

# Let's go to the beach!



Credit: Ben Guerin

45 mins

## About this activity

Use your imagination to experience the joy of being near the sea. Visit a virtual rockpool before using your creativity in a paper plate creature challenge.

Rainbows

## Outcomes:

- Use imagination to role play beach activities
- Learn about the variety of creatures that live in rockpools
- Use creativity to make a paper plate creature

## You will need:

### *For the trip to the beach:*

- Chairs set up in rows, like on a bus or train
- Typical items you would take to the beach e.g. picnic rugs, towels, rope, buckets, spades, inflatables, sunglasses, hats, beach chairs, frisbee, beach ball.

### *For paper plate creatures:*

- Paper plate for each person
- Tissue paper in different colours
- Glue and paints.

### *For rockpool exploring:*

- [Make your own rockpool instruction sheet](#)
- Sand
- A large plastic container or deep tray
- A selection of rocks and pebbles
- Water
- Access to a laminator or waterproof plastic bags
- [Rockpool Creature Sheet](#)
- [Rockpool Spotter Sheet](#) and pen for each group.

# Let's go to the beach!

## Part 1

### Beach fun

1. Select the items you want to take to the 'beach'.
2. Get on the 'bus' or 'train'. As you're travelling, describe what you can see out of the window.
3. When you arrive at the seaside, close your eyes and take it in turns to describe what you can hear, smell and feel.
4. Role play activities you might do at the beach, like setting out picnic blankets, putting on sunhats and sunglasses, playing frisbee.
5. To simulate the seashore, lay out a rope curved like waves breaking. Run towards the water and jump the waves.
6. What does the water look like? Is it a sunny day? Can you see reflections? Are there any trees, plants or animals?
7. Your time at the beach is ending. Collect your things. What do you need to remember when you leave the beach? Are there any items it might be easy for forget?
8. Get back on the bus or train and head home.

## Part 2

### Rockpool explorers

1. Split into small groups. One group should explore the rockpool while the others make paper plate creatures.
2. Set up the rockpool using the instructions on the [Make your own rockpool instruction sheet](#). Take it in turns to turn over the rocks and find the creatures.
3. Mark off what you find on the [Rockpool Spotter Sheet](#).

## Part 3

### Paper plate challenge

1. Use your imagination to create a marine animal using a paper plate and craft materials.
2. You could get ideas from the [inspiration sheet](#) or think of your own idea.
3. Once everyone has finished, vote for the winning creature. You could vote for the most imaginative or original design.

### Leave nothing but footprints

80% of litter in the ocean comes from the land. Anything left on the beach at the end of a visit can be washed into the sea and harm marine life. This activity is a great opportunity to talk about the importance of always cleaning up properly before leaving the beach. If bins are full, don't leave rubbish next to them, take it home.





# Rockpool Creature Sheet

Print out, laminate, cut out and stick **around the sides** of your 'rockpool'.



**Dog whelk**



**Barnacles**



**Grey top shell**



**Common limpet**



**Mussels**



**Shore crab**



**Beadlet anemone**



**Purple/flat top shell**

Print out, laminate, cut out and stick around the side of your 'rockpool' below the water.



**Bladderwrack**



**Common periwinkle**



**Common starfish**



**Snakelocks anemone**



# Rockpool Creature Sheet

Print out, laminate, cut out and stick **under rocks**.



**Common whelk**



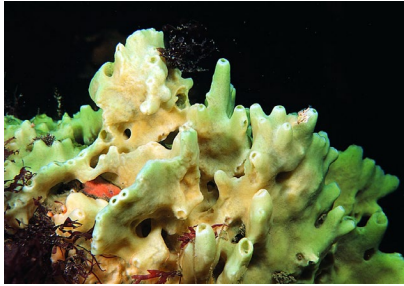
**Tompot blenny**



**Star ascidian**



**Common blenny**



**Breadcrumb sponge**



**Cushion star**



**Hermit crab**



**Prawn**



**Painted topshell**



**Sandhopper**



**Rock goby**



# Rockpool Creature Sheet

Print out, laminate, cut out and place them **in the water**.



Catshark egg case



Brittle star



Velvet swimming crab



Sea scorpion



Pipefish



Skate/ray egg case

Print out, laminate, cut out and stick them to the **floor** of the 'rockpool'.



Cuttlebone



Cockle



Razorshell

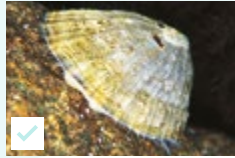


# Rockpool Spotter Sheet

Name: \_\_\_\_\_



Barnacles



Common limpet



Painted top shell



Purple/flat top shell



Grey top shell



Cockle



Razorshell



Common whelk



Dog whelk



Common starfish



Cushion star



Beadlet anemone



Common periwinkle



Cuttlebone



Skate/Ray egg case



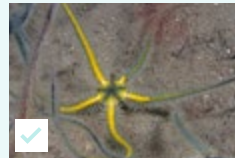
Catshark egg case



Snakelocks anemone



Breadcrumbs sponge



Brittle star



Star ascidian



Bladderwrack



Velvet swimming crab



Hermit crab



Common shore crab



Common blenny



Rock goby



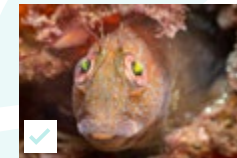
Prawn



Mussel



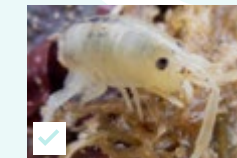
Pipefish



Tompot blenny



Sea scorpion



Sandhopper



# Make your own rockpool

## What to do

1. Print the [Rockpool creature sheets](#) in colour.
2. Laminate the sheets and cut out the pictures.
3. Scatter sand across the bottom of the container or tray.
4. Place the rocks and pebbles randomly in the container and cover with water.
5. Place the 'creatures' in the correct places in the water, under rocks, at the bottom of the pool or on the side.
6. Challenge your group to be rockpool explorers using our [Rockpool Spotter Sheet](#).

