

BACK TO SCHOOL



ACTIVITIES:

- Packing your bag
- Bus ride
- ABC's
- Numbers
- Shapes
- Colours
- Reading

EQUIPMENT LIST:

- Packing bag items - Laminated sheet (rucksack), rulers, crayons, water books
- Bath foam letter & numbers sets
- Bus shape sheet template & foam shapes
- Colour dot sheet
- Variety of coloured XL pom poms (w/same coloured bowls)
- Containers or wash bags
- Shape character sheet - craft foam shapes/plastic shape set
- Story sheet and sea life toys

WHAT TO DO:

- Print off and laminate rucksack template
- Items for your bags: Crayons, pencil, ruler, apples, books, book worm
 - Use the crayon and pencil template to create your craft foam versions
 - Plastic rulers (or create them)
 - Apples (red & green ball pit balls or artificial apples)
 - Bath books
 - Book worms (Baker Ross has a set or create your own)
- Place the rucksack items the opposite end to where the rucksacks are placed (ideally you will want to have a rucksack per child).

EQUIPMENT NEEDED:

Noodles

Rucksack template (laminated)

Foam worms (Baker Ross or DIY) or use sensory worms

Rulers (bulk buy a pack)

Apples (red & green ball pit balls)

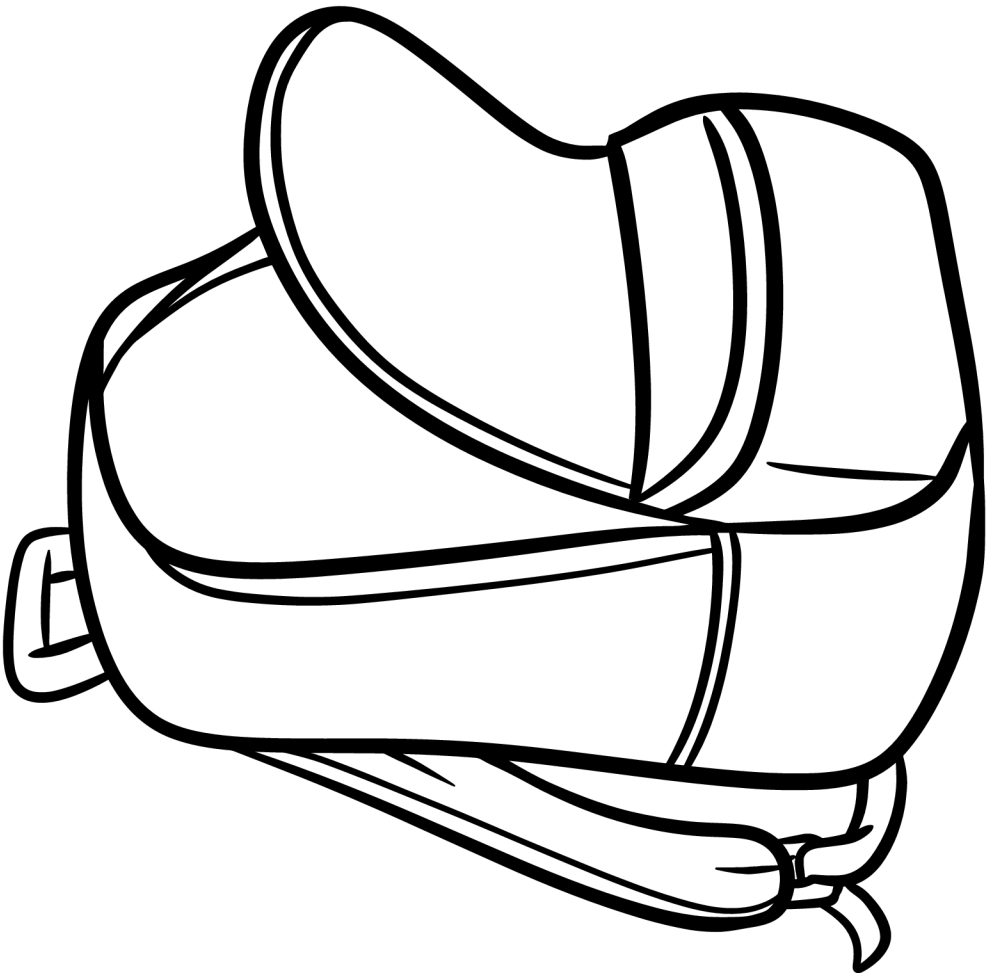
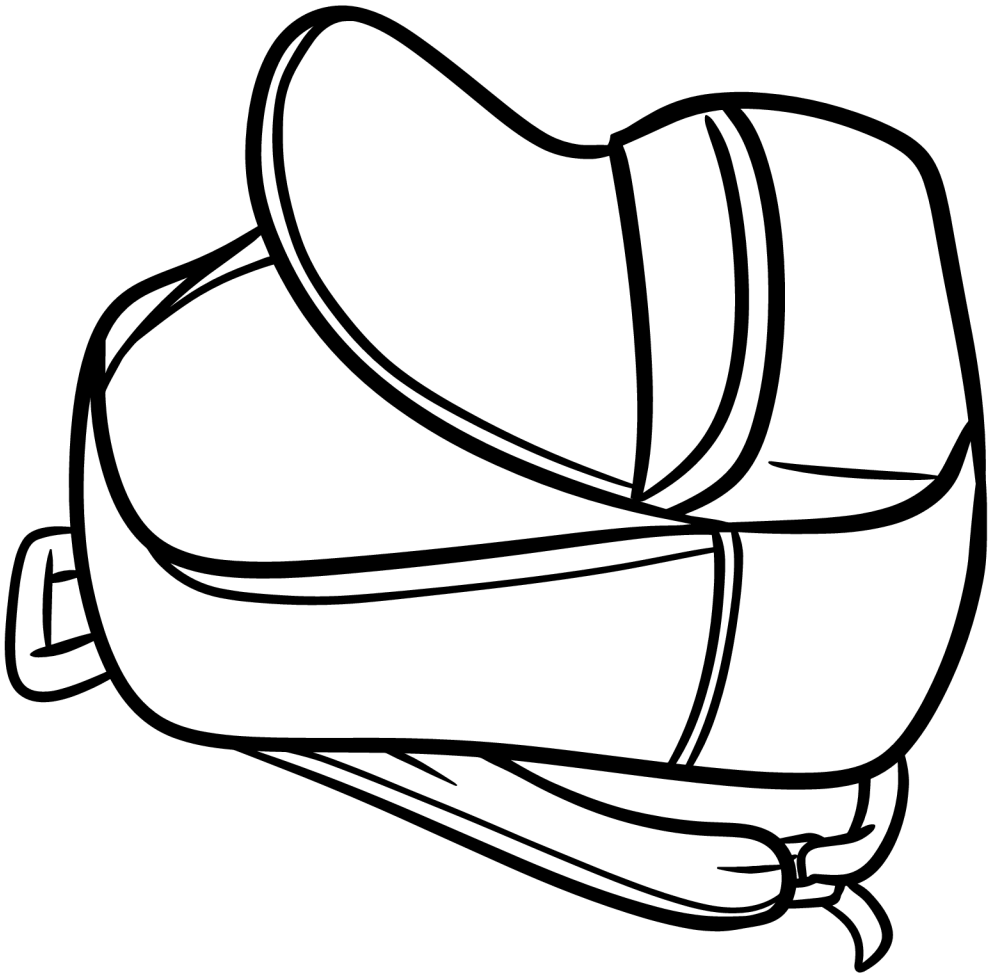
DIY foam crayons/pencils

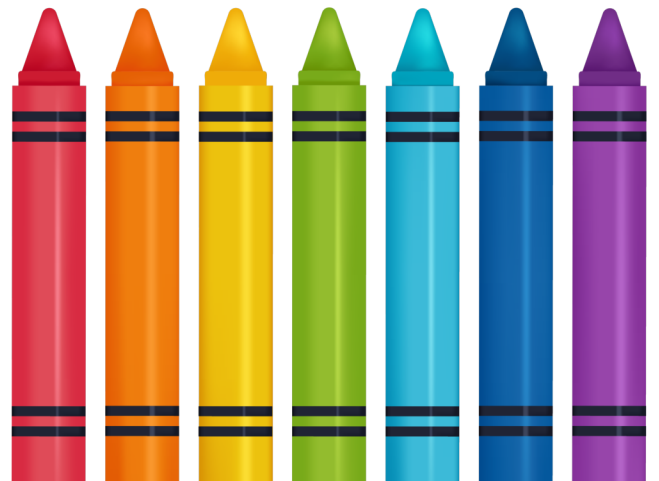
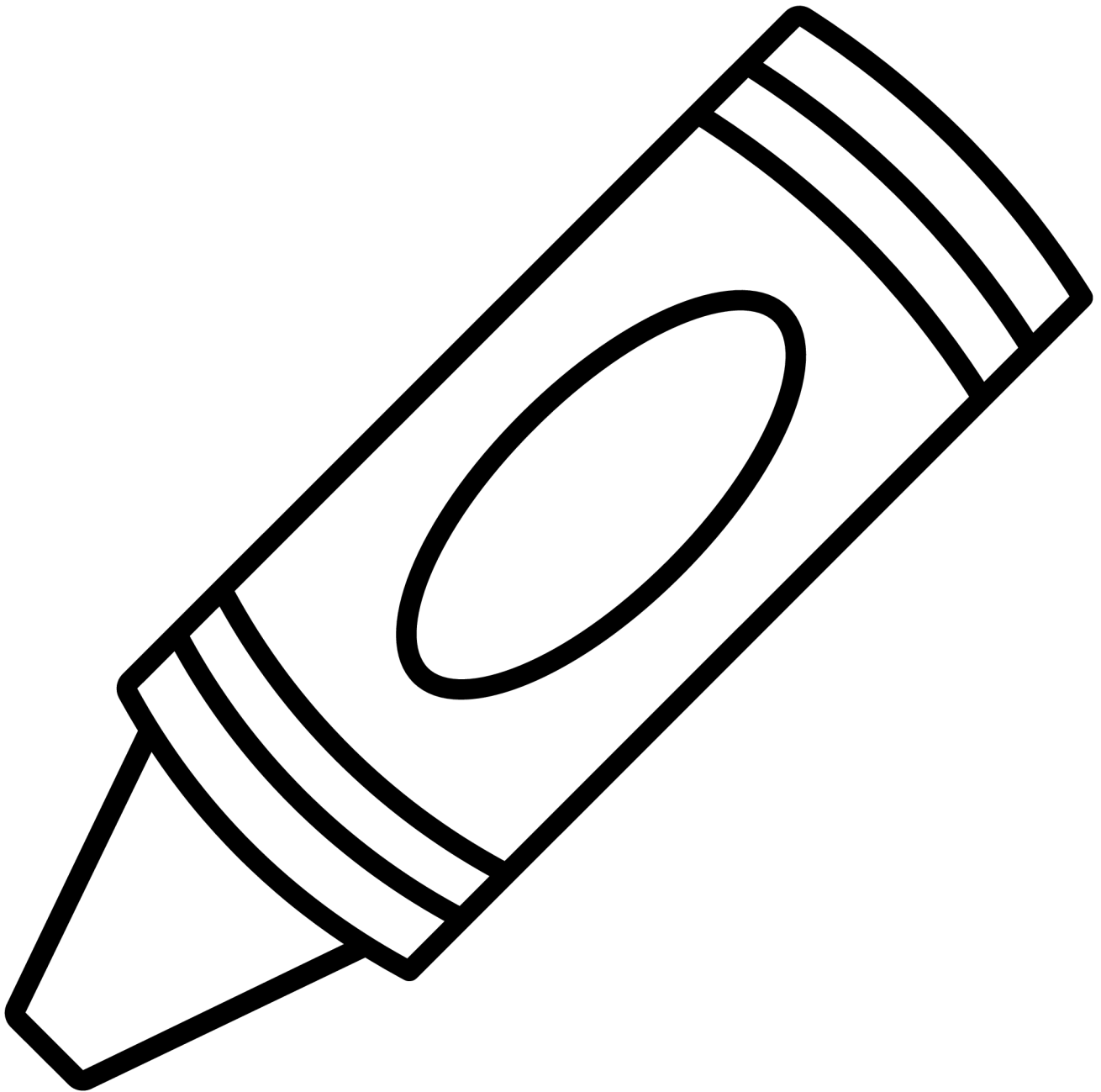


