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.

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.

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.

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

Created by Katie Scherrer, 2019. Find more resources at www.storiessongsandstretches.com