## Where to place the creatures

**On the side above water:** barnacles, beadlet anemone, common limpet, dog whelk, grey top shell, mussel, purple/flat top shell, shore crab

**On the side under water:** bladderwrack, common periwinkle, common starfish, snakelocks anemone

**Under rocks:** breadcrumb sponge, common blenny, common whelk, cushion star, hermit crab, painted top shell, prawn, rock goby, sandhopper, star ascidian, tompot blenny

**In the water:** brittle star, cat shark egg case, pipefish, sea scorpion, skae ray egg case, velvet swimming crab

**Bottom of the pool:** cockle, cuttlebone, razorshell

## You will need:

- **large plastic container or deep tray**
- **rocks, pebbles, and sand**
- **water**
- **sticky tape or adhesive tack**
- **access to a colour printer and laminator**
- [Rockpool Creature Sheet](#)
- [Rockpool Spotter Sheet](#)

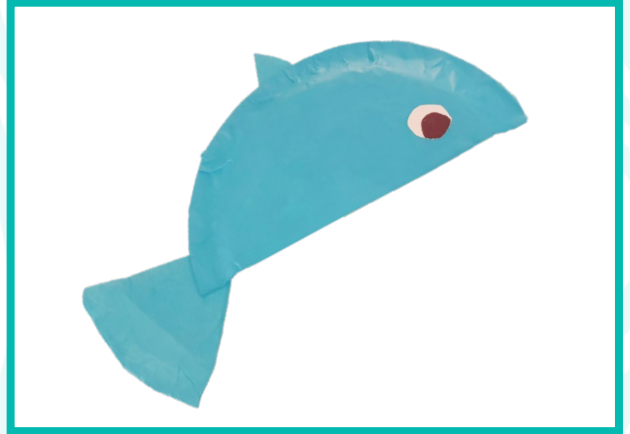


Use our [spotter sheet](#) when rockpooling

# Paper plate creatures

## What will you make?

Here are some ideas of creatures to make with your paper plate. Use these as inspiration or think of your own creature.





# Ocean pollution problem

45 mins

Rainbows

## About this activity

Learn about the amazing marine life that lives in the seas around the UK and the problems created by humans.

## Outcomes:

- Learn about the variety of life living in the seas around the UK
- Learn about the problem of litter in the ocean

## You will need:

*For each group or person:*

- [Life in the UK seas image](#)
- [Life in the UK seas answer sheet](#)
- [Our dirty beaches worksheet](#)
- [Marine litter vs Marine life worksheet](#)
- [Social media template](#)
- Pen or pencil

# Ocean pollution problem

## Part 1

### Life in UK seas

What do you think of when you hear the word 'ocean'? Are there particular colours, sounds, smells? Does anyone have a favourite marine animal? Do you have a favourite place by the sea?

1. In small groups or individually, look at the [Life in UK seas image](#). How many of the 10 species can you name in 5 minutes? You could use the [answer sheet](#) to note answers, or a piece of paper.
2. Who named the most?
3. How do you feel when you look at this image?

## Part 2

### Our dirty beaches

1. Thousands of items of litter are found on UK beaches every year. Look at the [Our dirty beaches image](#). Can you find the items listed in the Official Litter Guide in 5 minutes?
2. How do you feel when you think about the amount of litter on our beaches and in the ocean?

## Part 3

### Marine life vs litter

1. Look at the [Marine litter vs Marine life image](#) and match the litter item with the animals most likely to be affected by it.

## Part 4

### Pollution solutions

80% of litter enters the ocean from the land. It's washed into rivers and drains and from there into the ocean – every piece of litter dropped in the street can pollute the seas. What could you do to make a difference?

1. Can you carry out a litter pick or beach clean? Our website contains [support and advice](#) on how to do this safely.

OR

2. Think about where you see litter in your area. Could you make posters for these places to persuade people not to drop litter?

OR

3. Can you use your families' social media accounts to tell people about why we should never drop litter? You could use the [social media template](#) to help you.