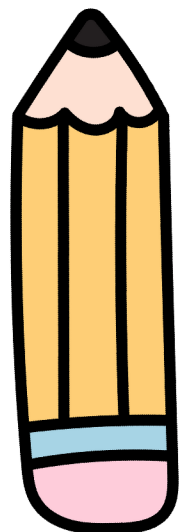
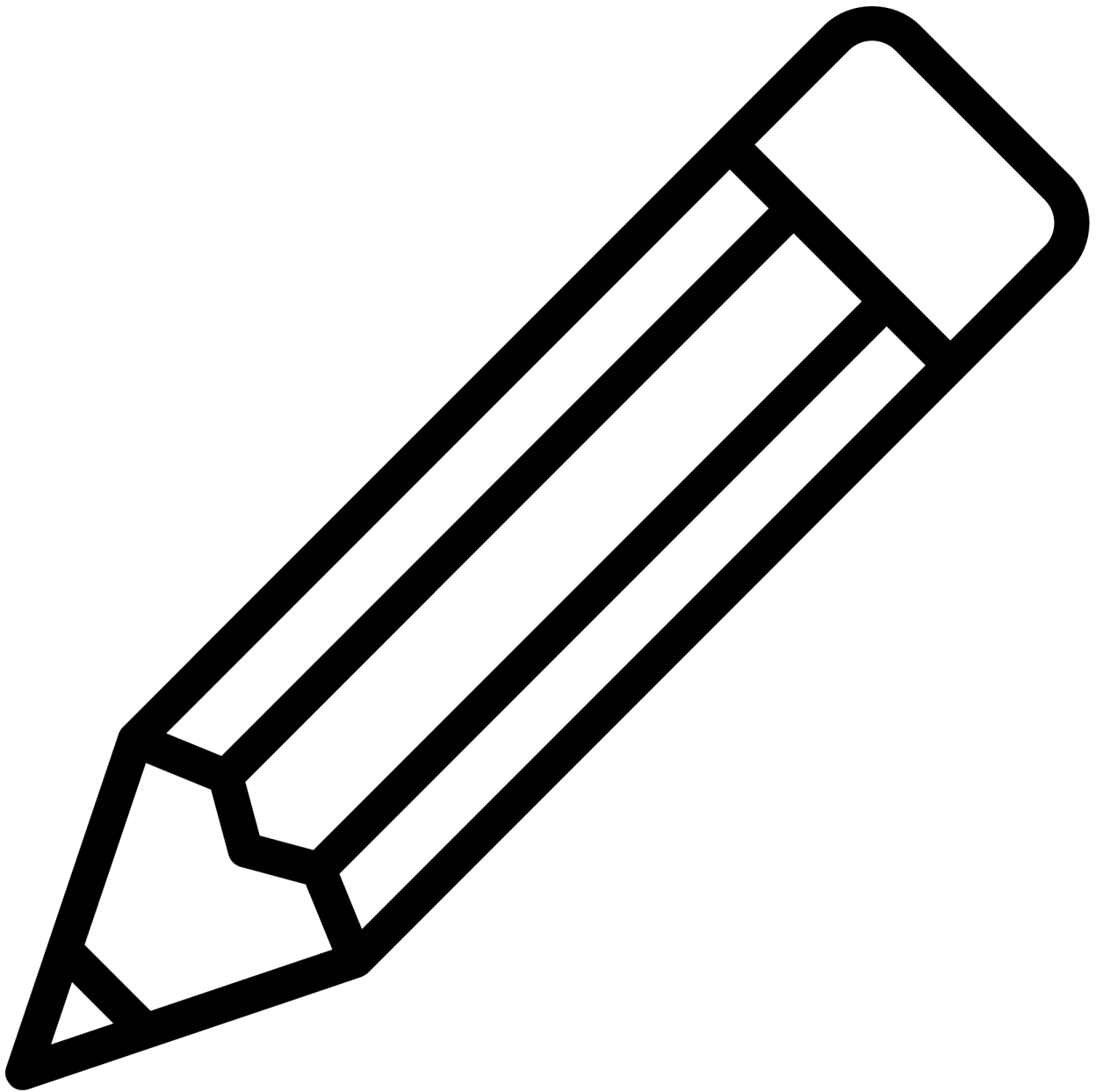
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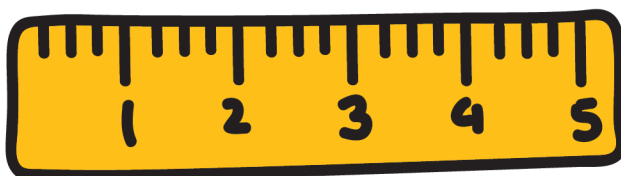
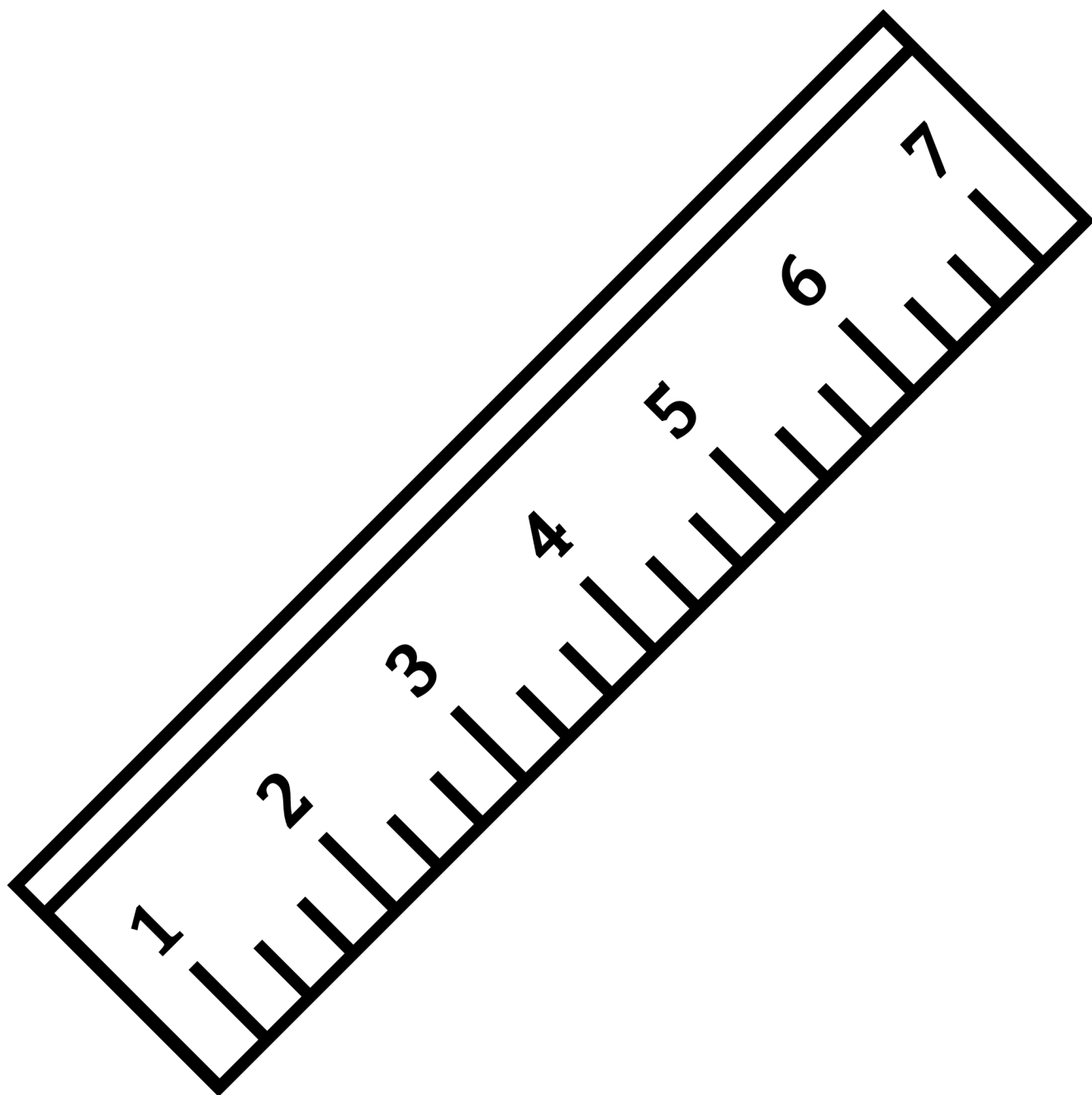


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WHAT TO DO:

- Print off and laminate bus template
- Print of shapes template and use craft foam (use different colours for the different shapes)
 - Place the bus template at starting point
 - Position the foam shapes either in the water floating or poolside or on the poolside wall (if have access to it)
 - Swimmers move/swim down to collect the shapes & bring them back to their bus
 - The swimmers can swim independently, with noodle or monkey crawl along

Variations:

The swimmers choose their own shapes/ colours

They pick from a bag (or bucket) the shape they find

They pick from a bag (or bucket) the colour they find

You use a movement cube with the shapes, they throw and what it lands on is the shape they find

You use a big float as the “bus” and move collectively as a group

Could use the Shape Characters in place of regular shapes

EQUIPMENT NEEDED:

