

# DANCING



## Dancing Under the Sea K-5th Grade

THINGS YOU'LL NEED: scarves, space, music, TV or (Optional: projector and screen OR a blank wall with a solid light color)

INSTRUCTIONS: Each student will need 2 scarves to tie on their wrists.

Spread the students around the room. On the TV or projector, put on a relaxing & meditation video with scenes of underwater animals (example: <https://www.youtube.com/watch?v=tADnCEpbPI8>).





Lead the students in an exercise of moving like underwater animals in their space. The scarves on their wrists will act as fins which helps make the activity more fun.

Encourage the students to swim high and low, turn around, and pretend to be different types of sea animals or whichever animals come upon the screen.

Here's a list of seas animals and their movements to call out to the students for guidance.

Jelly fish - bend knees & arms and straighten them together

Octopus- wiggle limbs

Sea Turtles - hunch back like a sea turtle's shell

Crabs - standing with legs apart and bent, pinch finger tips and thumbs together like claws

Dolphins - jumping out of the water

Whales - swim up, down, and around while making big flaps with your fins

Walrus - flap arms and hands together

Sharks - put hands together on top of your head and swim like a shark

And more- [https://a-z-](https://a-z-animals.com/animals/location/ocean/#:~:text=%20Sea%20Animals%20%201%20Adelie%20Penquin.%20Eats,is%20born%20a...%205%20Salmon.%20%20More%20)

[animals.com/animals/location/ocean/#:~:text=%20Sea%20Animals%20%201%20Adelie%20Penquin.%20Eats,is%20born%20a...%205%20Salmon.%20%20More%20](https://a-z-animals.com/animals/location/ocean/#:~:text=%20Sea%20Animals%20%201%20Adelie%20Penquin.%20Eats,is%20born%20a...%205%20Salmon.%20%20More%20)