### Life in UK seas – answers

1. Common whelk
2. Basking shark
3. Compass jellyfish
4. Long-clawed squat lobster
5. Hedgehog sponge
6. Great (king) scallop
7. Thornback ray
8. Edible crab
9. Common (or edible) sea urchin
10. Common starfish

### Marine Litter vs Life – answers

Marine Litter – plastic bag, microplastic, fishing net, plastic drink yoke

Turtle – plastic bags, net, yoke

Plankton – microplastics

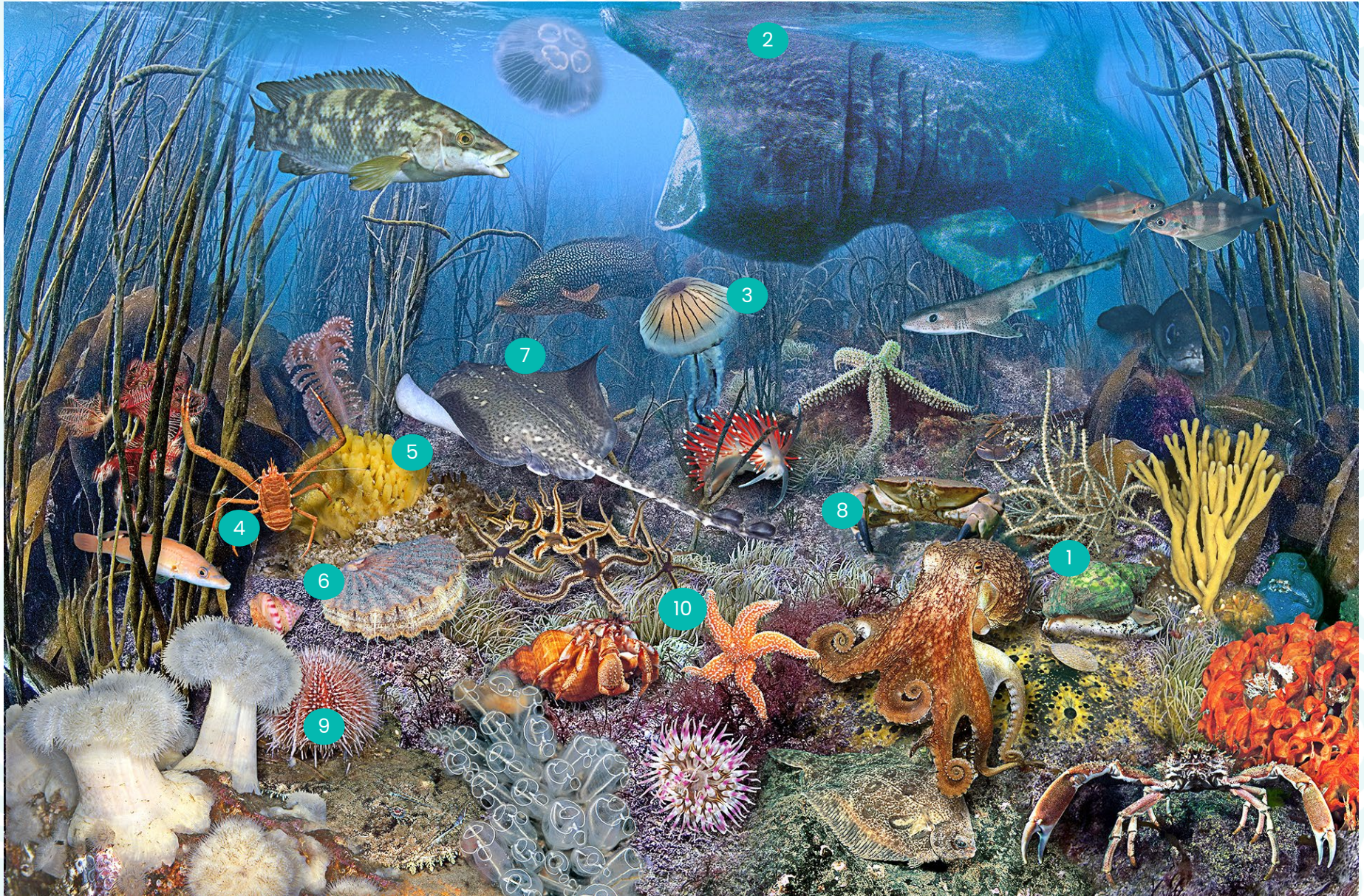
Small fish – microplastics, net, yoke

Dolphin – plastic bags, net, yoke



# Life in UK seas

Can you name these living things found in the seas around the UK?





Name: \_\_\_\_\_

## Life in UK seas

Write down the names of the creatures you know

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.



# Our dirty beaches

Can you find all the items listed in the Official Litter Guide?



## Official Litter Guide



balloon



plastic bag



food carton



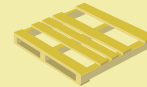
drink carton



glass bottle



drink can



wooden pallet



plastic bottle



tyre

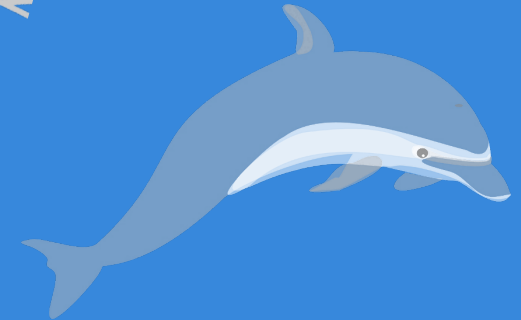
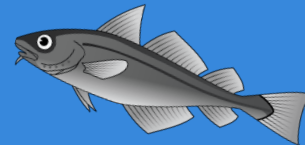
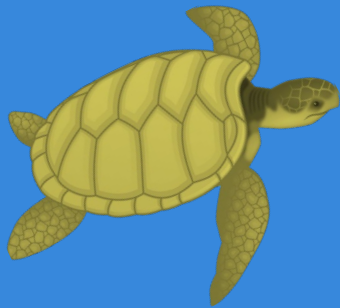
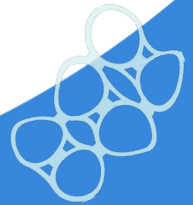


cotton bud

Total number of items

# Marine Life vs Marine Litter

How does litter harm wildlife?