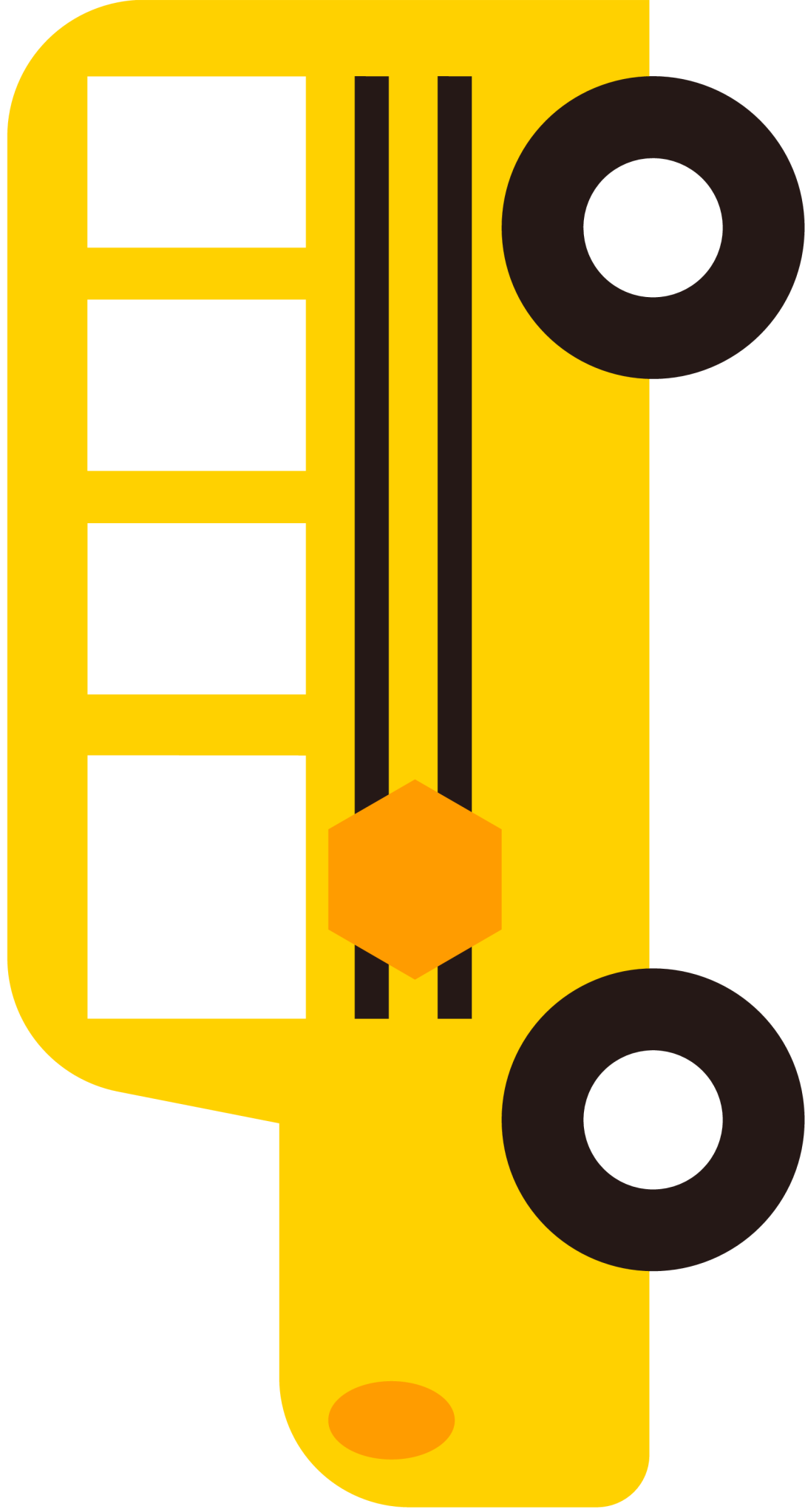
Noodles

Bus template & shapes

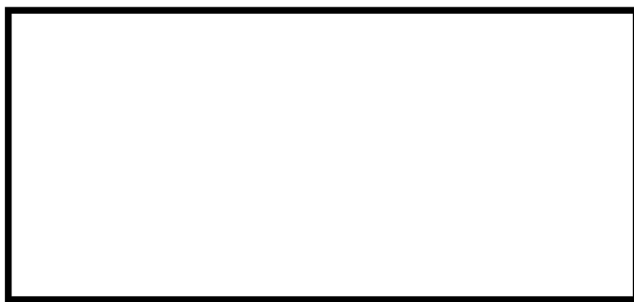
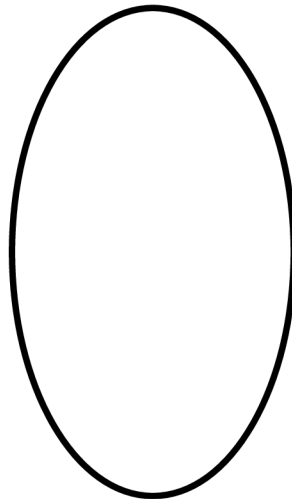
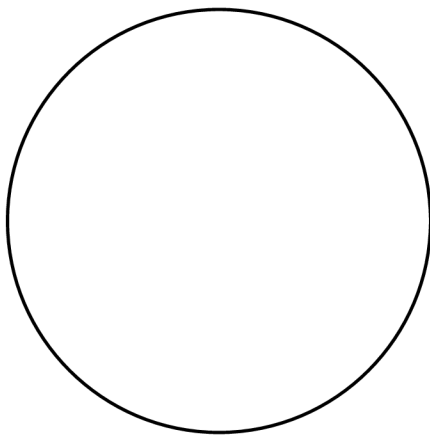
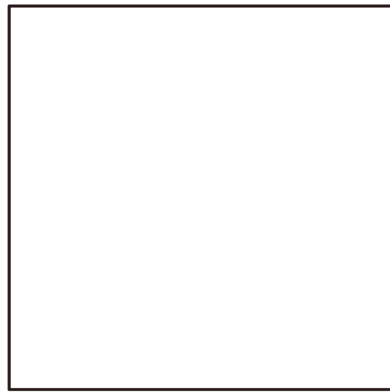
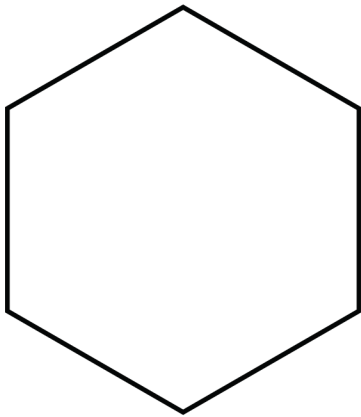
Movement cube

Big float





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WHAT TO DO:

- Bath foam alphabet set
- Have a full set of the alphabet
- Place the letters in a waterproof bag
- The swimmers pick a letter out and swim down to the "board"
- Swimmers place the letters in alphabetical order

The "board" can be a big float or using the pool wall or on the side

EQUIPMENT NEEDED:

Noodles

Bath foam letters

Big float

WHAT TO DO:

- Bath foam number set
- Place the numbers in to a bucket/bag/bowl
- Throw ball pit balls out in to the allocated pool area
- Place the containers with the numbers in half way down the area.
- Put a cone at starting point - the swimmers swim/move to the collect a number
- The number they pick out is the number of balls they have to collect
- Swim them back to the big "drop off" bucket (by cone)

Variations:

Specify how they move to get the number - could be a wall crawl, climb out to collect a number from the wall/side, swim on their backs, blow the balls back.

EQUIPMENT NEEDED:

Noodles

Bath foam number set

Containers

Ball pit balls

WHAT TO DO:

- Print off and laminate the shape characters.
- Using craft foam - cut the shapes relative to the shapes on the character sheets.
 - Place the laminated characters on the side (starting point).
 - Place the foam shapes floating in the water or poolside.
 - The swimmers swim to collect the shapes and bring them back and place them on the characters.

Variations:

Use Plastic buttons instead of the craft foam

Add a pattern so they find the relative shape (see example sheet)

Use a movement cube - they throw and what shape it lands on is the one they collect

Add specific colours - a colour and a shape is given as choice to collect

EQUIPMENT NEEDED:

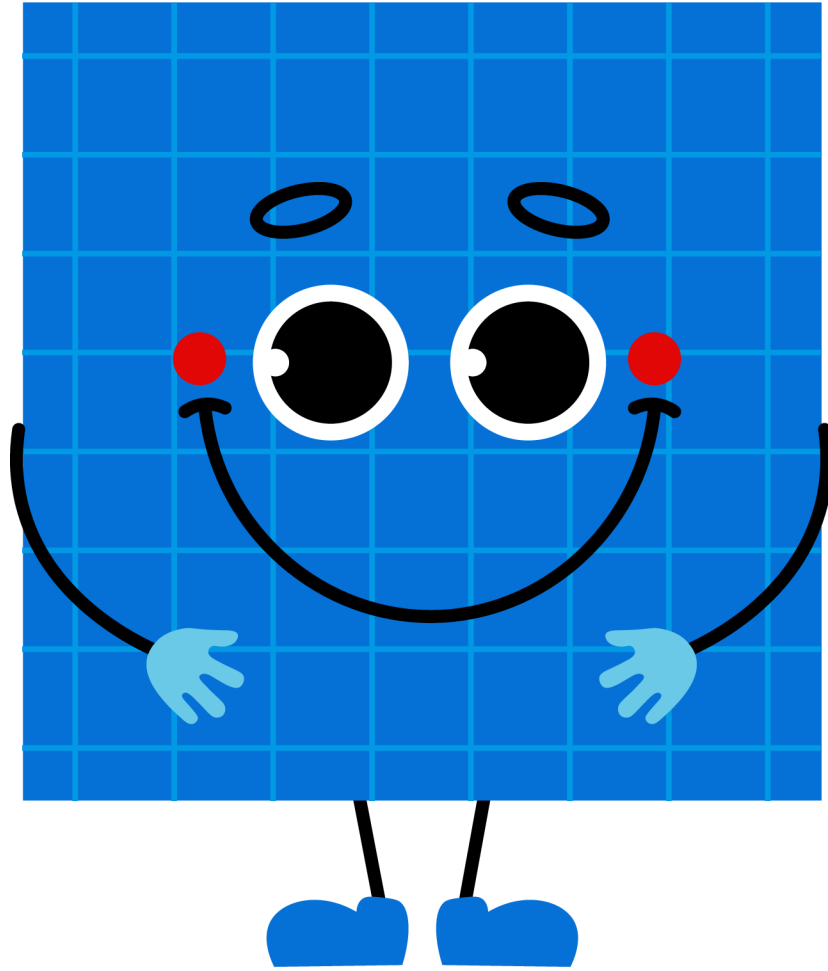
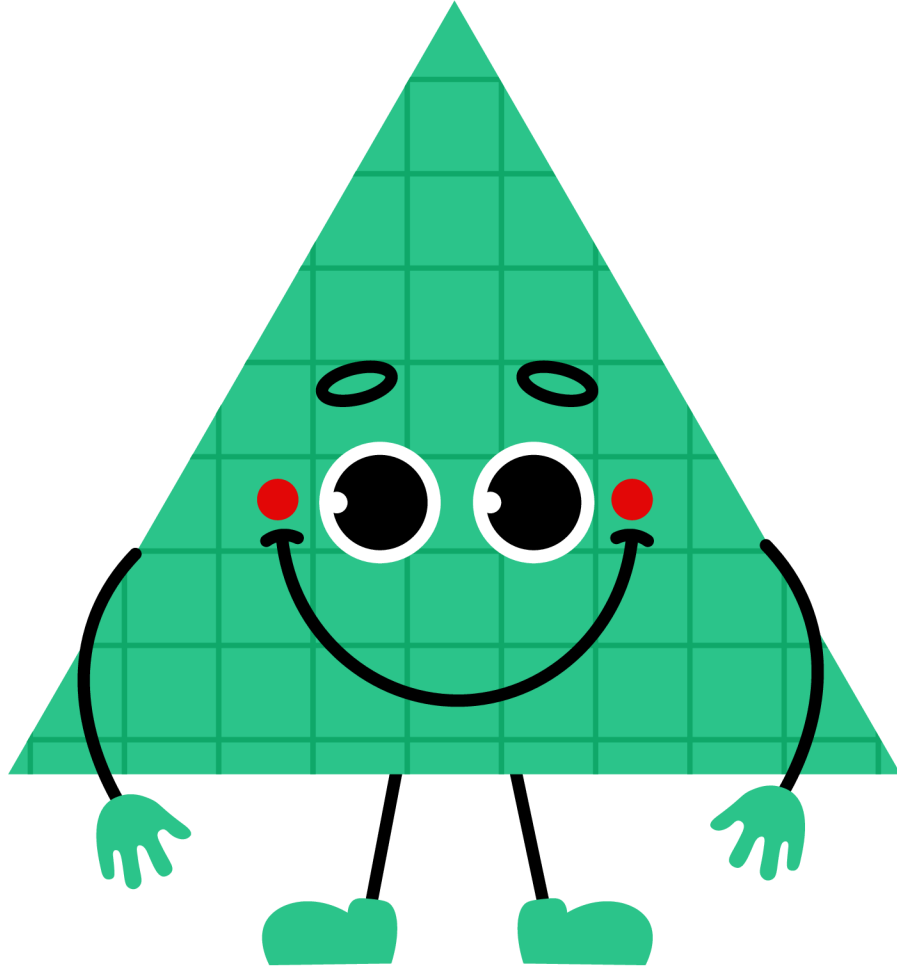
Noodles

