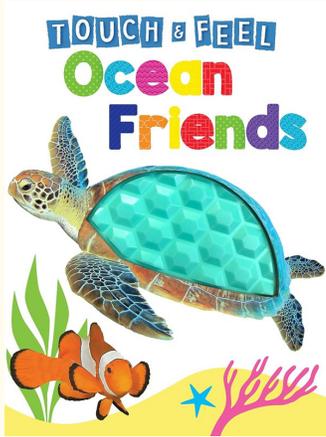


At the Beach

Book to add to your child's library: *Ocean Friends* by Little Hippo Books



MUSIC & MOVEMENT

"At the Beach" (to the tune of "The Wheels on the Bus")

At the beach the waves go swoosh,
swoosh, swoosh,
swoosh, swoosh, swoosh, swoosh,
swoosh, swoosh.

At the beach the waves go swoosh,
swoosh, swoosh,
All day long.

Splish Splash, Baby

Splish splash, baby plays,
Water fun on sunny days.
Splish splash, hands and toes,
That's the way the water goes!

"Five Little Seashells" (fingerplay)

Five little seashells lying on the shore,
One rolled away and then there were four.

Four little seashells, smooth as can be,
One rolled away and then there were three...

Crabs are Crawling

(Tune: "Frere Jacques")

Crabs are crawling,
Crabs are crawling
On the rocks, on the rocks.
Watch out for their pinchers,
Watch out for their pinchers,
Snap, snap, snap
Snap, snap, snap!

BABY GAMES & LANGUAGE

Beach Balls

Have fun with beach balls, tossing and rolling them around.

Beach Word Play

Make picture cards with beach-themed objects. Show baby pictures while slowly saying words: water, sand, sun, splash, seashell. Repeat often and pause for baby's response.

Sound Imitation

Make soft wave sounds (swoooosh), water drops (plip plop), or splashes (splash!). Pause and copy baby's sounds back.

Body Awareness Talk

While gently touching baby's feet or hands, say: "Toes in the sand."
"Hands in the water."

Where Is...?

Ask simple questions: "Where is the shell?" Then point and answer: "There it is!"

EXPLORATION

Sand Exploration

Create edible "sand" (crushed Cheerios or graham crackers) for babies to taste and feel, or use real sand in a shallow tray with soft shells to touch.

Ocean Bottle

Fill small plastic bottles with water, blue food coloring, glitter, and tiny seashells to create a sensory rattle.

Water Play

Use a small basin with shallow water for splashing, dipping toes, and squeezing sponges.

Towel Waves

Gently lift and lower a beach towel with baby lying safely on it to mimic slow waves.

RELATIONSHIP BUILDING / BONDING

Sit close, hold baby securely, and move slowly through each activity. Let baby set the pace. Watch for cues—wide eyes, relaxed limbs, soft sounds—and respond with warmth and reassurance.

Use comforting language throughout the lesson:
"I'm right here."
"You're safe."

"This feels nice."
Rock baby gently like a wave. Smile. Make eye contact. These peaceful, playful moments help babies associate exploration with trust and love, strengthening your bond while supporting early learning.