# Don't drop litter!

Write and draw your message for people in the square below.

Once you're finished, spread the message by asking people you know with social media to take a photo and post it on their accounts.



## Tips!

- Use bright colours to attract people's attention
- Write a simple message or catchy slogan
- Draw an attention-grabbing picture

# Turtles in trouble



Credit: Max Gotts

45 mins

Rainbows

## About this activity

Would you like to travel through the ocean with Turtley the Turtle? Use your imagination to act out Turtley's journey from Mexico to Scotland and make your own tiny turtle too.

## Outcomes:

- Learn how human activity has threatened a species
- Use imagination to bring to life the challenges faced by marine animals
- Practise listening skills

## You will need:

- [Marine mess image](#) projected on a screen or printed
- [The journey of Turtley the Turtle](#)

### *To make a turtle hatchling:*

- Scissors
- Paints or pens
- Glue
- Copy of [Make your own turtle hatchling instruction sheet](#) for each person
- [Speech bubble](#) for each person
- Bottom of an egg box for each person

Good coordination skills are needed to cut the bottom part off of an egg box – you may want to cut them out in advance and give one to each person.



# Turtles in trouble

## Part 1

### Set the scene

1. Look at the picture of a [marine mess](#) and talk about:
  - What can you see?
  - How does the picture make you feel?
  - What would it be like to swim in that water?

## Part 2

### Turtley's journey

1. You're going to act out the story of one of the animals that goes on a long journey to get to UK seas – a leatherback turtle.
2. Your leader will read [The journey of Turtley the Turtle](#). Make sure everyone has space so they can use lots of expression and energy while acting out the story.
3. Discuss the story. How did it make you feel? What dangers did Turley face on her journey? How does litter reach the ocean?

## Part 3

### Tiny turtles

Each year, litter in the ocean kills and injures huge numbers of leatherback turtles when they ingest it or get tangled up in it.

So many are dying that they have become 'critically endangered'. This means they are at very high risk of becoming extinct (dying out forever).

1. Most of the rubbish in the ocean comes from the land. In pairs or as a group, talk about what you could do to help turtles and other animals that live in the sea.
2. Make your own turtle hatchling, following the [instructions](#) on the worksheet.
3. What do you think your turtle hatchling would like to tell humans? Write a message in the [speech bubble](#).
4. Share the message from your hatchling with other people, for example, your friends, family, or teacher.



## Marine mess

The ocean is full of litter. How would it feel to swim in this water?



Credit: Lidya Nada



# The Journey of Turtley the Turtle

Act out the story as you read it – suggested actions are included in brackets.

Far away, on a beach in Mexico, an egg is buried in the sand, safe and warm. (Crouch down and make an egg shape.)

On a dark night, the egg cracks. A tiny leatherback turtle hatchling called Turtley wriggles out. (Make cracking noises and use flippers to wriggle out.)

Turtley scuttles as fast as she can towards the sea. (Scuttle forward.)

Watch out for the crabs (snap! snap!) and dogs (snuffle, bark). Look, there's a gull!

Turtley reaches the shore. Here comes a wave. Turtley is picked up and washed into the sea. (Make wave noises as you're pulled into the sea.)

Dangerous predators are everywhere. Avoid the shark, Turtley! Watch out for the tuna! (Swerve.)

Turtley needs to grow from 2cm to 3m. She needs food. She swims the world's ocean searching for jellyfish to eat so that she can grow. (Swim around the space.)

There's a jellyfish! Quick, swim over to eat it! (Swim over and start to eat the jellyfish.)

But Turtley has poor eyesight... and... the jellyfish doesn't taste right. Ugh. It's a plastic bag floating in the ocean! (Shake heads, bleurgh.)

Turtley looks around. She's surrounded by plastic bags. Quick! Swim away. Don't get caught in the rope. Avoid the plastic bottles. Don't swallow the cigarette stubs or bits of broken plastics. (Swim, swerve.)

Swim, swim...

This water looks clearer. It's a protected area! Look at the clean sea. There's a jellyfish, Turtley! A real one. Enjoy a tasty dinner. You've earned it.



# Make your own turtle hatchling

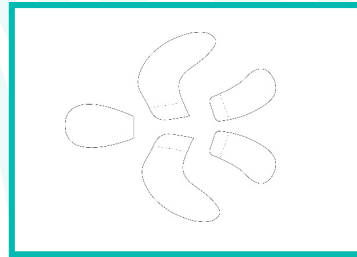
## You will need:

- The top part of an egg box
- Glue
- Scissors
- Pens or paints



### Step 1

Cut the top off one egg compartment to make your shell.



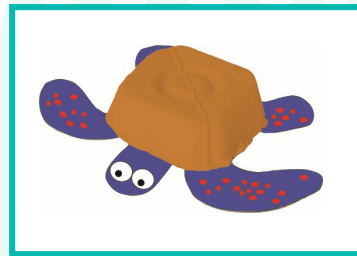
### Step 2

Use the template below and cut out the two front flippers, two short back flippers and a head.



### Step 3

Glue the head and flippers on to the shell to complete your hatchling.