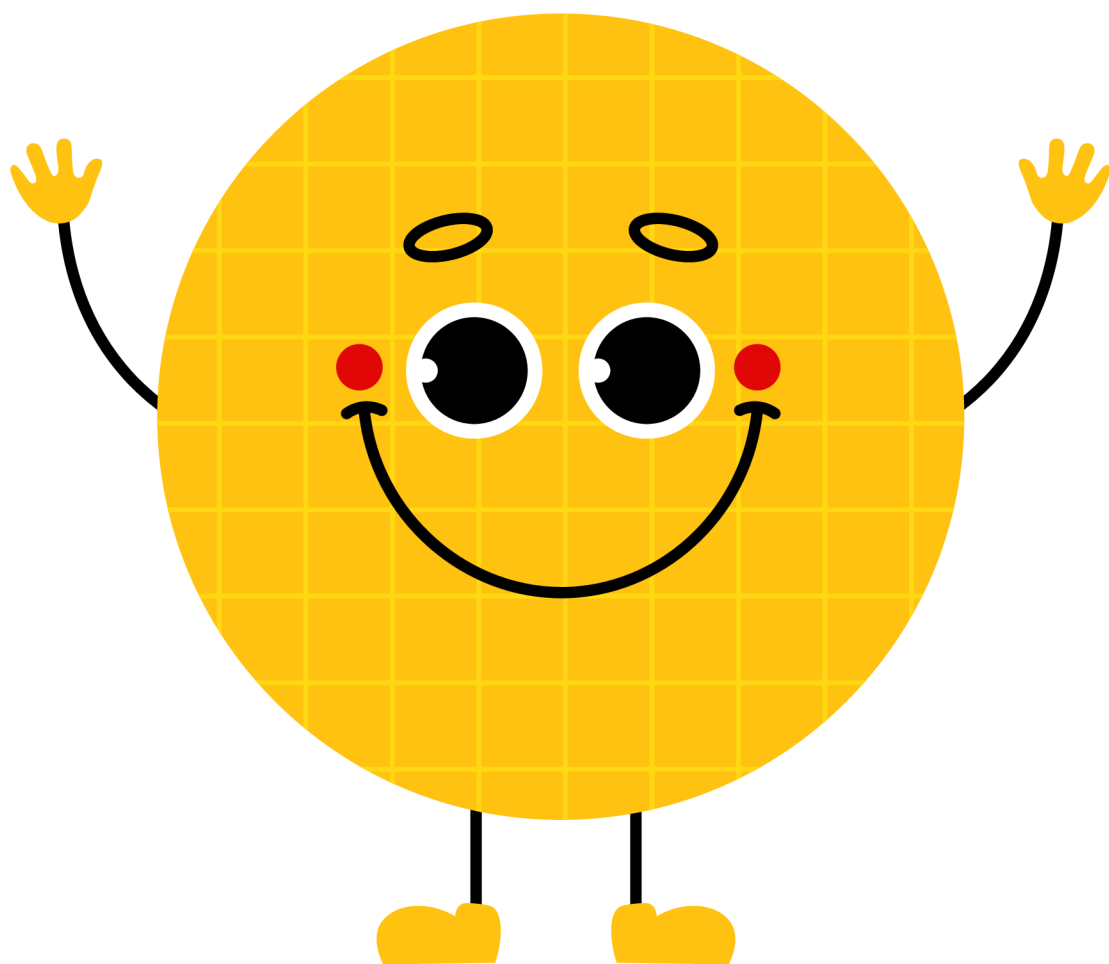
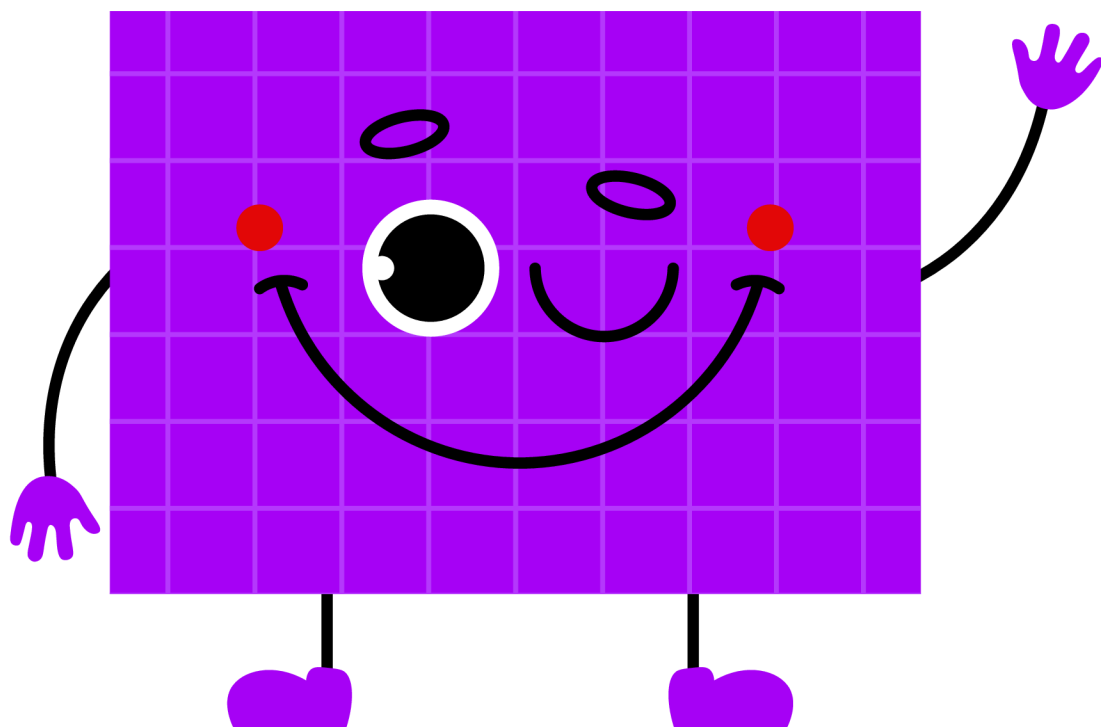
Shape character sheets

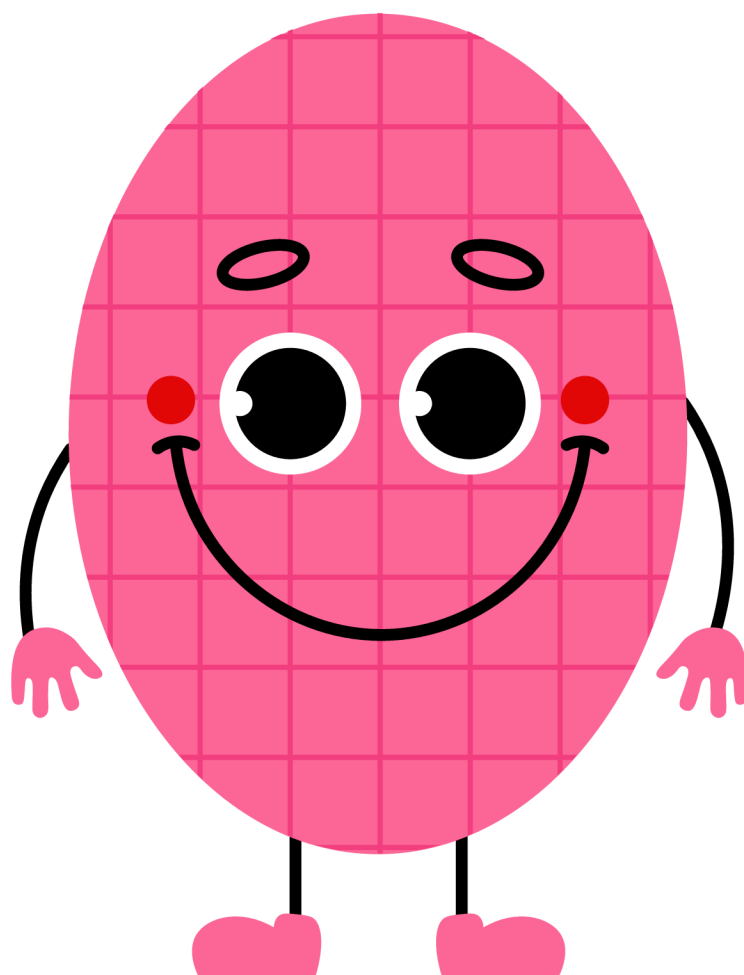
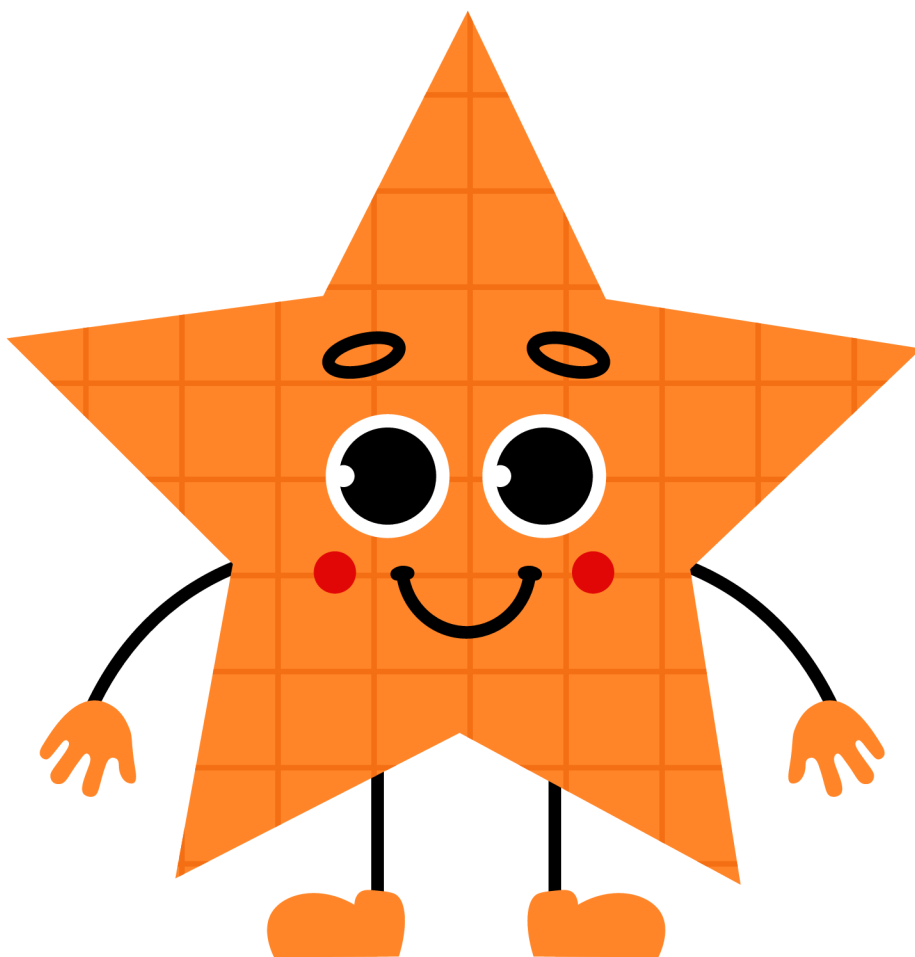
Craft foam shapes

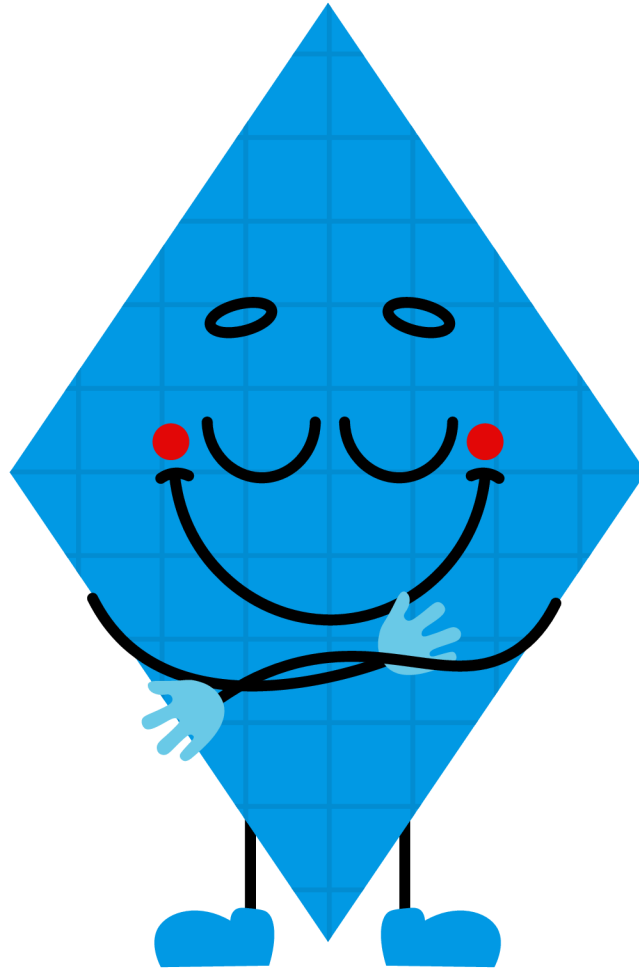
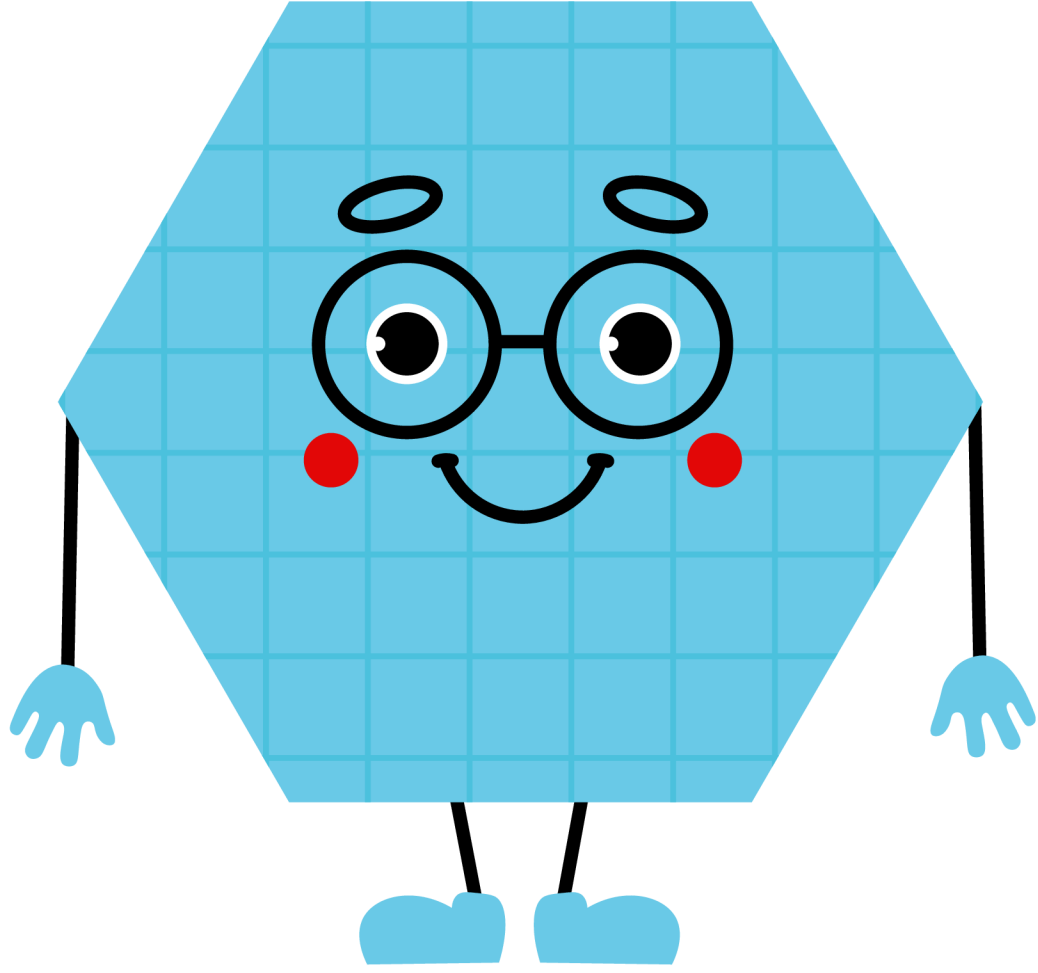
Plastic shape buttons from Early Learning (or equivalent)

