



BIRTHDAY CELEBRATIONS



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ACTIVITIES:

Decorate the cakes - use loose part play materials & the play mat.

Cupcakes:

- Using the cupcake play mats or craft foam cupcakes (use template).
- Bath foam numbers & candles (silicone straws (cut), dive sticks, glow sticks)
- Swimmer picks a number & that is the amount of candles they go and collect.
- Can add that sing song and then "blow" the candles out.

Create a floating birthday cake

- Use a large floating mat or tray (kick board or baby float) as your "cake base."
- Decorate it with foam shapes or small toys.
- Place your pretend candles on top—then have the swimmers "blow them out" with big breaths and bubbles.

Treasure Hunt / Scavenger Hunt

- Scatter floating or sinking "birthday gifts" (coloured sinkers, rings, coins, or wrapped foam objects) in the pool.
- Swimmers collect them one by one and place them in a floating basket or "present pile".
- Add a storyline: "Help gather the presents before the party starts!"

Pin the tail on the donkey (Stick the decoration on the cake):

- Use a floating board or laminated play mat stuck to the pool wall.
- Give each swimmer a floating foam shape (star, candle, balloon).
- With closed eyes (or using blacked out goggles), have them swim over and try to place it in the right spot.

Balloon relay races:

- Use beach balls or water balloons.
- Swim across the pool pushing the ball with your nose, head, or body—no hands!
- Add team races or obstacle twists (under floats, over noodles).

Musical Islands (Musical chairs):

- Use float mats, rings, or kick boards as “islands”.
- When music plays, swimmers swim around the islands.
- When it stops, they must quickly get on one!
- You can remove an island each round, or just rotate players for fun (no pressure).

Build a Pizza:

- Float a large mat or kick board – this is your pizza base!
- Scatter “toppings” (floating toys, coloured balls, foam shapes) around the pool.
- Swimmers collect them and add to the “pizza.” (Ideas for toppings: Red balls = pepperoni / Green rings = peppers / Yellow foam = cheese / Sinkers = mushrooms)

Pizza delivery game - optional additions (see game card & "toppings" skills:

- Make a "Pizza Menu" board showing the toppings and actions.
- Let the birthday swimmer choose the topping for the group each round.
- Hide the cards under floaters or inside "mystery" pizza boxes to choose.
- Create a "Chef's Challenge" card that mixes 2 toppings (e.g., kick AND blow bubbles at the same time).

Melt the ice cream

- Swimmers hold small floating balls or ping pong ball scoops.
- When the teacher shouts, "SUNSHINE!" they must blow bubbles to melt the scoop.
- You can float the "scoop" on a small ring and have them blow it across the pool like it's melting.

Flavour freeze

- Teachers calls out a flavour and assign it a skill or action:

-  Strawberry - Front float
-  Chocolate - Mushroom float
-  Banana - Glide with arms stretched
-  Vanilla - Blow bubbles
-  Rainbow - Star float

- When the flavour is called, swimmers must perform the action – but FREEZE at the signal ("Cone time!").

EQUIPMENT LIST:

Play mats

Loose part play items for decorating the cake

Cupcake play mat or template for craft foam shapes

Big float / kick boards

Pizza topping cards, props, slices

Song sheets

Candle replacements for the pool:

1. Glow Sticks

2. Floating Tea Lights (battery-operated & waterproof)

Use waterproof LED tea lights - some flicker like real flames!
Pop them in small floating rings, or place them on a floating "cake"
(kick board or float).

3. Pool noodle candle sticks

Cut short sections (10-15cm) of thin pool noodle.
Stick a craft foam flame on top with waterproof glue..
Float them in the water.