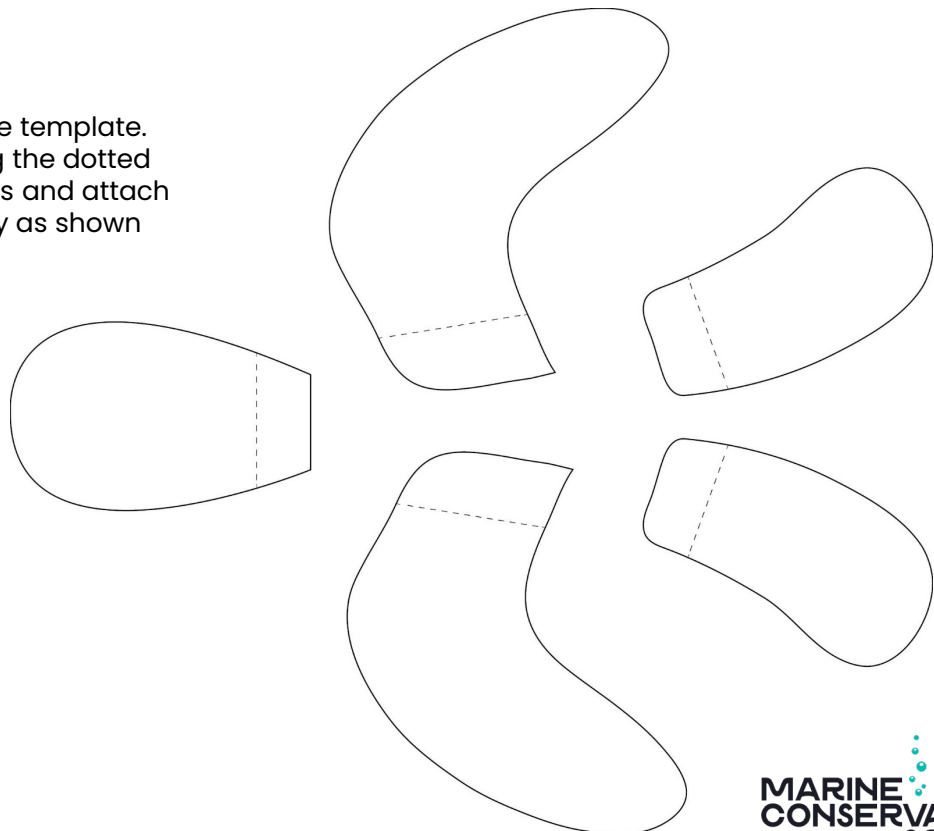
### Step 4

Get creative and decorate your hatchling however you like.



## Cut out the template

Carefully cut out the template. Fold upwards along the dotted lines, glue the edges and attach to the egg box body as shown in Step 3.

