

# Tidepool Aerobics

**Learning level:** Toddlers and up

**Duration:** *Variable.* 5 minutes to explain the movements, and endless fun after that!

**Materials:**

- Space to move and wiggle
- A grown-up, you and any siblings or friends. Try to show your moves to your friends virtually

**Vocabulary:**

- **Tides:** the water moves up and down the beach each day to give us High Tide and Low Tide
- **High Tide:** when the water is close to the top of the beach and there is not much sand
- **Low Tide:** when the water is far away from shore and you can go out further
- **Tidepool:** the water from the tides crashes on the rocks and creates puddles where organisms like to live
- **Predator:** an animal that gets its energy from eating meat
- **Herbivore:** an animal that gets its energy from eating plants
- **Explorer:** Someone who explores nature and teaches others
- **Camouflage:** blending in or hiding in your surroundings to keep safe from predators
- **Photosynthesis:** when a plant gets its energy from the sun

**Background:** Tidepool plants and animals are alive just like us. They need to move to find food or to hide from predators. We're going to move and groove like some of our favorite tide pool friends!

**Procedure:**

- Pick a person to be the "Explorer." This person calls out all of our movements for everyone to do.
  - \*This person should start out being the grown-up, but once you know the moves all players can take turns
- Everyone else are the "Tidepool Friends". Please line up in front of the "Explorer".
- The Explorer should help everyone through each animal's movements so everyone can learn and practice how each Tidepool Friend moves - these can be found on the next page, with pictures
- Once everyone feels confident, we're ready to move!
- Explorer calls out each movement giving a pause in between each one
- Take turns being the Explorer and get moving!

*\*Please refer to accompanying video for examples of how to do each tidepool move*

### **Extra Tips and Challenges**

- When you call out movements, see if you can share why each animal moves this way or if it has a relationship with the previous movement
- It's extra fun to move from a small animal like a snail or low tide to a high movement like seaweed or high tide.
- Play Simon Says: once you've mastered all the movements, can you use each movement for Simon to say?
- Do them quickly: How fast can you go through each one? Time yourself to see and try to break your record.
- Act out a tidepool scene: Have each participant pretend to be a Tidepool Friend. When you say "High Tide," the friends act out movements and can move around the room. When you say "Low Tide," everyone needs to freeze or go into a hidden or closed shell position (along the lines of a game of "Freeze"). Repeat over and over for endless fun!

*Share a video of you moving like our tidepool friends with us on Facebook, Instagram or Twitter @neaq.org*

### **Up Questions:**

- Have you ever eaten seaweed? Seaweed can be found in lots of our foods because it can help make them thick and creamy. You can often find seaweed in your chocolate milk, ice cream, or even gummy snacks!
- Have you ever seen any of these animals in a tidepool? If you have, were they moving or staying still and camouflaging?

## **Movement Instructions:**

### **High Tide:**

Movement: Stand all the way up with your hands stretched high in the air.

Optional: You can say “High Tide” loudly or squeakily [in your highest voice] for this one, too.

Connection Movement: Seaweed can sway in the high tide. Crabs can move quickly.

### **Low Tide:**

Movement: Crouch down low and have your hands almost to the ground.

Optional: You can say “Low Tide” in a deep, low voice.

Connection Movement: Snails and clams can hide inside their shells

**Seaweed:** Seaweed holds onto rocks, grows tall towards the sun, and moves with the waves.

Movement: Stand on your tippy toes with arms and fingers stretched up to the sky and sway back and forth in the water.

Optional: You can make sounds like waves with this.

Connection movement: Snails can eat the seaweed, it moves fast in high tide, and crabs can hide in seaweed.

**Snails:** Snails are slimy animals that grow their own shell. They use the shell to help them hide, by pulling in their head and foot.

Movement: while standing bend your knees and lower down to curl up into a ball. Lower your head and pretend to hide in a shell on your back.

Optional: You can lift your head and put two fingers up by your forehead to pretend to be antennae and see if you notice any predators. If you do, you can hide back in your shell.

Connection movement: Snails eat seaweed, crabs like to eat snails. Go back and forth between all three.

**Clams:** Clams are gooey animals, like boogers, that hide in between two shells that dig in the sand.

Movement: While standing put one hand out to the side for a shell and repeat with the other hand. Take both hands and clap them together and say “Clam”

Optional: You can stick a pinky finger out from your shell to be your clams' foot and move your clasped hands down to pretend to dig in the sand. You can stick two thumbs out to be their drinking parts and pretend to slurp and drink the water in and then blow a raspberry and push the water out.

Connection movement: You can see clams bubbling in the sand during low tide and dig during high tide.

**Crabs:** Crabs have a hard shell that covers their whole body. They have lots of legs, and even two special legs called claws, shaped kind of like spoons, that help them dig and pick up food

Movement: Stand with your legs wide and your knees bent. Make your hands into crab claws.

\*Remind kids to keep claws to themselves and not pinching their neighbors\*.

Crabs walk sideways so point your hands to the right and have kids move sideways to the right and repeat to the left.

Optional: It's fun to say “crab, crab, crab” with each step.

**Sea Star:** Sea stars are bumpy animals like sandpaper. They usually have 5 arms with sticky tube feet that help them hold onto the rocks in the big waves.

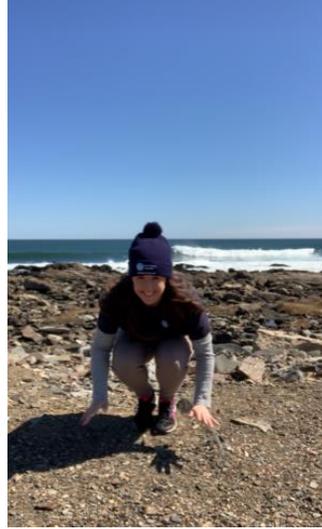
Movement: Start in a crouched down position like the snail and on the count of three jump out with each leg wide and hands high in the in air so your body is stretched as big as it can go

Optional: Shout as loud as you can “Sea Star”

**Guide for Tidepool Moves:**



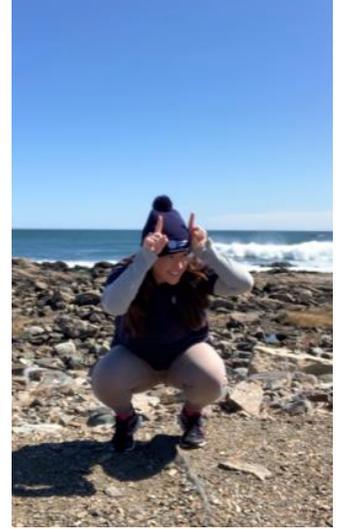
*High Tide*



*Low Tide*



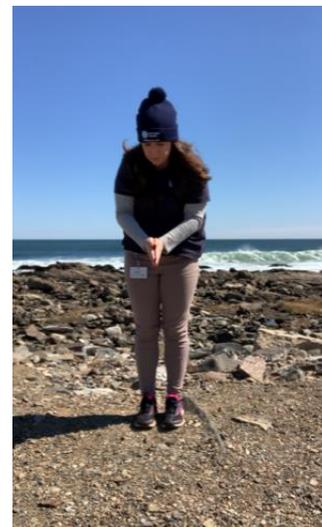
*Seaweed*



*Snail*



*Clam pt. 1*



*Clam pt. 2*



*Crab*



*SeaStar*