

Seahorse Tail Movement

Materials:

- Open space that one can move around in
- *Optional:* bubbles

Procedure:

- Explain to players that we are going to act like seahorses in the ocean.
- The ocean has currents, where the water flows and seahorses don't have the biggest, strongest fins to swim against it.
- There are slow currents, where a seahorse could easily swim around and fast currents, where a seahorse might get pushed around by it. [educator tip: ask the players if they know how seahorses could solve this problem before the next step]
- Seahorses use their tails to hold onto things like seaweed, seagrass, or something stuck to the ocean floor.
- As a seahorse, everyone will have an imaginary tail on their bottom. So when the current gets too fast, the players must sit on the ground, a chair or other safe surface.
- You will act as the ocean currents and tell the seahorse players when it's a fast or slow current, changing whether they are allowed to roam the room [slow current] or need to use their tail to hold on tight [fast current]
- You can repeat announcing "fast current" and "slow current" as many times as you would like to get players moving and grooving. *Optional: During a slow current, blow bubbles that players can pop with their hands, like a seahorse's tube mouth sucking up food to add to the fun!*

Learning Level:

- K-2

Vocabulary:

- Prehensile – capable of grabbing
- Current – flow of water

Duration:

- Variable ~ 20 mins

