



# Water Safety Sensory Sessions

[www.messybubs.com](http://www.messybubs.com)

[www.kidsalive.com.au](http://www.kidsalive.com.au)

## Adventures at the Beach - Toddler & Preschool

Kids Alive and Messy Bubs have joined forces to share water safety messages through unique sensory play experiences. There are many amazing benefits to multi-sensory play that lead to development of thought, intelligence and social skills. It is a wonderful way to create quality creative time for families and caregivers.

By combining this form of play with water safety messages we are creating a unique way to educate children under 5. Use the lesson plans to guide the activity and help expand the learning of little ones under your care. Everything can be adapted to suit your environment and resources available.

### METHOD:

- ❖ Add 2 cups of rice to 3 bowls.
- ❖ Add 1 Tbs of white vinegar to each bowl.
- ❖ Add a few drops of food colouring to each bowl (red in one, yellow in another etc.)
- ❖ Mix together until the rice is covered.
- ❖ You could also place smaller amounts into a ziplock bag and mix together.
- ❖ Lay the rice on baking parchment on a tray to dry. This may take 2-3 hours.
- ❖ Create the dried rice onto your activity tray as safety flags with the sea.

### YOU WILL NEED:

- ✓ White Rice
- ✓ Food Colouring Red/Yellow/Blue
- ✓ White Vinegar
- ✓ Bowl
- ✓ Kids Alive Do The Five Music   



### LEARNING OUTCOMES:

Coloured rice is a great sensory material for sensory activities used for toddlers and pre-school children.

For Toddlers:

- ❖ Practicing pouring and scooping, both important exercises to practice fine motor skills.
- ❖ Shakers making the rice noisy, important for auditory and motor skills.

For Preschoolers:

- ❖ Add funnels and pipes for hand-eye coordination skills, cause and effect learning.
- ❖ Mark making opportunities such as practicing mark making in the rice.
- ❖ Add 'Adventures with Boo at the Beach' reading material – encourages awareness of beach safety and to always swim between the flags.

**Adult supervision required at all times.**

### Water Safety Messages

Swim between the red and yellow flags

Caregivers must stay within arm's reach of children

Children should swim with an adult

Don't forget sunscreen and a hat

Respect our lifesavers

## *What colour are the flags for safely swimming at the beach?*

Coloured rice is a great sensory material for sensory activities used for toddlers and preschool children. It is especially good for children who may be cautious around 'wet mess'.

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## Messy Bubs

