mersapien

Is it a trip to the beach if you don't get covered in sand? Persuade someone to lie down and mould your very own mersapien tail over their legs, leaving their top half exposed. Draw scales, decorate, and don't forget a seaweed wig!

## Play beach games

You don't need equipment to play beach games. Mark out a race track, long jump runway or hopscotch grid. Play 'darts' by throwing pebbles into concentric rings drawn in the sand. Use your towels to play musical chairs.

## Explore rockpools

Rockpools are teeming with hidden life. Dip a bucket in the water and see what swims in or carefully lift rocks. Remember to return anything you remove. Use our [Rockpool Explorer Guide](#) to identify your finds.

## Jump the waves

Stand by the water's edge, wait for a wave and jump. Simple! Hold a wave jumping competition to see who can jump the most waves. Remember to check for rocks, sharp objects and hidden dips before jumping.

## Be a muddy baker

Put sand in a bucket or container, add a little water and mix. Keep adding water until the mud is a lovely squishy 'dough'. Shape it into mudcakes decorated with shells, pebbles and seaweed. Soggy bottoms are guaranteed.

## Find a mermaid's purse

Sharks and rays lay their eggs in leathery cases, known as mermaid's purses. The cases lay on the seabed or attach to seaweed until the embryo inside develops and leaves the case, which then washes up on the shore.

## Hunt for fossils

Can you find a piece of dinosaur? No hammers are needed. Lots of fossils are loose on the beach ready to be found if you walk slowly and look carefully. Check local rules on whether you can take specimens home.

## Shout into the wind

If it's blustery at the beach, try your own simplified form of scream therapy. Take a deep breath and shout, scream or sing as loud as you can to release some endorphins! Sometimes it's wonderful that no one can hear you.

## Eat fish and chips

What's more delicious than fish and chips at the seaside? Check our [Good Fish Guide](#) for advice on choosing sustainable seafood so you can make a choice that's good for you and the ocean. And watch out for greedy seagulls!

## Get wet

Are you brave enough to dip your toes into the water? Can you paddle along the shore, or will you dive into the waves and swim? Always be careful when sea swimming. Watch out for the tide and make sure you're safe.

## 80% of ocean litter comes from the land.

Please remember to dispose of rubbish responsibly. If the beach bins are overflowing, take your litter home. MCS organise regular beach cleans around the UK.

Find out more at [mcsuk.org/what-you-can-do](https://mcsuk.org/what-you-can-do)

## Skim a stone

Choose a flat, light pebble. Hold it between your thumb and middle finger, hold the pebble at an angle of about 20° to the water and throw hard. The record for most consecutive skips of a stone on water is 88!

## Collect beach jewels

Beach jewels, or sea glass, are pieces of broken glass eroded by the sea until smooth. They're increasingly difficult to find as glass packaging has been replaced by plastic. Rarest are red and orange pieces.

## Take a mindful moment

Take a moment to simply be in the present. Feel the sand run between your fingers, watch the movements of the sea and clouds, listen to the noises of the waves, wind and wildlife, smell and taste the ocean air.

## Make a sundial

In a sunny area, draw a circle in the sand. push a long stick into the centre of the circle. Tilt it northwards slightly (there's a compass on your phone). On every hour, place a pebble where the shadow falls. A sundial!

## Do a scavenger hunt

Who can find these 10 items fastest: a pointed-shaped shell, a leaf, a twig, a piece of string, a piece of green seaweed, something yellow, something soft, something shiny, a pebble with a pattern on it and a feather?

## Create a masterpiece

Use what you find on the beach to make a picture. A heart from pebbles? A portrait using seaweed and sticks? A turtle made of shells? Whatever you create, make sure you take a photograph before the tide washes it away.