

HOW LOW CAN YOU GO?

Nothing beats good-old digging in the sand. Get your kids to see how deep of a hole they can dig and when they've dug as far as they can, see if an adult can fit in the hole or see how long it takes to fill the hole with water. Please remember to fill in any holes you dig in the sand when you're done playing for the safety of other people using the beach.

REQUIRED: shovels and varying levels of attention span

SKILLS DEVELOPED: lifting and lowering objects

WATER BUCKET RELAY

Kids love relay races, and at the beach the old egg and spoon race can be replaced with a water bucket relay. Give each child a plastic cup, spoon, or large shell and have them run to the water, fill their carrying implement, and race to empty it in a bucket. Kids love the challenge of trying to keep the water from spilling before they get it into their bucket.

REQUIRED: a bucket and carrying tool for each child

SKILLS developed: balance, agility

TUG OF WAR, BEACH STYLE

Using a skipping rope or towels tied together, stand at the water's edge. Divide the kids (and adults) into two teams. Make sure the middle of the rope is right over a line drawn in the sand. Hand the ends of the rope to each team and show them how to pull. Be prepared to end up in the water!

REQUIRED: a skipping rope and strong muscles

SKILLS DEVELOPED: balance

SAND HOPSCOTCH

Bring the popular hopping game to the beach! Using a stick or rock, draw a grid on the sand and use rocks or shells for markers. If the sand is hot, don't forget your flip flops or water shoes.

Required: nothing to bring along other than a bounce in your step

Skills developed: hopping, throwing "Parachute" Games

Kids love parachute games. Adults love parachute games. So grab a large beach towel and a beach ball, hold the ends and sides of the towel with the ball in the middle of the towel, and see how high that ball can bounce. Aim for the sky!

REQUIRED: a beach towel and beach ball

SKILLS DEVELOPED: lifting and lowering, motor control of hands and arms

BOCCE BALL

Bocce ball is so simple for all ages to learn and to play. A "jack" or target is thrown on the sand. Players then throw their weighted balls and the one who gets their ball closest to the target wins a point. The game continues until a certain number of points are reached. If you don't own a bocce set, improvise with rocks and other beach treasures. Just always make sure no one is walking by when it's your turn to throw!

REQUIRED: bocce set or beach treasures

SKILLS DEVELOPED: throwing

REMEMBER:
ADULT
SUPERVISION AT ALL TIMES



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