4. Foam craft candles

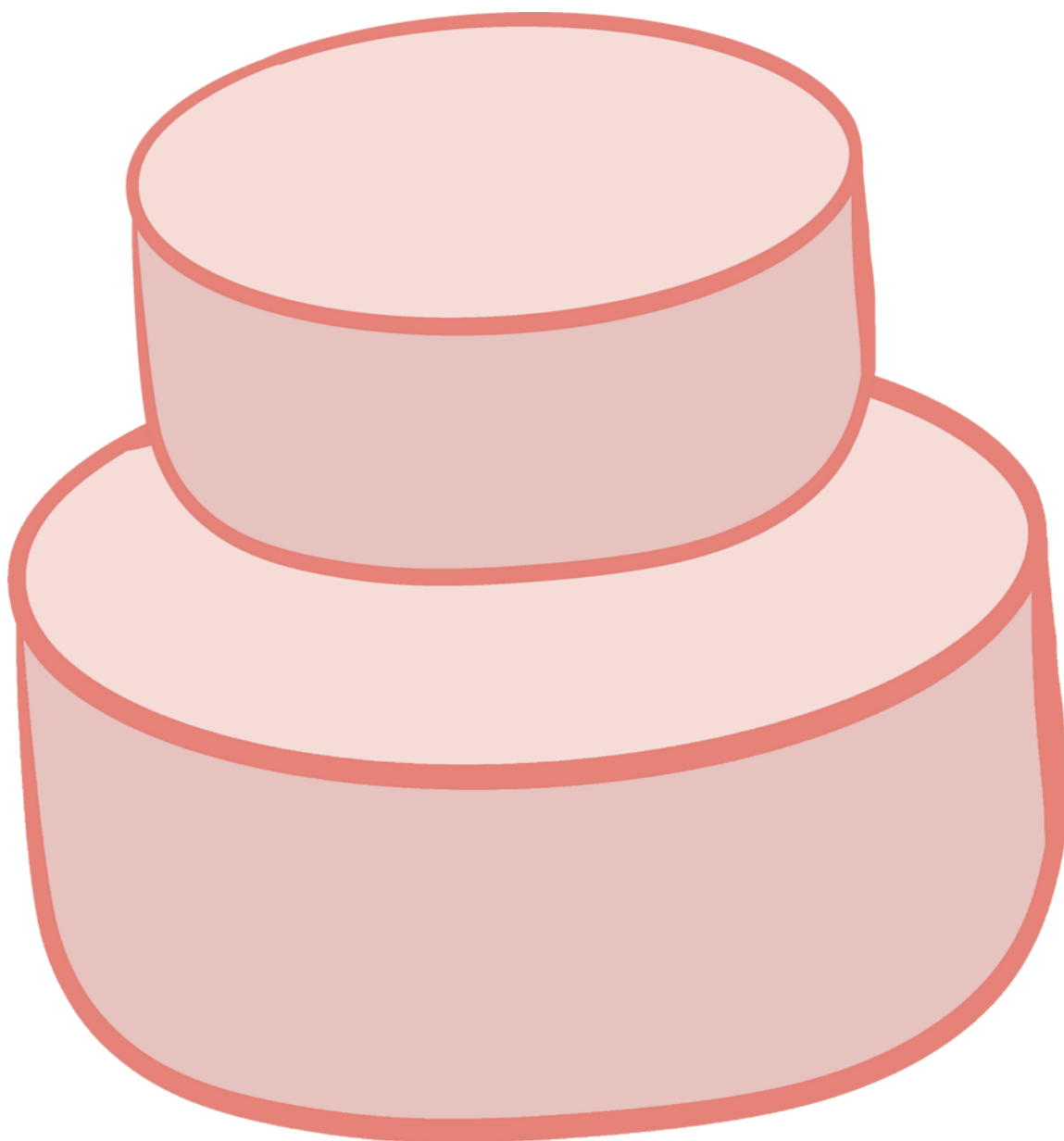
Use brightly coloured foam sheets to create rolled-up "candles" and
flames.

5. Birthday candle yoys (DIY play candles)

Use small plastic tubes (like empty bubble wands) with foam flames
on top.

Tape or velcro to floating mats, or let children "blow" them out with
bubbles.