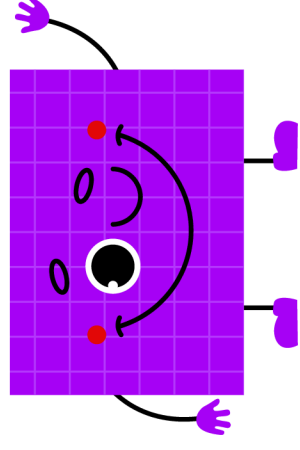
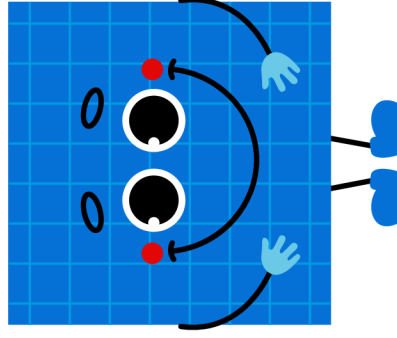
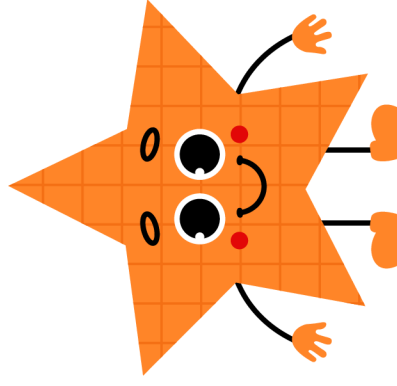
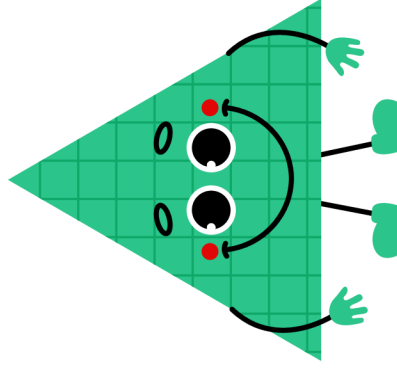
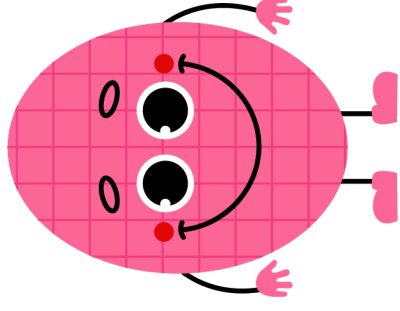
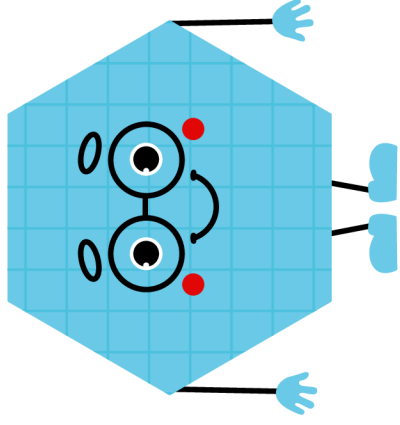
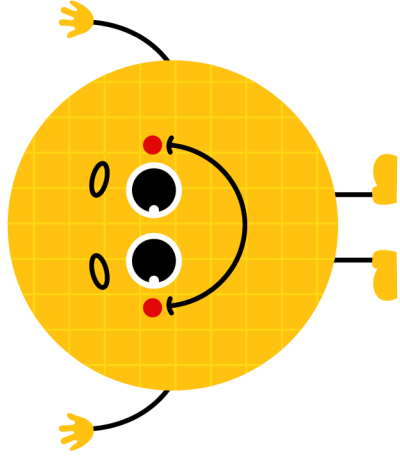
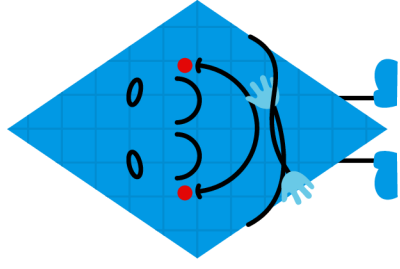
Movement cube

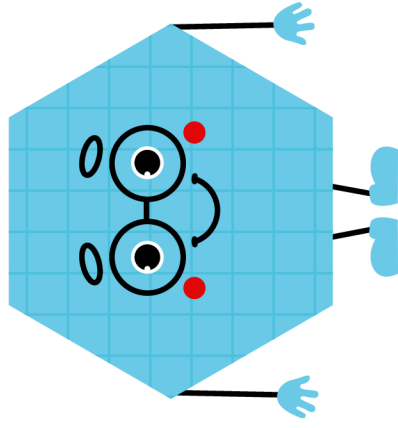
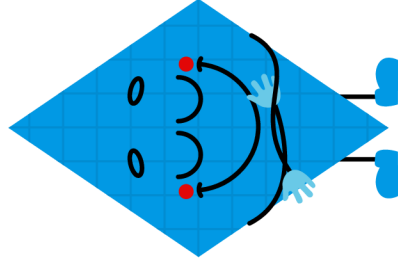
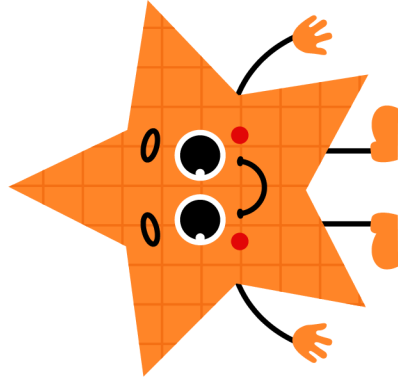
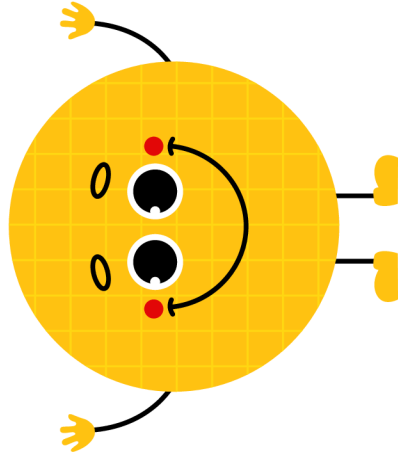
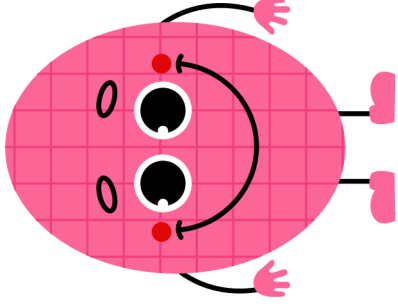
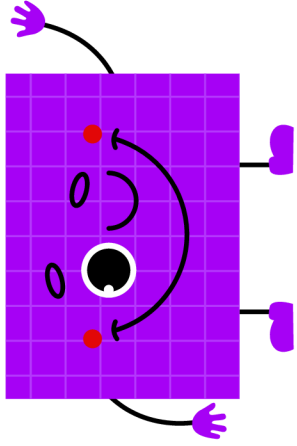
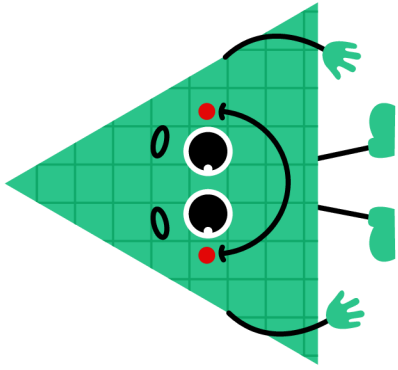
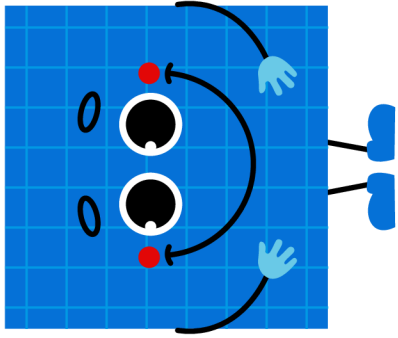


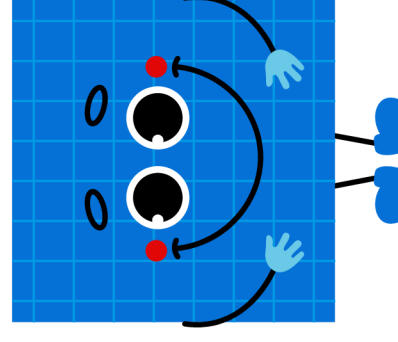
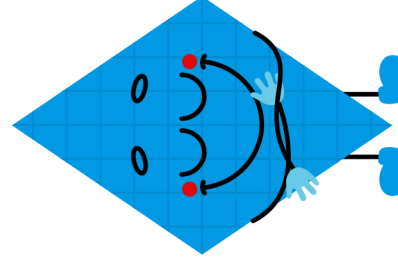
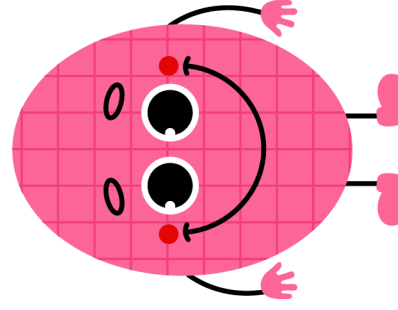
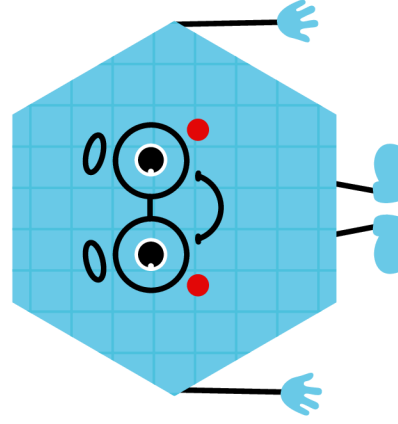
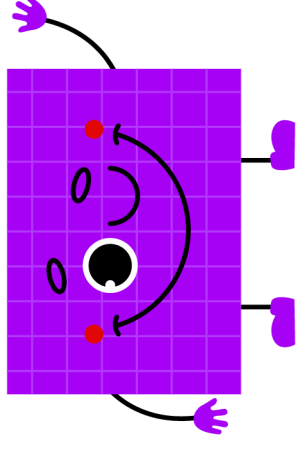
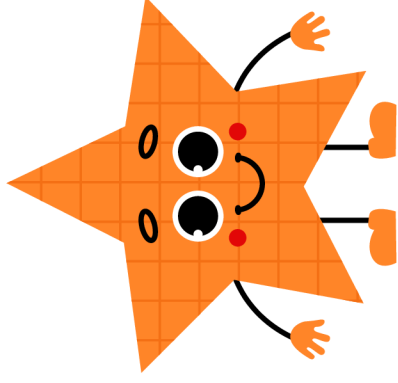
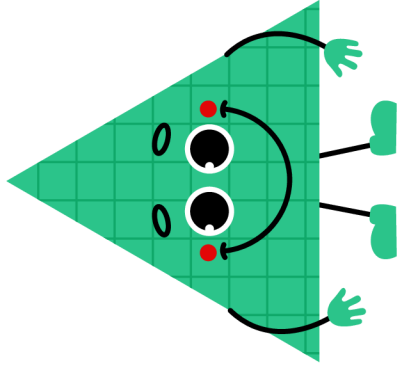
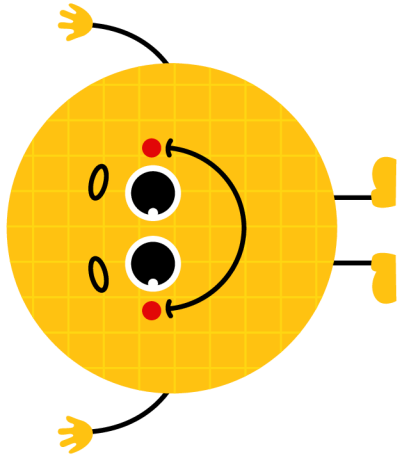


