

Week 1 – Activities

Activity 1: Ocean Soap Foam

This is a fun, slightly messy sensory activity perfect for kids to dive their hands into. Add ocean animals and fake aquarium plants to make it more creative play. You'll probably have most of these supplies in your cupboards, with the exception of the toys and plants.

Supplies

- 1/4 cup of warm water
- 2 tbsp dish soap
- 2 tbsp cornstarch (or corn flour)
- blue food coloring or liquid watercolors
- blender (or hand mixer)
- bin
- ocean animal toys (optional)
- fake aquarium plants (optional)

Directions

1. In the blender, add the water, dish soap, cornstarch and food coloring.
2. Blend on high speed until stiff peaks form. *Note: Depending on the type of soap, etc., you may need to adjust the measurements. The cornstarch is what helps stiffen it up, so if it is too watery, add more cornstarch and dish soap.
3. Pour the soap foam into a container and add the ocean animals and aquarium plants.
4. Place a container of water for rinsing off the animals next to it.

Courtesy of [Views from a Step Stool](#)

Activity 2: Egg Carton Coral Reef

Find items from around your home to create a coral reef using an egg carton as your base. Recycle plastics, toys, and more items around the house.

Materials

- Egg carton
- Pool noodles
- Sponges
- Loofahs
- Straws
- Plastic bags
- Pipe cleaners (chenille sticks)
- Tissue paper
- Paint (blue, green, yellow, white, tan, whatever you want)
- Paintbrush
- Tacky craft glue or hot glue (be careful and use adult supervision)
- Scissors

Instructions

1. Cut off the top half of the egg carton so you're left with the bottom.
2. Paint the entire egg carton and set it aside to dry.
3. Cut slices out of the pool noodle so you have rings, and/or, you can cut a portion of the pool noodle and cut down into it, so you have strips of pool noodle.
4. Bunch pieces of your tissue paper and glue them into the egg carton.
5. Fold your straws and glue the fold into the egg carton.

6. Curl pipe cleaners into different shapes and glue them into the carton.
7. Glue other items you found into your egg carton to mimic coral. Once it is full, you are done and have your coral reef.

Activity 3 – Ocean Drum

Version1

Imitate the sound of ocean waves by making your own ocean drum. It's great for a family to make together, maybe even making more than one so each member has their own drum.

Materials

Filler

- 1 cup dried chickpeas/garbanzo beans
- 1/2 cup dry, uncooked rice
- Tape

Note: You can use any combination of fillers you want. Other options include small beads, seeds, pebbles, sand, or other small round things. Play around and compare the sounds.

Container

- Parchment paper bag (cut to fit your box; optional)
- Clean small pizza box or cereal box or flat mailing box from the post office

Instructions

1. If using a parchment paper bag, cut two rectangles slightly smaller than your container. Tape securely three sides, add your chickpeas and rice, and tape up the last edge.
2. Place the bag in a box where it can lay flat and have the full range for the chickpeas and rice to slide evenly from one side to the other.
3. Tape the box shut.

Consider painting and/or decorating the outside of your drum for even more fun.

Courtesy of [Natural Beach Living](#)

Version 2

This is a slight variation. It uses clear plastic plates found at the dollar store. Now you can see the filler roller around.

Materials

Filler

- 1/4 cup dry, uncooked rice
- 1/2 cup dried chickpeas/garbanzo beans

Container

- Plastic plates

Other

- Hot glue or packing/duct tape

Instructions

1. Add your filler to one plate.
2. Run the hot glue around the edge of the plate (for kids, make sure to get help from an adult).
3. Turn the other plate upside down and place on top of the glue, making sure secure all around.

Your drum is ready!

Note: If you don't want to use hot glue, use packing/duct tape to tape the plates together.