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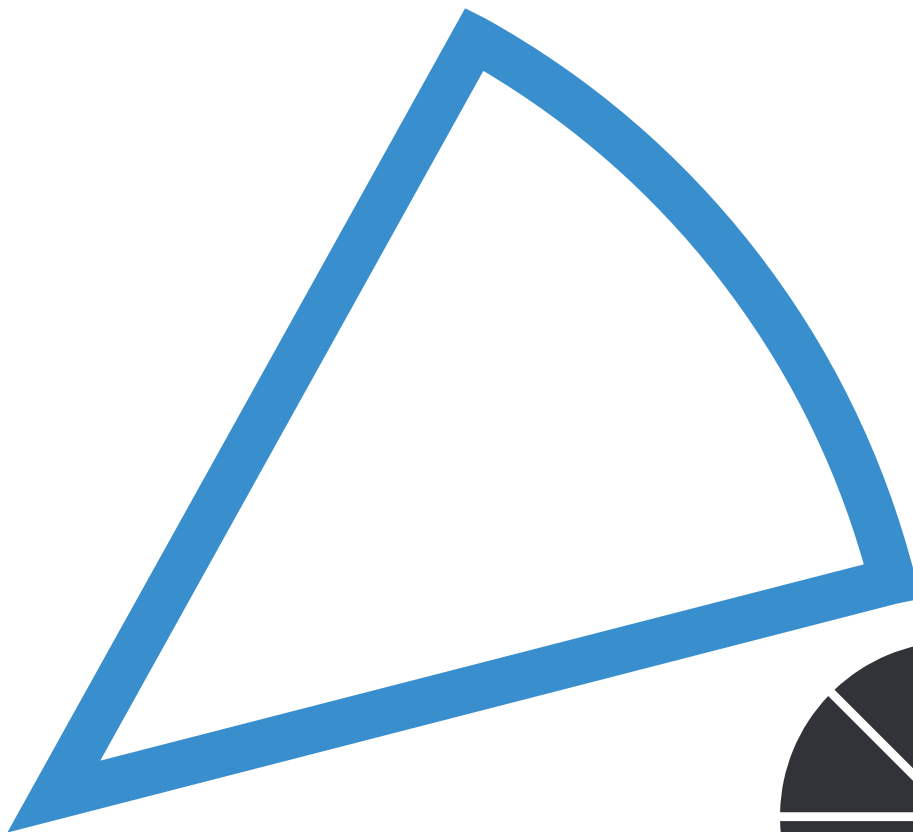
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PASS THE PARCEL

Pass the pool toy

Sit swimmers in a circle or float them around using noodles.