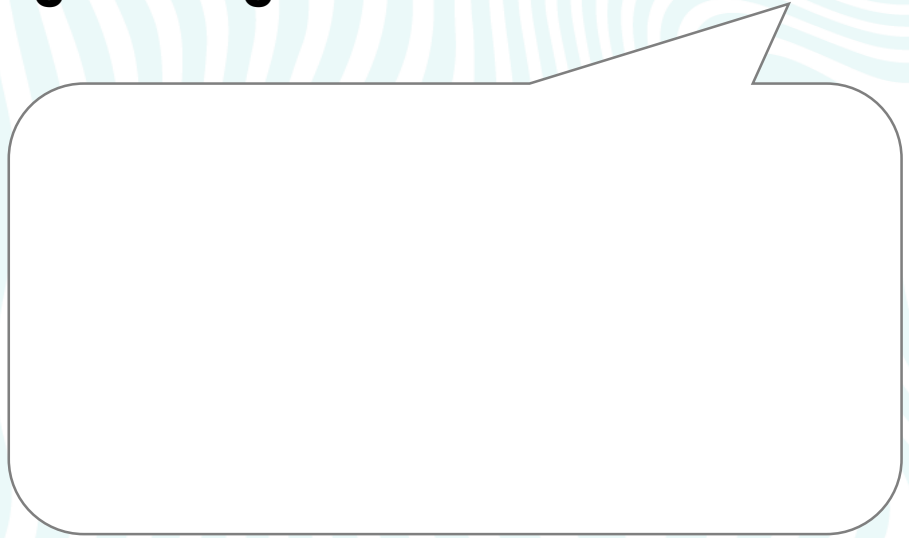




# Turtle hatchling message

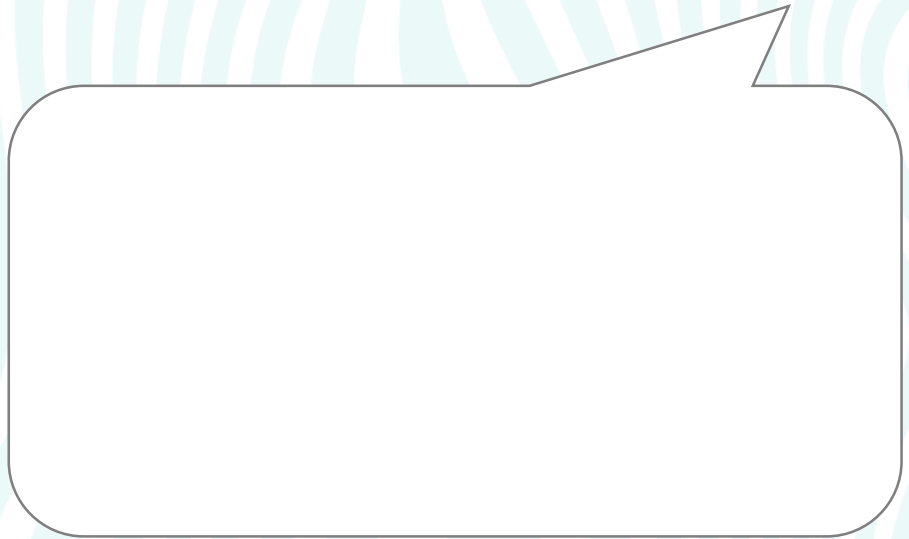
## Cut out template

Carefully cut out this speech bubble. Write a message your hatchling would like to give to humans and stick it to your hatchling.



## Cut out template

Carefully cut out this speech bubble. Write a message your hatchling would like to give to humans and stick it to your hatchling.



## Cut out template

Carefully cut out this speech bubble. Write a message your hatchling would like to give to humans and stick it to your hatchling.



# Tremendous Turtles Fact File

## Turtle facts



There are seven species of sea turtle in our ocean.



Sea turtles spend most of their lives at sea, but have lungs so they need to surface regularly to breathe.



The earliest sea turtle fossil is roughly 110 million years old.



Their oar-like flippers allow them to swim swiftly through the ocean, and they have beak-like jaws rather than teeth.



The technical name for their shell is carapace.



Most sea turtles are cold-blooded and thrive in warmer climates, but the leatherback can control its own body temperature, enabling it to visit colder temperate seas to feed on its favourite food: jellyfish.



Research on seagrass beds has shown that those beds that have been grazed on by green turtles are more productive.



Many sea turtles eat jellyfish, which may help to prevent jellyfish blooms.

## Lifecycle

Turtles lay their eggs in nests on beaches, which they dig out with their flippers. Females don't stay to incubate eggs or raise young, but they do return to the same beach each nesting season.

The temperature of the sand in the nest determines the sex of the turtle. Higher temperatures produce female turtles, and lower temperatures produce male turtles. Eggs hatch after about 2 months, when the turtles dig their way out of the sand and head to the sea. Unfortunately, many hatchlings are preyed upon by birds, fish and sharks.

Turtles are slow-growing and can live for a very long time. Some species take 20–30 years to reach maturity.



# Tremendous Turtles Fact File

## Seven species



© Alastair Rae

### Leatherback turtle

The largest turtle, usually around 2 metres long. They get their name from the black, leathery skin covering their carapace. They're the most common turtle species in the UK.

### Useful definitions:

**Carapace** – the hard upper shell of a turtle, tortoise, crustacean, or arachnid.

**Jellyfish bloom** – a substantial increase in a jellyfish population within a short space of time.



© MCS/Jonathan Kincaid

### Hawksbill turtle

**Hawksbill turtles** have been hunted for their beautiful shells, and are now critically endangered. Their narrow head and long, tapered beak like a bird of prey, give them their name.



© MCS/Tim Fanshawe

### Loggerhead turtle

**Loggerhead turtles** are named after their very large heads! They have powerful jaw muscles and a large beak for crushing prey like crabs.



© NOAA/David Burdick

### Green turtle

**Green turtles** were once hunted for turtle soup, and their name comes from a green fat which is the main ingredient in the soup. Adult green turtles feed on seagrass and algae.



© USFWS Endangered Species

### Kemp's ridley turtle

**Kemp's ridley turtles** are the rarest marine turtle. They were nearly extinct in the 1980s, but through conservation efforts, their numbers are increasing.



© Joost van Uffelen

### Olive ridley turtle

**Olive ridley turtles** have an olive green carapace. Thousands of females come to shore at the same time to nest simultaneously.



© EA Given

### Flatback turtle

**Flatback turtles**, as the name suggests, have a flattened carapace. They are only found in Australia and New Guinea.

# Tremendous Turtles Fact File

## Turtles in trouble

All 7 species of turtle are included on the International Union for the Conservation of Nature (IUCN) Red List of Threatened Species and some populations are at risk of becoming extinct.

## Entanglement in fishing gear

All species of turtle are susceptible to accidental capture in fishing gear, a phenomenon known as bycatch. They could be entangled in nets during fishing or discarded net, for example. Longline fishing methods are particularly impactful, and in the year 2000 alone over 200,000 loggerhead turtles were caught as longline bycatch. (1)



Green turtle entangled in fishing net © Mohamed Abdurraheem via Shutterstock

## Use of turtle eggs, meat and shells

Marine turtles are still legally harvested for their meat in four of the five UK Overseas Territories in the Caribbean. Extensive turtle egg collection is thought to have been a significant factor in the decline of several marine turtle populations around the world. We've been working with communities in the Caribbean to ensure there's a maximum size limit on any turtles fished for meat. The aim is to protect turtles over a certain shell length so that they're able to mature and reproduce, which will support population maintenance.

In many parts of the world, hawksbill turtles are targeted for the scales on their shells, which are used to make 'tortoiseshell' decorations and jewellery.