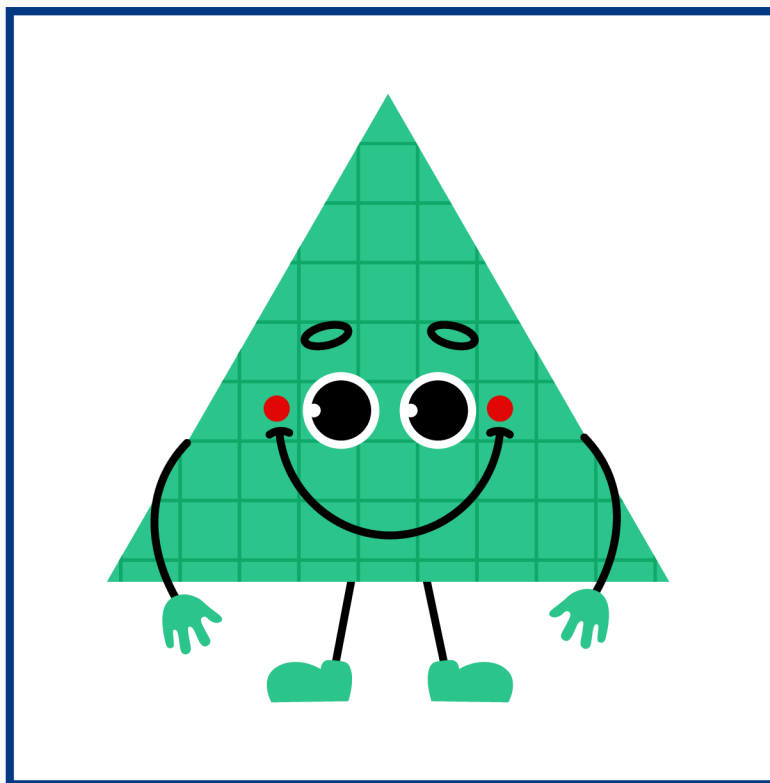
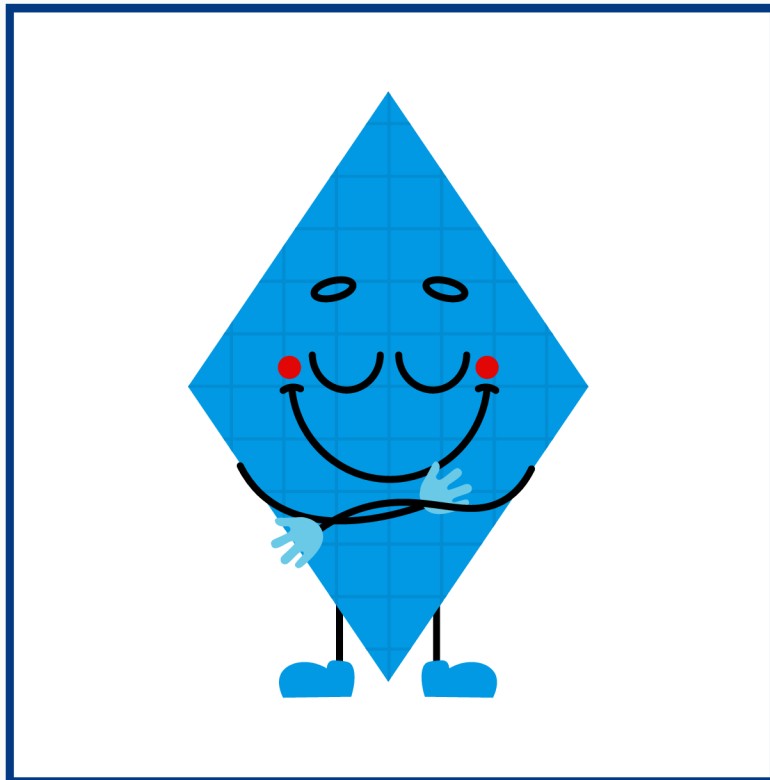


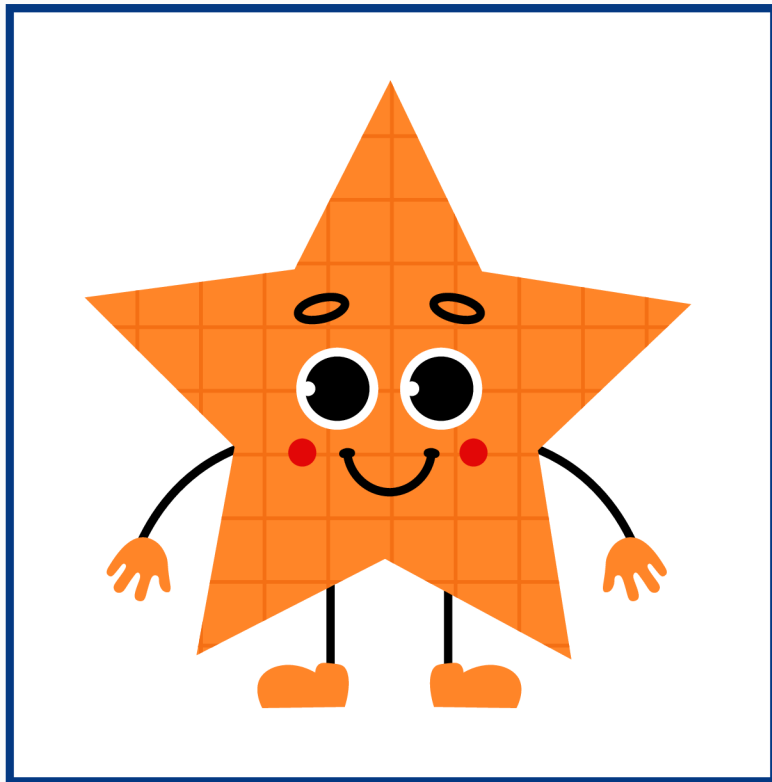
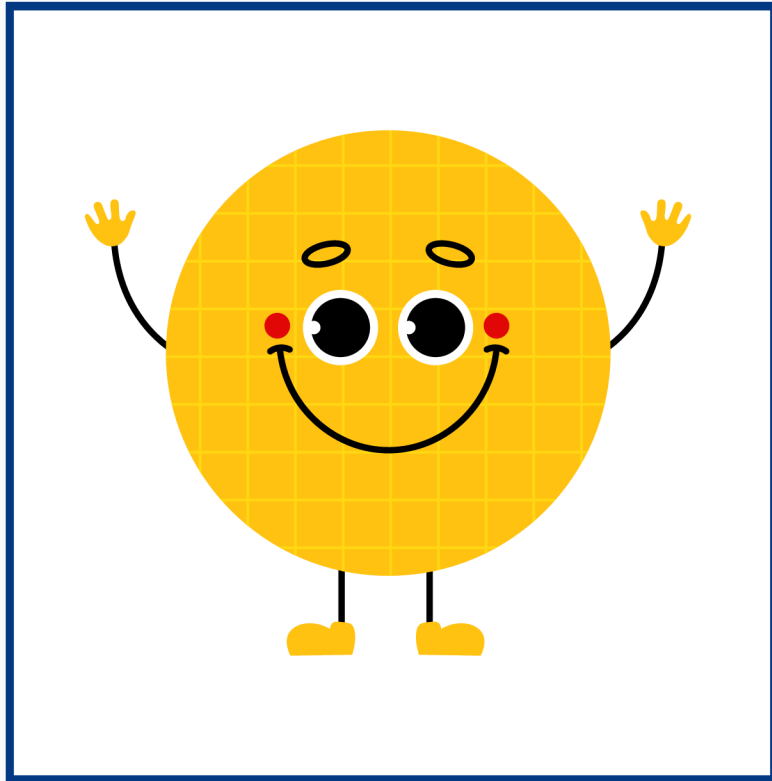


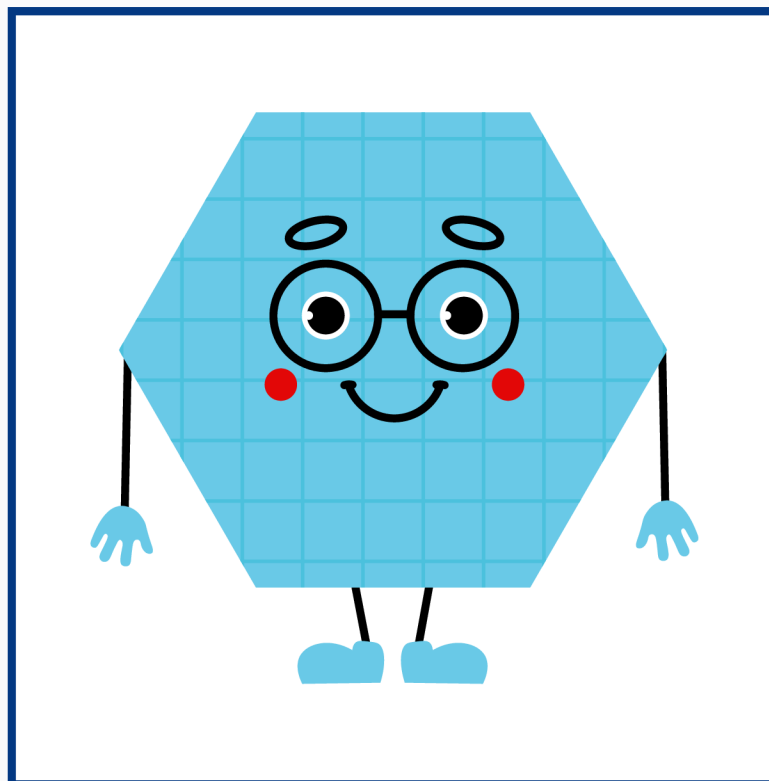
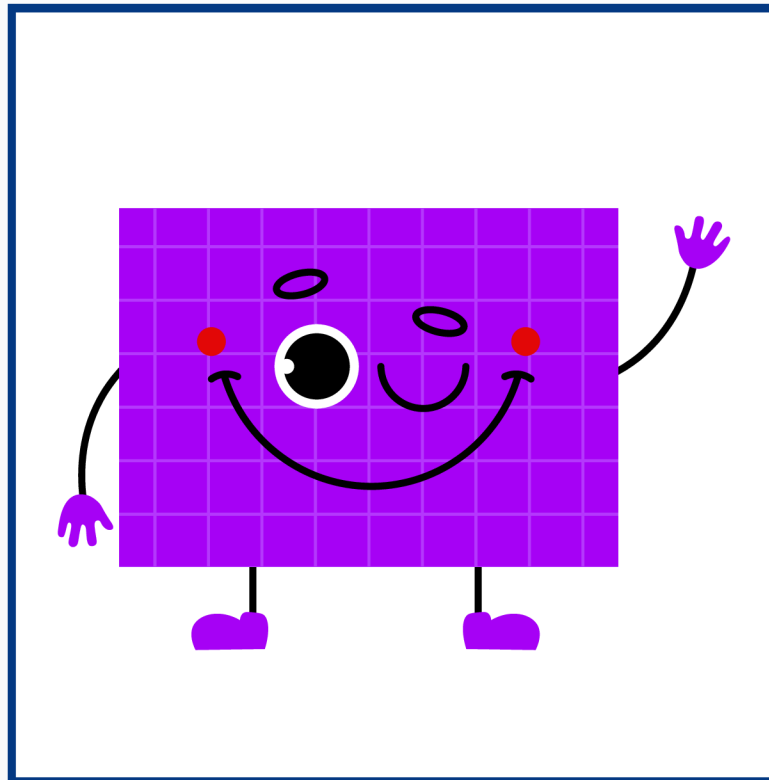