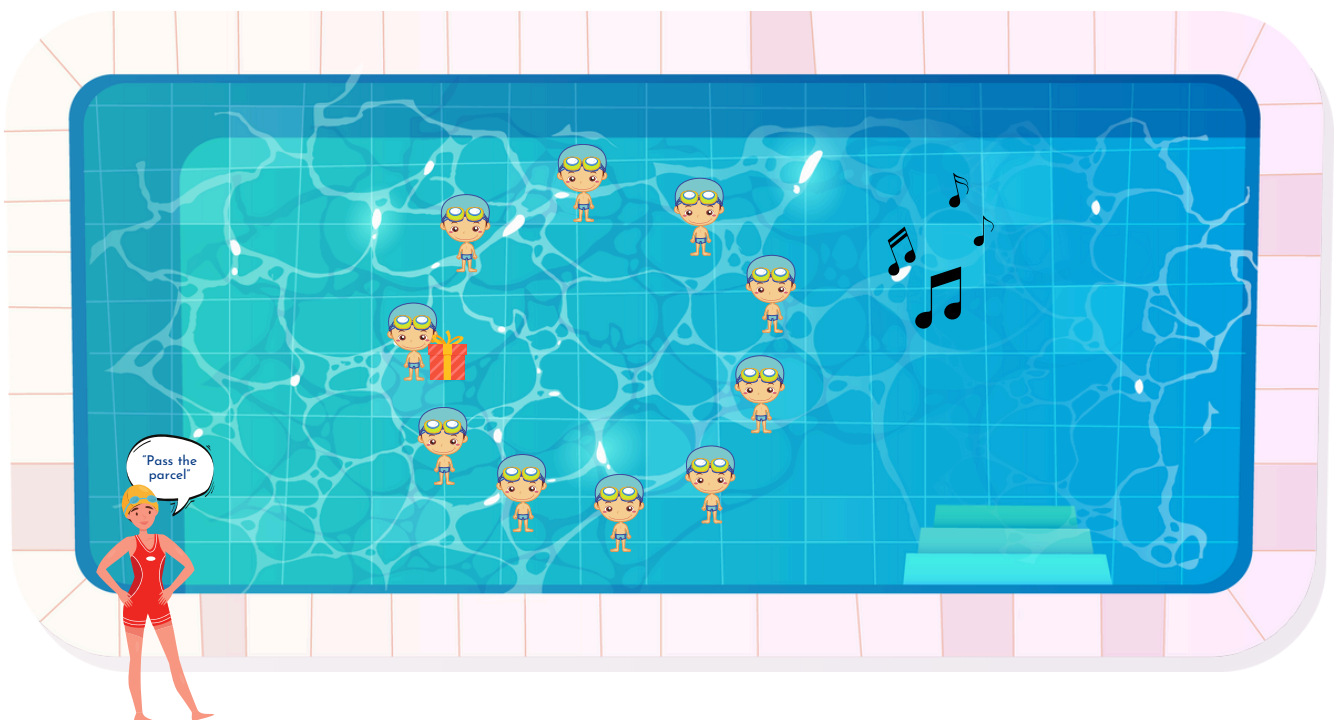
Pass a floating toy while music plays.

When the music stops, whoever has the toy does a mini challenge (e.g., blow bubbles, jump in, pick up a sinking toy).

No eliminations - just giggles!

Variations:

- The “present” could be something that sinks down and if it is dropped then the swimmer has to go down and collect it.
- Rather than passing - they can have more of a distance and throw the toy.
- Teacher shouts how the “present” is passed - throw or pushed, kicked, balance it etc. as they go through the game.



