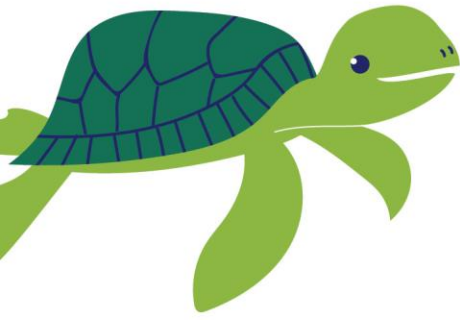


## Water Pollution

- For this activity, you will need: cooking oil, cocoa powder or coffee grounds; old toothbrushes or sponges, ocean life plastic toys (if you have them), rocks/seashells, small plastic wrappers from the recycling (make sure they're clean!), plastic lids, cardboard. Plus a container to put it all in.
- Now you have your items, fill up your container with some water and then start to add all the things that belong in the water (eg. animals/sea life). Take note of clear and clean the water looks.
- Next, add in a 'dark' colour to your container - maybe use the cocoa or coffee here. Watch how it spreads and changes the colour of the water.
- If you have oil to hand, add this in next and think about which different oils pollute our waters. Watch how the oil clogs in the water.
- Now let's start adding in the objects that don't belong in the water – ie. the plastics, cardboard, and food wrappers.
- This is what our waters look like from pollution! Why not discuss some ways of reducing water pollution or ways the water could be cleaned?
- Now have a go at cleaning up the polluted water.

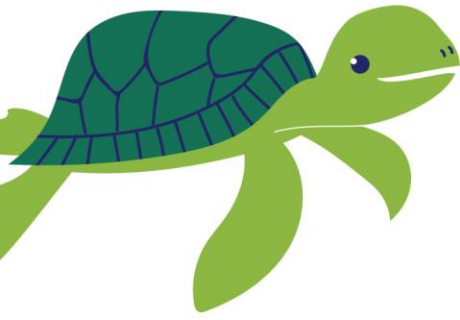




## Animal Acting

- Each participant takes it in turn to choose an animal under the sea.
- Now, act like that animal. Think about: what noises it makes, what colour it is, how it moves.
- Other participants must guess what the animal is.





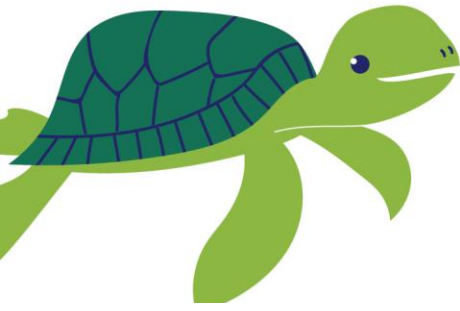
## A Mermaid's Tale

Can you write a story or a play about a mermaid?

## A Shark's Tale

Can you write a story or a play about a shark?

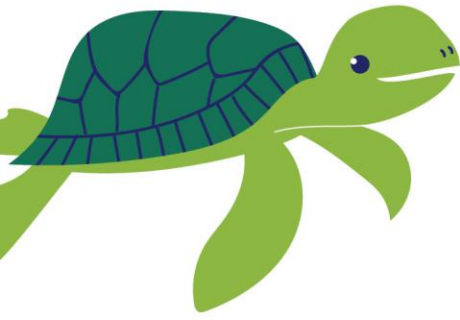




## Hopscotch (with a twist)

- Print off pictures of some of your favourite animals from the sea, or draw them on pieces of paper.
- Once you have five or more animals, space the pictures out on the floor.
- Now decide where the start and finish point is.
- Participants must jump or move from one picture to the next until they reach the finish.
- Make it easier by putting the pictures closer together, or harder by spacing them out.



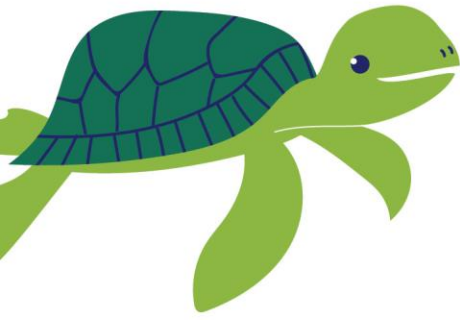


## Water World Journey

- Take 4-6 pieces of A4 paper and tape them together to make a large blank canvas. Turn it over and then design a water journey.
- Perhaps choose a favourite character or toy to take through this journey.
- Use lots of colours to write and draw out the water world journey – pens, crayons or maybe even paints.
- Where would your character go? What would they see? Who would they meet? Are there any landmarks they can see? What would the water world look like?
- Example: I'd take my Barbie doll through the water world journey, she may start in the lake and then end up in the sea, she swims through many sites and even visits the under the water Eiffel tower. She meets a friend on her journey, he's a small seahorse and he swims along the water world journey with her.

Remember to share your creations on social media and tag @SwimEngland!





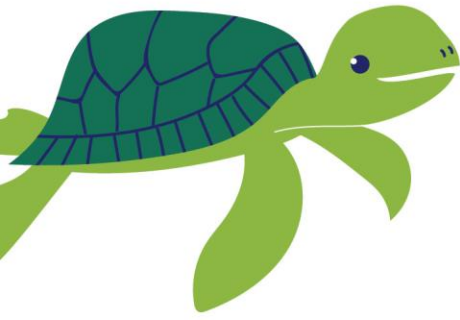
## Paddling pool word search

- If you have foam letters, pop them in the paddling pool in the garden. You can also use plastic or laminated paper/card letters.
- Choose a water-related word to make (eg. swimmer, swimming, water, splash, etc.).
- Participants take it in turns to enter the paddling pool and collect a letter for that word.
- When all letters are collected participants must spell out the word on the side of the paddling pool.
- Once you've made the word, return the letters to the paddling pool.
- Move on to a harder or longer word.

Progression: Can you put two words together or make a sentence?

Tip: You could make plastic or card letters from old washing up bottles or cereal boxes. Sellotape is a good alternative to laminate.





## Pool, Beach, Lake, Bath

- Clear an area or try this in the garden. No equipment is needed but one person needs to lead the game.
- Decide which direction your Pool, Beach, Lake and Bath will be (ie. which will be north, which will be south, which will be east and which will be west).
- Start in the middle of the area. The leader shouts, 'To the Pool!' So everyone runs in that direction and then back to the middle.
- Repeat this again but changing the location each time.