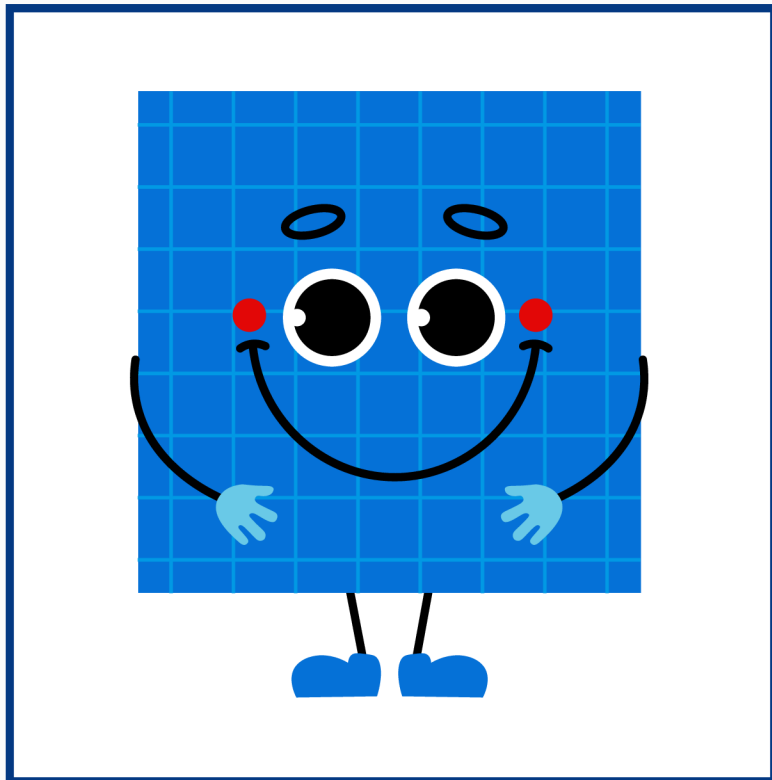
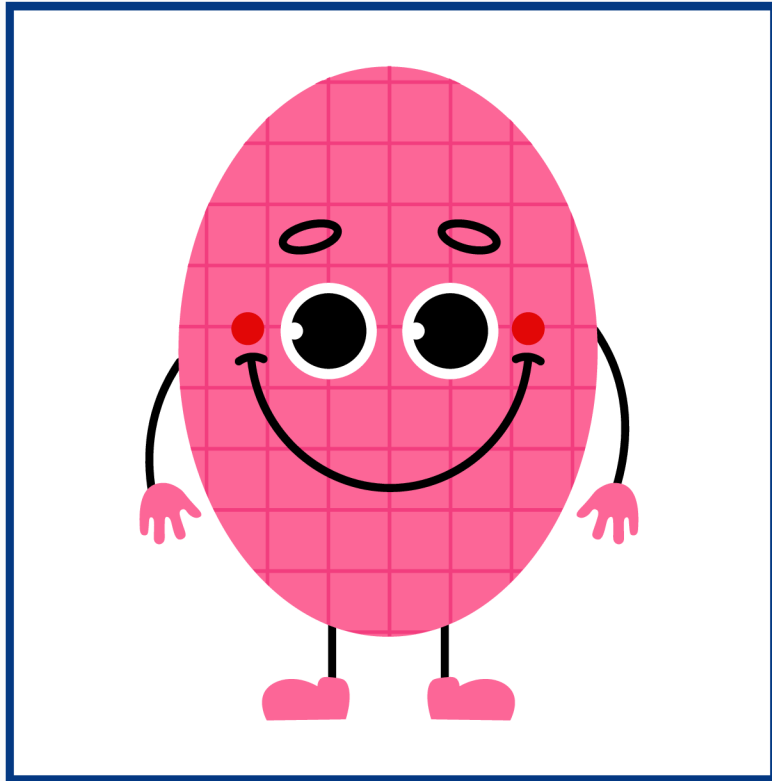












WHAT TO DO:

- Pretending they have paintbrushes
- Print and laminate the colour dots sheet (print as many as needed for your swimmers)
- Using XL coloured pom poms
- Put pom poms in individual eggs
- Place the colour dot sheet at starting point
- The eggs/ pom poms are at the other end of pool space (dot them around so they have to look for them)
 - The swimmers swim down and collect an egg (or just "blob of paint")
 - Swim back and blow "magic bubbles" to open up the egg to place the coloured pom poms on the relative coloured dots. Or blow the "blobs" of paint to make a splodge

Variations:

Add a little scavenger hunt - hide the eggs/pom poms behind, on top of, behind, inside of cups/bowls etc.

Use coloured ping pong balls instead and blow the balls back & use a bowl to place them in (stops the balls rolling off).

Move in in the water as if they are painting a picture (they are the paintbrush)

EQUIPMENT NEEDED:

Noodles

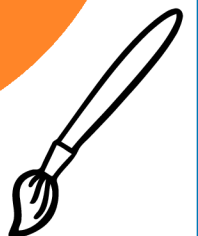
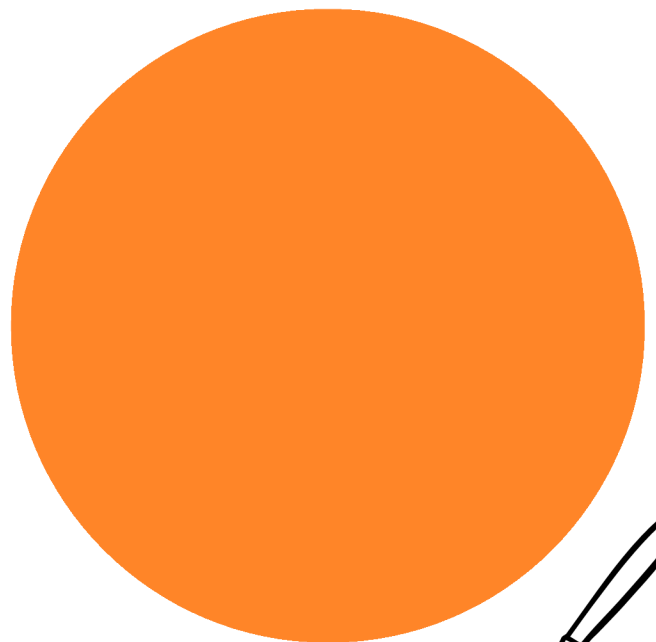
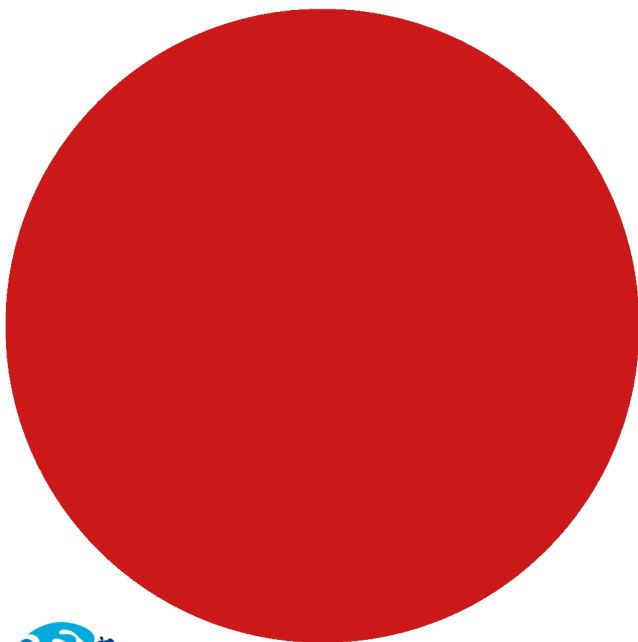
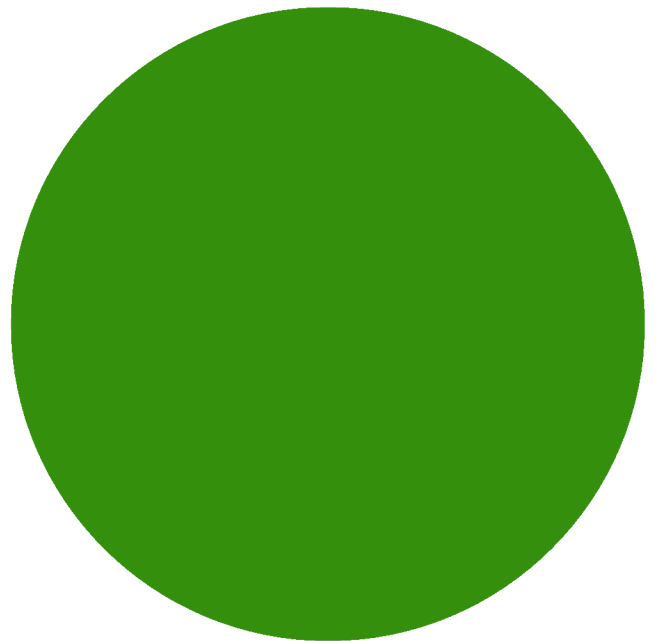
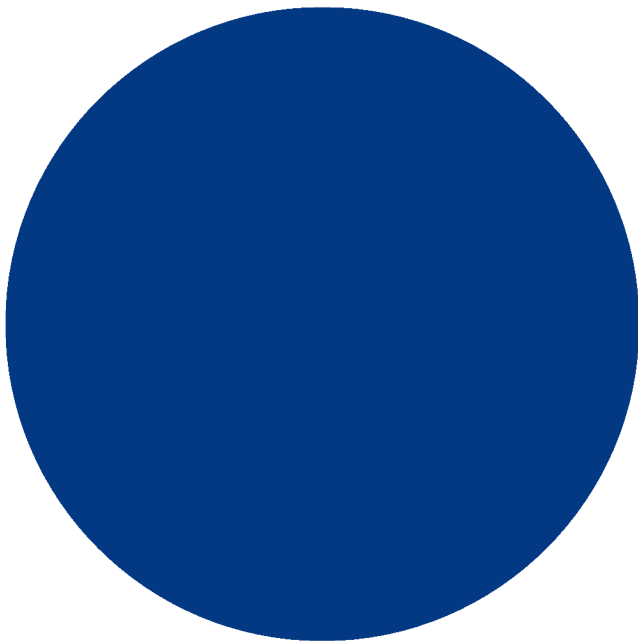
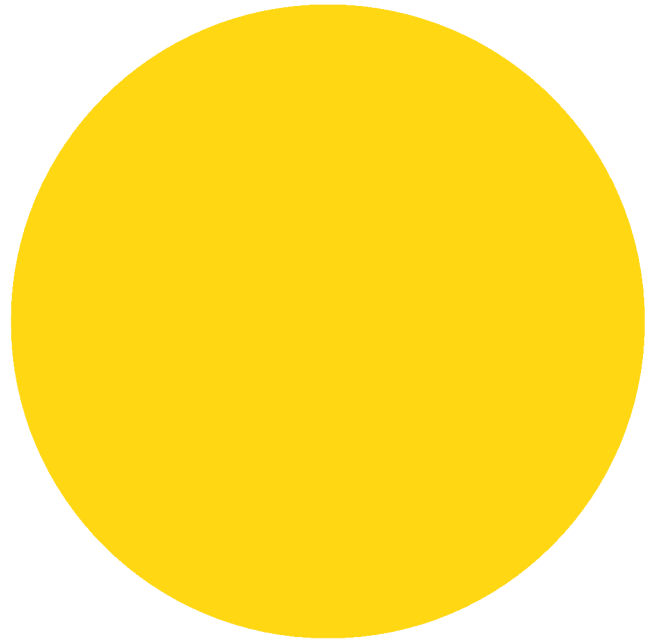
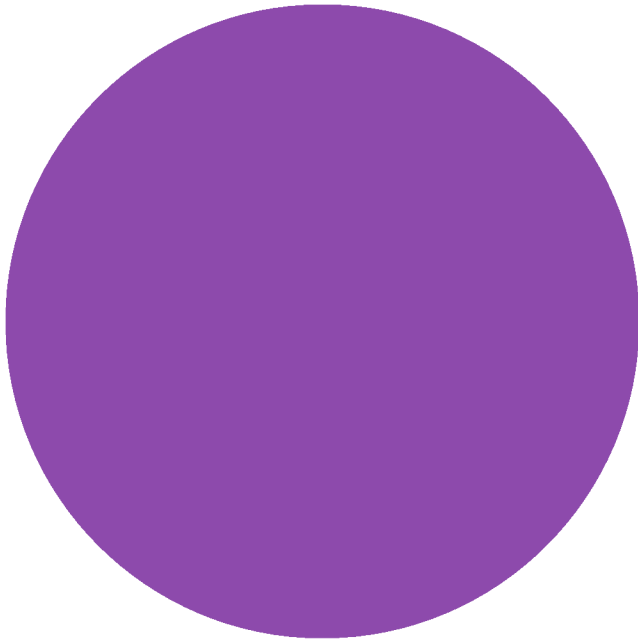
Colour dot sheet