Turtle hatchlings © Jolo Diaz via Pexels

1. Lewison et al 2004



# Tremendous Turtles Fact File

## Turtles in trouble

### Habitat disturbance

Turtle nesting beaches are under pressure from development, especially from the tourism industry. Light pollution also disorientates emerging hatchlings, making them head inland to artificial light sources rather than out to sea. Boat traffic can also damage seagrass beds and coral reefs, which are important turtle feeding habitats.



Beach tourism  
© Michaela via Unsplash

### Pollution

Chemical pollution like oil spills and sewage can directly affect marine turtles if they're exposed to high levels. It can also lead to contamination of their feeding habitats and nesting beaches. Turtles are also killed by entanglement in, and ingestion of, marine litter, like discarded fishing gear, plastic bags and balloons.



Oil washing up on the beach  
© Doug Helton/NOAA via Flickr

### Climate change

Turtle nesting beaches could be inundated with water due to sea level rise if they're prevented from moving inland as a result of coastal development. Foraging habitats like tropical coral reefs and seagrass beds are likely to be affected by rising sea temperatures, rising sea levels, ocean acidification and the effects of increased storms and rainfall. Rising temperatures will also affect the sex ratios of turtles. Higher nest temperatures produce female turtles and lower temperatures produce male turtles. Due to warming temperatures, some beaches are now producing 99% female hatchlings. (2)



Researcher studying bleached corals © Andreas Dietzel via Flickr

# Plastic-free party



Credit: Brian Yurasits

45 mins

Rainbows

## About this activity

Plastic makes up most of the litter in the ocean. You can help by reducing the plastic you use. Plan a party that doesn't use any single-use plastic items and make cool plastic-free party decorations.

## Outcomes:

- Spot hidden plastic in everyday items
- Learn about reusable, disposable and single-use plastic
- Find simple alternatives to common single-use plastic items
- Make a plastic-free party decoration

## You will need:

- The following items (or images of them): paper, cardboard, cling film, image of a cigarette butt, plastic carrier bag, glitter, glossy wrapping paper, tin can, aluminium can, crisp packet, plastic drinks bottle, glass bottle, plastic milk carton, TetraPak carton, piece of food e.g. fruit, something wooden, something made of wool, single-use face mask
- [Plastic and Not plastic signs](#)
- [Litter Timeline cards](#)

## *For each person or group:*

- [Our dirty ocean image](#)
- [Plastic party image](#)
- [Plastic-free Party Planner](#)
- Pens or pencils

## *To make party decorations:*

- [Make your own party decoration instructions](#)
- Tissue paper in different colours
- Scissors
- String



# Plastic-free party

## Part 1

### Plastic problems

1. As a group, look at the picture of [Our dirty ocean](#). Talk about what you can see.
2. Most of the litter in the ocean is plastic. What plastic items can you see in the picture? How do you feel when you look at this picture?

## Part 2

### Sort it out

We can help the plastic pollution problem by using less plastic. But can you spot plastic in everyday items?

1. Put all the items in a pile. Place the [Plastic sign](#) to one side of the pile, and the [Not plastic sign](#) to the other.
2. One at a time, ask each person to select an item and place it in the 'plastic' or 'not plastic' pile.
3. Once all the items have been sorted, reveal the answers. Were there any surprises? Look at the items in the 'plastic' pile. Which of the items can be reused? Which are single-use and designed to be only used once?

## Part 3

### Litter breakdown

How long does it take for litter to break down in the ocean?

1. Ask 6 people to make a timeline holding the [Litter Timeline cards](#).
2. Pick out the food, cardboard, crisp packet, plastic carrier bag, drinks can and plastic drinks bottle cards.
3. Give each item card to a different person and ask them to place it next to the time they think it will take for the item to break down.
4. Confirm the correct answers.
5. Ask the people with the plastic items to step forward. There's a twist – the time given is the time it takes for the item to break up. The plastic will never actually leave the planet as plastic lasts forever. It breaks up into smaller and smaller pieces but never goes away completely. Look at the plastic items. What does everyone think about this?

## Part 4

### Party planner

About 11 million tonnes of plastic ends up in the ocean each year. That's about a full rubbish truck every minute!

Parties and celebrations can be times when we use a lot of single-use plastic. Can you plan a plastic-free party?

1. Talk about all the plastic items you might see at a party. You could look at the [Plastic party image](#) for prompts.
2. Use the [Plastic-free party planner](#) to think about alternatives to single-use plastic.
3. How might making these choices for a party help the environment and the ocean?

## Part 5

### Make a decoration

Every party needs decorations. Follow the [instructions](#) to make cool plastic-free party decorations.

# Plastic-free party answer sheet

## Plastic or not

### **Not plastic:**

- Paper
- Cardboard
- Glass bottle
- Tin can
- Aluminium can
- Piece of food e.g. fruit
- Item made of wood
- Item made of wool

### **Plastic:**

- Cling film
- Cigarette butt
- Plastic carrier bag
- Glitter
- Glossy wrapping paper
- Crisp packet
- Plastic drink bottle
- Plastic milk carton
- TetraPak carton
- Single-use face mask
- Reusable plastic objects e.g. lunchbox, toy

## Single-use plastic

- Cling film
- Cigarette butt
- Plastic carrier bag
- Glitter
- Glossy wrapping paper
- Crisp packet
- Plastic drink bottle
- Plastic milk carton
- Tetrapack carton
- Disposable face mask

## Break down times of litter

- Food waste – a few months
- Cardboard – 2 to 5 years
- Crisp packet – 75 years
- Plastic carrier bag – 250 years
- Aluminium can – 450 years
- Plastic drinks bottle – 800 years

Times for plastic items are estimates, as plastic hasn't been around long enough to be certain.

