

25 Things to do at the Beach

Activity	What to do	Curriculum links
Build a sand castle	Can you take a bucket and spade to the beach and make a sand castle? How many castles can you make? Can you find shells to decorate your sand castles?	Physical Development Mathematics Understanding the World Expressive Arts and Design
Go paddling	Can you have a paddle at the edge of the sea and enjoy the sand and water between your toes? How does it feel? Can you tell an adult how it feels?	Communication and Language Physical Development Understanding the World
Write your name in the sand	Use your finger, or find a piece of driftwood and make patterns or write big letters to make your name in the sand.	Physical Development Literacy
Look for sea shells	Collect a variety of different shells. How many different colours, different sizes and different types of shells you can find?	Physical Development Mathematics Understanding the World
Have a picnic	Can you help an adult to prepare a picnic to take to the beach? What food will you take? Watch you don't get sand in your sandwiches when you get there!	Communication and Language Physical Development
Read a beach themed book	Take a book to the beach. Do you have a beach themed book? E.g. The snail and the Whale, or do you have a favourite story you could take to the beach with you for an adult to share with you?	Communication and Language Literacy
Play noughts and crosses in the sand	Can you find some wood or a stick to create lines to play noughts and crosses in the sand? Can you play the game with a sibling/friend or adult? Who won?	Personal, Social and Emotional Development Physical Development Mathematics
Dig a hole and bury someone's feet	Dig a hole and bury a sibling's, an adult's or even your own feet in the sand.	Communication and Language Physical Development Mathematics
Go for a walk	On your beach walk can you talk to an adult about what you see? What can you see? What can you hear?	Communication and Language Physical Development Understanding the World
Explore a rock pool	Take a net with you to the beach and explore a rock pool. Can you find a crab? What else may you find?	Communication and Language Physical Development Understanding the World
Build a pebble tower	Can you find flat stones of different shapes sizes and pile them up into stone towers? How many pebbles can you use before it topples over? How many pebbles does it take?	Physical Development Mathematics Understanding the World
Look for birds	How many different types of sea and shore birds can you spot? Take some paper and a pen and keep a count of different types and maybe draw them too.	Communication and Language Mathematics
Have a treasure hunt	Pretend you are a pirate and hunt and dig for buried treasure. Maybe you could make a large X in the sand to mark the spot?	Communication and Language Physical Development Mathematics Understanding the World

Take a photograph of a sandcastle you've made	When your time at the beach is almost over, can you take photos of all the different things you have done? E.g. The shells you have collected, the sandcastle you have made, any birds you have seen, the fun time splashing in the waves?	Communication and Language Understanding the World
Pick up unwanted litter	If you see any plastic rubbish can you help to keep the beach clean and sea animal's safe by taking it to a bin?	Personal, Social and Emotional Development Understanding the World
Skim a stone	Can you skim a stone across the water surface? This may take practice! Can an adult show you how to do it?	Communication and Language Physical Development Understanding the World
Take a ball and play a game	Take a ball to the beach and play a game with a sibling, friend or adult e.g. tag, tennis, basketball, football	Personal, Social and Emotional Development Physical Development
Make a sand pie	Can you collect water from the water's edge and add it to sand to create your own pie? What does it feel like when it's mixed together? How does it change?	Communication and Language Physical Development Understanding the World
Mark of a race track in the sand and have a race	Can you find a piece of drift wood to make a race track in the sand? How many people will join in the race? Maybe create a tally chart too in the sand to record who came 1 st , 2 nd , 3 rd ?	Communication and Language Physical Development Mathematics
Make a mermaid	Can you create your own mermaid on the sand? You could use seaweed for the hair, shells for the tail scales and large stones for the top	Physical Development Expressive Arts and Design
Make footprints in the sand	Make a giant or baby footprint from stones in the sand. Can you draw the outline of your foot on the sand with your finger/stick and then collect some interesting stones and pebbles to decorate the foot shape? Can you do the same for a sibling or an adult?	Physical Development Mathematics Expressive Arts and Design
Look under stones	Look and see what insect life or sea life you find under large stones at the beach? You may find larger stones in a rock pool.	Communication and Language Physical Development Understanding the World
Fishing	Can you use fishing net to catch some fish on the water's edge? Remember to put them back if you do catch any.	Communication and Language Physical Development Understanding the World
Hunt shells for a necklace	Find shells that have holes in them so you can thread them onto string for a necklace.	Physical Development Mathematics Understanding the World
Jump the waves	Can you jump over all the waves coming into the beach with an adult? How many can you jump?	Communication and Language Physical Development Mathematics Understanding the World

Additional resources:

The Snail and the Whale by Julia Donaldson, accessible online at:

<https://www.youtube.com/watch?v=x887mPO9X9c>

<https://www.nationaltrust.org.uk/lists/50-things-activities-at-the-beach>

<https://www.care.com/c/stories/3929/101-beach-activities-for-kids/>