

Ocean Lesson Plan

Gross Motor

Move your body like these ocean related words – 20 is the magic number for these movements

1. Seagull – Flap your arms up and down 20 times
2. Swim – Lay on your belly, move your arms and legs in a swimming motion while you count to 20
3. Crabwalk – Place your hands and feet on the ground and point your belly up towards the ceiling, now walk across the room counting to 20.
4. Starfish – Start with your arms at your side and legs together like a pencil, then Jump extending your arms and legs out like a star –Can you do 20 without stopping!



Starfish



Calming

Refer to the [Ocean Calm Down PDF](#) for breathing exercises related to the **Ocean**

Hand Exercises

Using the [Hand Warm Up PDF](#), complete the following hand exercises to stretch and strengthen your hands.

Visual Perception

1. Using the [Ocean Hidden Pictures PDF](#), how quickly can you find all of the indicated pictures?
2. Using the [Ocean Word Search PDF](#) – Search and find all of the ocean related words

Handwriting

1. **Beach Lists** – Using the picture below as a guide, create a beach list of:



Things to **DO** at the beach

Things to **TAKE** to the beach

2. Using the [If I were an animal in the deep blue sea PDF](#), imagine you are a fish in the ocean. Using the writing prompt paper with the PDF, fill in the blank spaces describing you as a fish.