MUSICAL STATUES

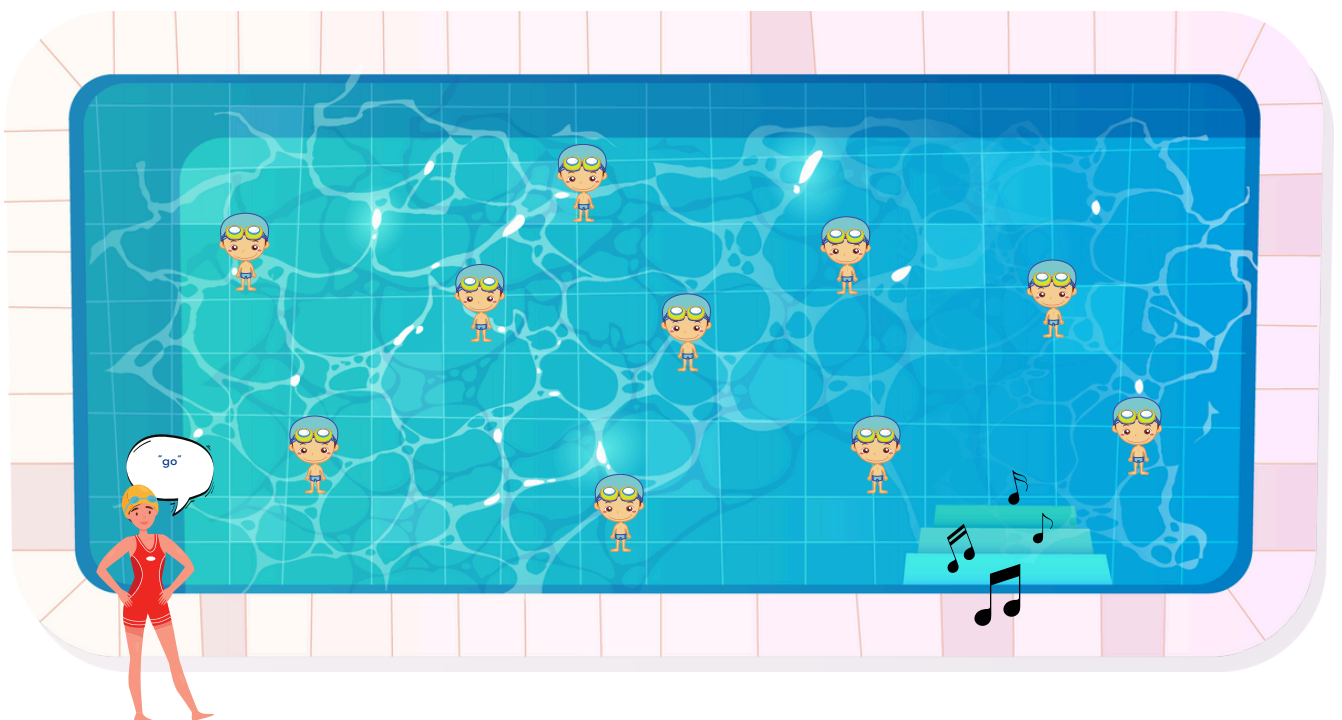
Floating Statues

How it works:

Play music while swimmers move around the pool (swimming, floating, paddling).

When the music stops, they must freeze like a statue.

Add themes: "freeze like a dolphin", "freeze on your back", "float like a jellyfish".



PIZZA DELIVERY RELAY

Give each swimmer a floating ring, plate, or laminated / craft foam shape pizza slice to "deliver."

Give enough for each team member one piece each to make up a whole pizza.

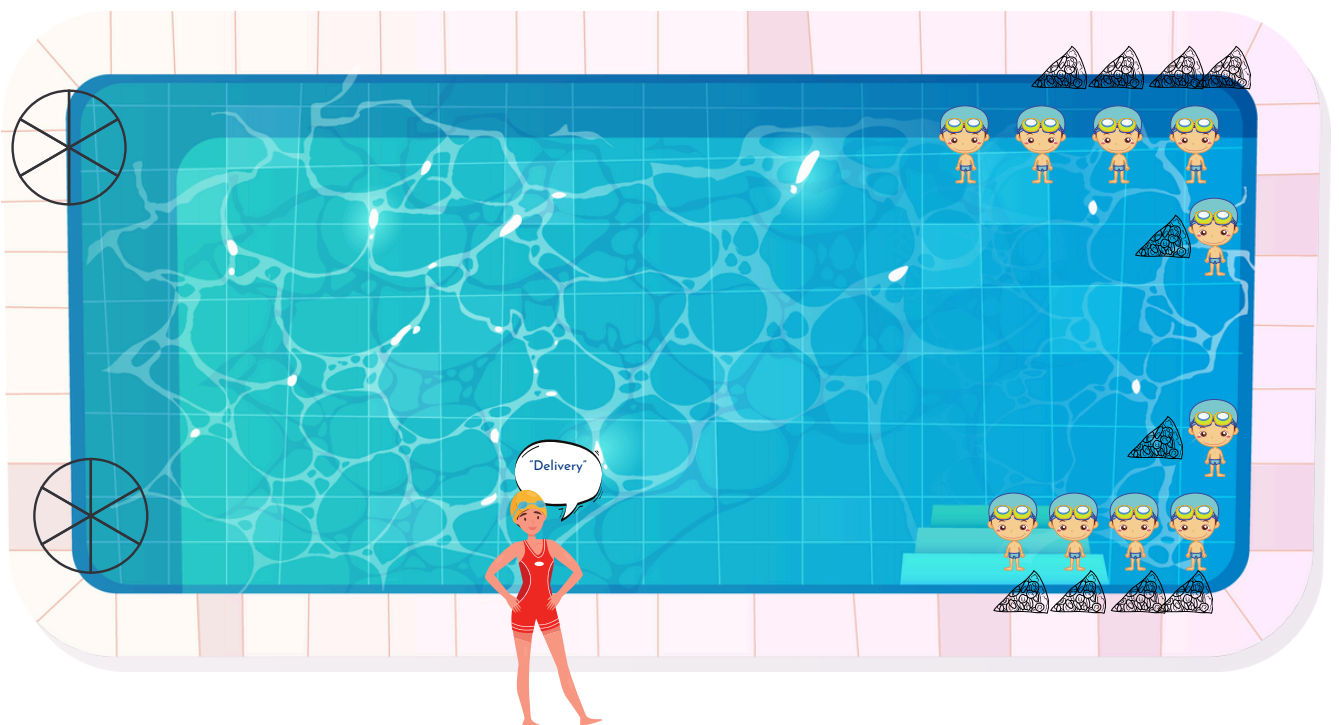
They swim across the pool carefully balancing the pizza on their head, hand, or float.

