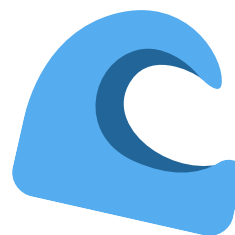
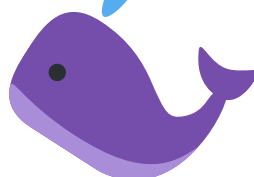
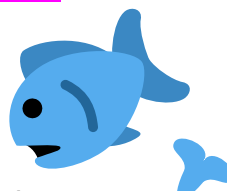


# LET'S VISIT THE OCEAN!

Use these teaching tips and extension ideas to enhance your use of the Stories, Songs, and Stretches!® online classes. This class uses the book *1 2 3 Sea Creatures* by Toko Hosoya, published by Flowerpot Press.



## STORIES, SONGS, and STRETCHES!



### NOTICING

If possible, invite children to notice and share what they are feeling, without reacting to their responses. We don't need to fix or change what they are feeling; instead, let's offer them the space to observe what is here, as it is. This helps children build **self-awareness**, a critical **social-emotional learning** skill.

### HAPPY SPINES

Not only does our Happy Spines song move the spine through its full range of motion, it also **crosses all of the body's midlines**, important for building the structure that allows the two hemispheres of the brain to communicate!

### MAKING INFERENCES

Some of the imagery in our book seems out of place. Rings? Flowers? Donuts? The next time you share the book, pause and invite children to observe the illustrations carefully. What do they think the sea creatures may be doing based on what they see? **Talking** and **reading** both help develop important **early literacy skills**!

### BREATHING

Active movement may accelerate our heartbeat. Invite children to notice how this feels in their own bodies. How does what we feel in our bodies change when take several long, slow ocean breaths? Understanding how the breath affects the body helps kids build skills for **self-regulation**.

### MINDFULNESS

In this class we use the sensory exploration of sea shells to encourage children to connect mindfully to the present moment. If you have real shells, consider passing one out to each child for this activity. Kids will likely want to share what they observe, so consider allowing time for this after they first explore the shell with mindful attention.

### MORE BOOKS AND SONGS

"The Goldfish" by Laurie Berkner  
"I'm a Little Fish" by Laura Doherty  
"Down by the Ocean" by Bari Koral

*Swimmy* by Leo Lionni  
*Water Rolls, Water Rises* by Pat Mora  
*I Know the River Loves Me* by Maya Christina Gonzalez  
*Breathe* by Scott Magoon  
*Row, Row, Row Your Boat* by Jane Cabrera  
*The Yoga Game by the Ocean* by Kathy Beliveau  
*Over the Ocean* by Taro Gomi  
*The Magic of We* by Danielle Anderson-Craig