Tidepool Hop

Materials:
- Tidepools (equal or greater than the number of players) – we recommend using non-slip mats, fabric, towels, or painters tape that can be placed on the floor to mark the tidepool spots. They can vary in size and shape. This activity is setup like Musical Chairs.
- Optional: music to start and stop similar to musical chairs. You will be using your voice to give cues but music can add to the fun!

Procedure:
- Explain to the players that during high tide, many different animals can be found swimming and moving all around, but as the tide goes out they begin to find low spots where the water will remain until the water level rises again. This is called a tidepool.
- Players will become any tidepool animal they want and will need to decide how they will move through the area. But they have to be careful and remember to find a tidepool (show them the designated spots) when the tide goes out.
- They will know when the tide goes out because you will shout "Low Tide!"
- More than one child can be in the same tidepool and they have to at least have one part of their body touching the spot.
- Once everyone is in their tidepool, one or more tidepools may dry up in the hot sun.
- Remove one or more of the tidepool spots, just like musical chairs.
- If there are players on these spots they need to quickly find another tidepool.
- Once you shout "High Tide," they can begin to move around again until you say "Low Tide" again.
- In the end you will have one tidepool remaining- for younger players, plan on leaving a bigger one but challenge older players by leaving the smallest tidepool behind.

Learning level:
- K-2

Vocabulary:
- Tidepool, High Tide, Low Tide

Duration:
- Variable ~15mins

Extensions and Variations:
- If you find that players are hovering around tidepools in anticipation of "low tide" you should add another element to the game. When you shout "Tidal Wave," all the players have to move from one end of the space to another like they've been pushed by a huge wave. This may add a new level of chaos so you may need to instruct on how to move, but it might also help in shaking things up a bit, especially if a wave comes right before low tide.
- The facilitator may also choose to be a "predator" and chase the tide pool animals away from the tide pools. This is another way to get the players to move around during high tide and not hover by the tide pools.

#tidepools #movement #afterschool #grK #gr1 #gr2