XL coloured pom poms

Plastic eggs

Bowls/containers

Pin pong balls



WHAT TO DO:

- Print off & laminate the story about Finny the Fish
- On the swimmers backs they hold the story that is on a kick board
 - Read the story to the children as they are swimming
 - At the end they collect the relative characters in the story: sea turtles, dolphins & octopus
 - Use craft foam for the characters or bath toys or sea life bath foam characters (from a set)

Variations:

Can use sinkable sea life animals and they search for them as you read the story.

Add dive rings and sensory scarves to create coral reef & sea weed.

Add a bright coloured shell (craft foam) and they swim around trying to find the glowing shell.

Act out the sea life characters as you read them out.

EQUIPMENT NEEDED:

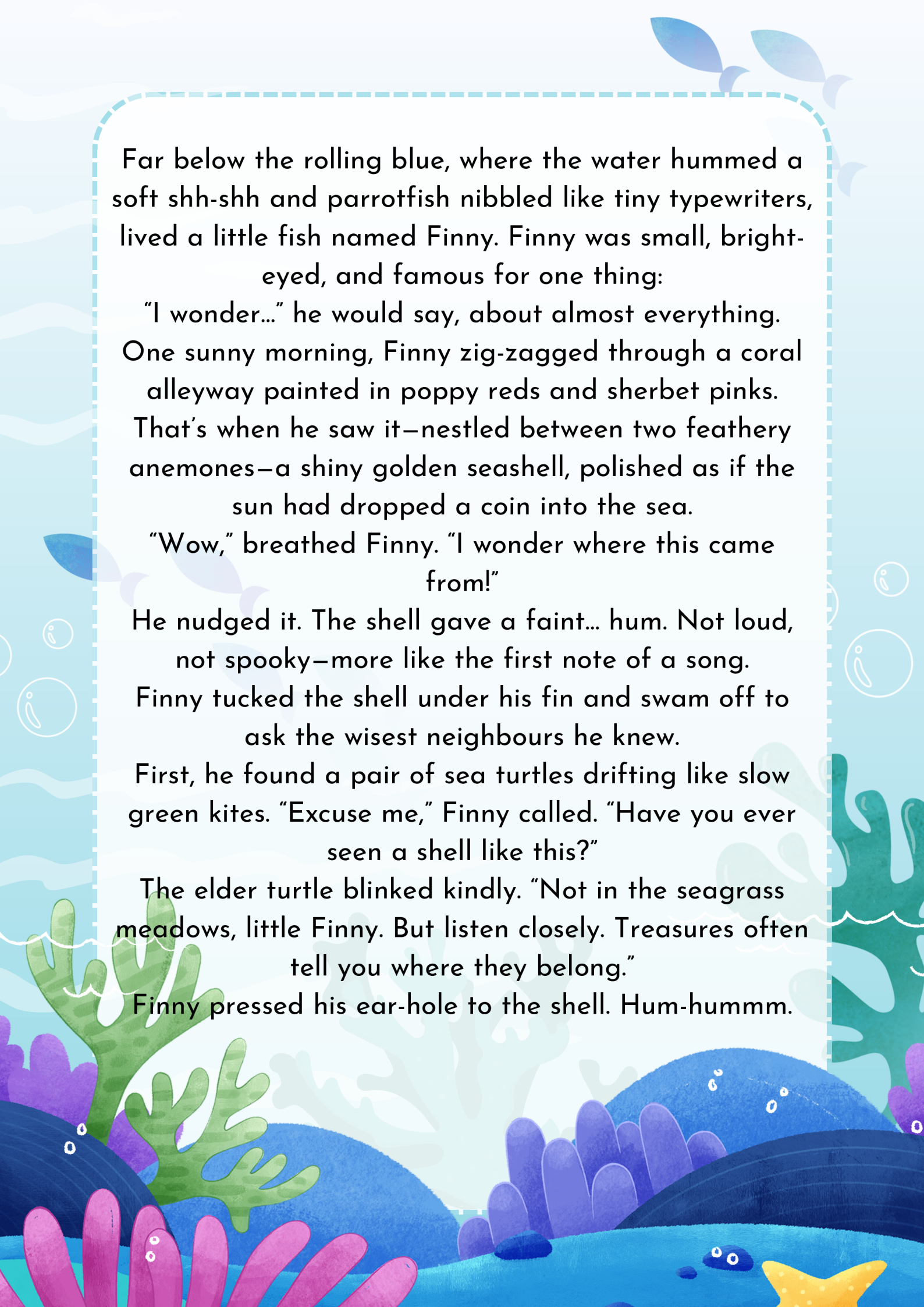
Noodles

Kick boards

Story sheet

Sea life toys/props (floating &/or sinkable)

Dive sticks/rings and sensory scarves

The background of the page is a vibrant, stylized illustration of an underwater world. At the top, there are light blue waves and a few small, light blue leaves. The main body of the page is a light blue color with a dashed blue border. Inside this border, the text is written in a simple, black, sans-serif font. The text is arranged in several paragraphs, with some lines indented. The bottom of the page features a colorful coral reef with various types of coral in shades of green, purple, and pink. There are also some small, white, circular bubbles floating around. In the bottom right corner, there is a small, yellow, star-shaped object. The overall style is whimsical and child-friendly.

Far below the rolling blue, where the water hummed a soft shh-shh and parrotfish nibbled like tiny typewriters, lived a little fish named Finny. Finny was small, bright-eyed, and famous for one thing:

"I wonder..." he would say, about almost everything. One sunny morning, Finny zig-zagged through a coral alleyway painted in poppy reds and sherbet pinks. That's when he saw it—nestled between two feathery anemones—a shiny golden seashell, polished as if the sun had dropped a coin into the sea.

"Wow," breathed Finny. "I wonder where this came from!"

He nudged it. The shell gave a faint... hum. Not loud, not spooky—more like the first note of a song. Finny tucked the shell under his fin and swam off to ask the wisest neighbours he knew.

First, he found a pair of sea turtles drifting like slow green kites. "Excuse me," Finny called. "Have you ever seen a shell like this?"

The elder turtle blinked kindly. "Not in the seagrass meadows, little Finny. But listen closely. Treasures often tell you where they belong."

Finny pressed his ear-hole to the shell. Hum-hummm.

Next, playful dolphins looped around him, clicking with curiosity. “Shiny! Shiny!” they chorused. One dolphin tilted her head. “That’s a Keeper, for sure.”

“A Keeper?” Finny frowned. His fins went fidgety. “I was thinking it might be a Returner.”

The dolphins spun in a whirl of bubbles. “Only one way to know,” the leader trilled. “Follow the song.”

Finny swam deeper, where the light turned from lemonade to blueberry and the water tasted a little colder. In a patch of swaying kelp, a wiggly octopus peeped out, his arms doing gentle noodles. “What’s the puzzlement?” he asked. Finny showed the shell. The octopus tapped it with a careful suckered arm. “Mmm. Golden scallop, pearl-lip edge, humming at sunset... I’d say that belongs to the reef-heart.”

“The reef has a heart?” Finny’s eyes grew round as sand dollars.

“Every home has a heart,” the octopus said. “A place that gathers light.”

Finny’s own heart did a happy flutter. He turned for the coral reef—just as a cheeky current swooshed through, tumbling a cloud of sand.

For a moment, everything went blurry. Finny felt his tummy flip. He pressed close to a rock, steady-steady, and counted three gentle bubble-breaths—blow, blow, blow—until the sand settled and the path came clear again.

On he swam, shell tucked safe. As the sun began to tip towards the horizon, the shell’s hum grew warmer, brighter, fuller, like a song remembering its words. When Finny reached the centre of the reef, a round coral glade opened up—quiet and waiting.

“This must be it,” Finny whispered. His “I wonder...” turned into “I think I know.”

He placed the golden shell on a smooth coral ledge. At once, a soft glow spilled out, as if the shell had been holding the day’s sunshine in its little curved hands. The light threaded through coral branches, skipped along sandy paths, and brushed every fin and tail it met. One by one, the fish began to glow—stripy, spotty, silver, and blue—until the whole reef shimmered like a sky of tiny stars.

The turtles floated in, faces warm as lanterns. The dolphins whirled, leaving spark trails. Even the wiggly octopus waved all eight arms like shining ribbons. Finny’s scales glowed, too—not just from the shell, but from something fizzy and good inside. He had wondered. He had listened. He had chosen.

“Wow,” Finny said, smiling so wide his cheeks made little crescents. “That was brilliant.”

The elder turtle nodded. “Some treasures shine brightest when they’re shared.”

From that day on, whenever a curious creature found something wonderful, they followed its song. Sometimes it was a return. Sometimes it was a keep. But always, they chose with care. And every evening, the reef-heart gathered their light and gave it back—so the coral reef became the brightest, kindest place in the ocean. And Finny? He kept wondering. Because in a world that hums, there’s always another song to follow.

WHAT TO DO:**"I wonder..." echo bobs**

Hands to cheeks, dip-chin, whisper 'I wonder...'

Ocean bubble breaths (3)

Smell the sea... blow the bubbles—1, 2, 3. Lips in the water.

Rainbow Reef trail

Set coloured spots along the wall or pool floor

Swim/step-glide colour to colour.

Find the golden shell

Hide a gold ring under water

Eyes in, look-and-lift. Show me treasure fingers.

Shell hum bubbles

Put lips in and hummmmm to make tiny bubbles—long... short... long."

Turtle glides

From wall: push, arms long, face in/out; count "one turtle, two turtle".

Octopus sticky hands + safe exit/re-entry

Press "suckers" (palms) to wall, count 3, peel; climb out + sit-and-swivel back in.

Cheeky current: anchor & breathe

Pretend a current whooshes.

Star feet, hold the wall, 3 calm bubble breaths; if ready, roll to back for a tiny 'float-to-live'.

Keeper or Returner? delivery swim

Place two cones on deck (KEEP/RETURN).

Carry the floating 'shell' to your choice and park it.

Reef-heart circuit

Wall push → spot → noodle gate → teacher. At each stop:
1 glide, 3 bubbles, back star "hello sky".

Place the shell

One at a time, carry the treasure to a centre mat and set it down softly.

Glow-up reef

Each child holds a glow stick to chest and back-star float (supported as needed). Whisper: "Some treasures shine brightest when they're shared."

Noticing game: spot three

Spot three blues / three circle shapes on tiles, toys, or my kit."

Wonder wave exit

At the wall, each shares one "I wonder..." (or points to a picture choice), then proud glide to exit.

EQUIPMENT NEEDED:

Gold dive ring/toy

Coloured floor spots

Noodle "gate"

Small float mat

2 cones (KEEP/RETURN)

Picture cards (turtle/dolphin/octopus)

glow sticks/LED