### **What's the problem with plastic?**

Plastic lasts forever. It does not biodegrade, but breaks up into smaller and smaller pieces.

Single-use plastic items, like carrier bags and bottles, are a particular problem as they're used once and thrown away, but last for hundreds of years in our environment.

11 million tonnes of plastic ends up in the ocean worldwide each year. That's about a full rubbish truck every minute.



## Our dirty ocean

The ocean is full of rubbish and most of it is plastic. What can you see in this picture?



Litter left on the ground is washed down drains into rivers and eventually the sea. It can be blown into the sea by wind, or it escapes from factories using plastic to make products or packaging.

# Plastic



# Not Plastic

**A few  
months**



**2 to 5  
years**

**75**  
**years**

**250**  
**years**



**450**  
**years**

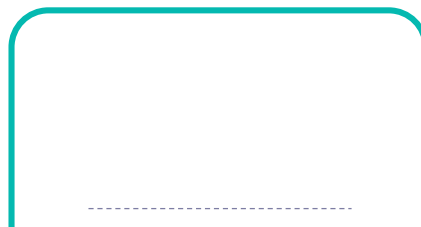
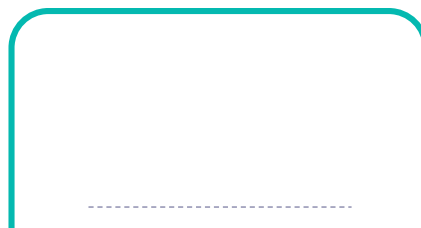
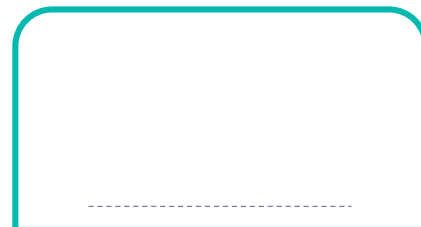
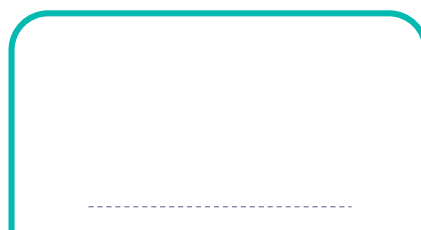
**800**  
**years**





# Plastic-free party planner

Can you go plastic free?



# Make your own party decoration

Use paper and string to make beautiful decorations for any party

## You will need:

- Tissue paper
- String
- Scissors



### Step 1

Take 20 sheets of tissue paper. Fold over 3cm of paper and press hard to make sharp creases.



### Step 2

Turn the paper over. Make another fold of the same size. Keep doing this until all the paper is folded.



### Step 3

Squeeze the paper together in the middle.



### Step 4

Cut a piece of string about 15cm long and tie it around the middle of the paper.



### Step 5

Round the ends of the paper with scissors.



### Step 6

Gently pull each layer of tissue paper away.



### Step 7

Continue to pull away the layers...



### Step 8

Until you have a pom pom!

# Fun fishy games

## Rainbows

### About this activity

Burn off some energy and have fun with our marine-themed games. These are the perfect warm ups for any of our activities.

### Outcomes:

- Work as a team
- Practise listening skills

### You will need:

- Space to run around in
- Lots of energy!



# Fun fishy games

## Anemone attack

1. Make a small circle with one person (the anemone) in the middle.
2. Throw a beanbag or ball (the shrimp) from person to person, across the circle.
3. The anemone must try to catch the shrimp – the anemone can reach out but cannot move their feet.
4. When the anemone catches the shrimp, the person who threw the bag is 'eaten' by the anemone and becomes part of the anemone in the middle.
5. Continue until all the shrimp are eaten.

## Marine animal charades

1. Choose a player to start.
2. Ask them to think of a creature that lives in the ocean and to act out the name of the creature. They can do this until someone guesses the creature or until a set time limit has expired.
3. Continue until everyone has had a go or until time runs out.

## Sharks and minnows

1. Nominate one person the 'shark' and mark out a 'safe area'.
2. The shark stands in the middle and says, 'fishy, fishy, come out to play!'
3. The minnows should walk slowly towards the shark.
4. Whenever the shark decides, they should shout 'shark attack!' and run towards the minnows to 'tag' them while the minnows run to the safe area. Any tagged minnows become sharks.
5. The game restarts with the sharks in the middle of the remaining minnows. Keep playing until all the minnows are tagged.

## Dead fish

1. The leader stands in the middle of the room. Ask everyone to walk slowly around the room.
2. The leader shouts 'dead fish!' and everyone drops to the ground and keeps as still as possible. Anyone who moves sits 'out' and the game continues until one person is left.

## Animal theatre

1. Split the group up into smaller groups.
2. Ask them to work together to create a 3D sea creature. They could stand up and move around or create a giant creature by lying, kneeling or standing.
3. Each group should then take it in turns to act out their animals to each other.

## Fish tag

1. Split the group into four smaller groups.
2. Give each group the name of a fish or marine creature.
3. Play a game of tag. When a person is tagged, they become the same creature as the person who tagged them.
4. Continue playing until the whole group are the same creature.