



Water Safety Sensory Sessions

www.messybubs.com




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.

YOU WILL NEED:

- ✓ Custard Powder & Milk
- ✓ Rice Vermicelli
- ✓ Rolled Oats
- ✓ Blue/Pink/Green Food Colouring
- ✓ Fettucine & Pasta Shells
- ✓ Cous Cous
- ✓ Kids Alive Do The Five Music   

METHOD:

- ❖ Follow packet details to make custard, add a few drops of food colouring and mix to turn it blue.
- ❖ Follow packet details to cook vermicelli and add food colouring to the water until its your desired blue. Drain.
- ❖ Add a few drops of food colouring to the rolled oats and mix, then leave to dry.
- ❖ Follow packet details to cook the pasta and add food colouring to represent seaweed and shells.
- ❖ Create your seabed and water to represent the sea.



LEARNING OUTCOMES:

- ❖ Food play is beneficial and the perfect safe way for toddlers and young children to explore textures. This activity has a mixture of dry and wet messy play texture materials.
- ❖ This activity promotes fine motor skills as children squeeze, squish, roll, prod, grasp and hold the different textures strengthening little muscles in their hands.
- ❖ Added resources such as tweezers and tongs bring another element to learning as children are working their pincer grips and hand-eye coordination.
- ❖ We added pieces of rubbish to the activity to promote a learning of 'what should and what shouldn't be in our oceans'.
- ❖ This activity opens up discussion on safety around the ocean and at the beach.

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

Adventures at the Beach - Beach Clean Up!

What does *not* belong in the sea?

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