

Parent Guide: World Ocean Day

Ocean In A Bottle, Coral Blow Painting, Shark High Five Dance

1

Ocean In A Bottle

EASY and mesmerizing...can be used for fun or even as a calm down tool!

Supplies Needed:

- water
- cooking oil
- blue food coloring
- large, clear plastic bottle
- funnel (optional)

Join us on our Facebook page for instructions!

2

Coral Blow Painting

Also simple and mesmerizing...vary the colors and breath speed for unique outcomes. Once it dries you can even draw some fish in your ocean scene!

Supplies Needed:

- light blue and tan paper
- paint
- a straw
- watercolor (or watered down) paints
- scissors
- glue
- pencil

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3

Shark High Five

Pretend you are a shark with fins instead of arms (you can even put on a shirt with your arms inside if it helps keep the top portion of your arms from moving). Give each other high fives by maneuvering your fins. Then try to do some basic things around your house (like make your bed or brush your teeth). Lastly, use your fins to draw a picture. I don't know about you, but I don't think humans would make it very long as sharks!