Place their slice and then swim as fast as they can back for next swimmer to do the same.

The team that creates their whole pizza are given the best delivery service star.

Variations:

- Can add a bigger pizza so that they choose as a team who goes more than once.
- They pick a "topping" card and they perform the skill that is on the card before they take it down - do it as a group or individually.



BUILD AN ICE CREAM

Use a cone-shaped float (or sport cone or a pretend ice cream cone) as the ice cream cone.

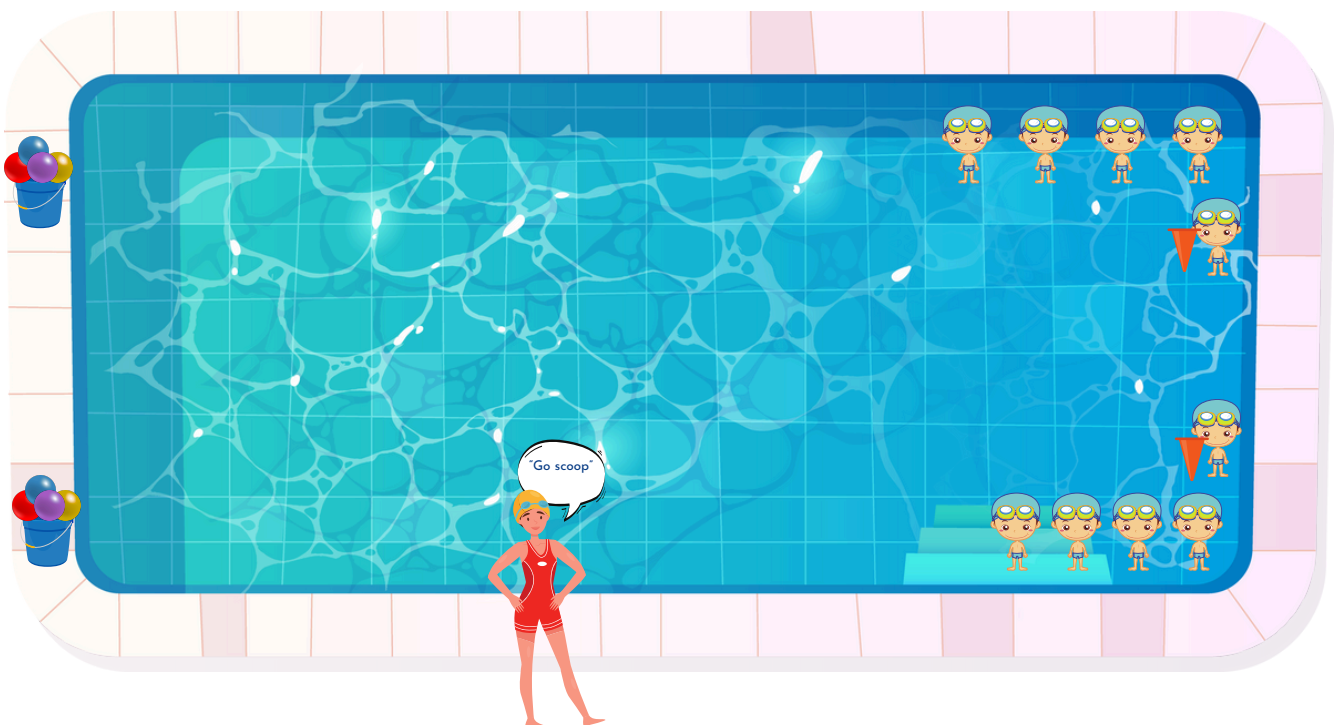
Scatter floating balls, foam shapes, or coloured materials around the pool to represent ice cream scoops.

Swimmers collect them and "stack" them in the cone one by one.

Yellow = Vanilla
Purple = Blackcurrent
Red = Strawberry
Brown = Chocolate
Blue = Bubblegum

Variations:

- You can place the scoops on a floating tray or inside the cone, or ask swimmers to stack them on a tower of floats or pass them to a friend waiting at the cone.
- You can turn it in to a relay race - team wins when all scoops have been collected.



Pizza topping skill prompts

1. Pepperoni

Kick fast on the wall or kick board for 15 seconds
("Spicy pepperoni - kick like it's hot!")

2. Cheese

Float like melting cheese (starfish float on back or front)
("Stretch out and s-t-r-e-t-c-h like gooey cheese!")

3. Mushrooms

Mushroom float (hug knees and bob like a mushroom)
("Curl up into a mushroom and hold your breath!")

4. Olives

Dive down and collect something round (like a ring or heavy ball)

5. Pineapple

Jump in and spin (like a tropical swirl!)
("Add a twist with a pineapple splash!")

6. Ham

Back paddle gently like you're sliding a slice across a pizza
("Push gently with your hands like spreading ham.")

7. Peppers

Do big arm circles (like slicing peppers through the water)
("Chop-chop-chop with your big arms!")

8. Tomato Sauce

Blow bubbles across the pool – spreading the sauce!
("Blow a sauce trail all the way to the pizza base.")

9. Anchovies

Glide with arms tight and straight – slippery fish!

10. Sweetcorn

Pop up and down like popcorn (bounce or jump from the floor or side)

("Be a jumping kernel of sweetcorn!")





CHOICE OF TOPPINGS

Pepperoni
Cheese
Mushrooms
Olives
Pineapple
Ham
Peppers
Tomato Sauce
Anchovies
Sweetcorn



BIRTHDAY FREEZE DANCE

TO THE TUNE OF HEAD, SHOULDERS, KNEES AND TOES

Splash, paddle, float, and freeze, float and freeze!
Splash, paddle, float, and freeze, float and freeze!

Turn around and blow some bubbles too,
Then jump in and shout "Happy Birthday to you!"

Actions:

- Follow swimming-themed actions (paddle arms, float on back/front)
- Use "freeze" moments for fun listening practice
- Big finale with everyone shouting "Happy Birthday!"



PASS THE BIRTHDAY GIFT TO THE TUNE OF IF YOU'RE HAPPY AND YOU KNOW IT

If it's your birthday and you know it
give a splash (splash splash),
If you're feeling super duper
give a kick (kick kick),
If you love to swim and you love to play,
Let's all shout hip-hip hooray!

Actions:

- Pass a floating toy as a "gift"
- Encourage clapping, kicking, and splashing
- Celebrate the birthday child with cheers



HAPPY BIRTHDAY SPLASH

TO THE TUNE OF HAPPY BIRTHDAY TO YOU

Happy birthday to you,
Let's all splash in the blue!
We'll swim and we'll play,
On your special day too!

Actions:

- Splash hands or feet on the beat
- Swim in a circle around the birthday swimmer
- Blow bubbles on "special day"

