

Beach

The exploration of a beach can be a wonderful multisensory experience, inspiring the use of a variety of props and instruments. Creating a beach is straightforward. Children's play sand is preferable as it doesn't stain hands, feet or clothing. It is also useful to have wheeled plastic trolleys for transportation and wheelie bins for storage. These can often be sourced from the local council.

To create a beach first lay down a cloth to help retain the sand (or stones), then add in the following props:

- A variety of different coloured/shaped shells to give context and interest
- Pebbles to create patterns
- Trays, acrylic mirrors, sieves, baskets, colanders to inspire different ways of using the sand
- Basket shakers, cabasas, ocean drums and tambours to make complimentary sounds
- Blue voiles and white organzas for waves
- The sound effects of waves on shingle and seagulls will enhance the overall effect.

Accessing the activity:

- Welcome participants to the beach – consider incorporating a theme such as an English seaside with fun fair sound effects and ice cream sellers or Hawaiian beach with leis and grass skirts. Grass skirts provide a great multisensory resource in themselves. Chesil Beach is a stoney alternative
- Listen to the sounds of the sea all around you.
- Play with the sand, feel it trickle through your fingers and bury your fingers and toes.
- Walk barefoot on the beach making footprints and patterns, feeling the sand between your toes.
- Roll on the soft sand.
- Paint patterns with water on mirrors then sprinkle sand over to reveal them
- Gather shells and make patterns on sand/mirrors, play shell throwing and dropping games.
- Pour and sieve sand into different containers - hear the different sounds sand makes.
- Add the shakers - see them make patterns when rolled over the sand. Build gentle rhythms with instruments for dancing on the sand.
- Giant beachballs provide opportunities for interaction and play
- Bring out blue organzas, create waves that float over you and 'swim' over and under them, or swim through a sea projection with rubber rings and snorkels
- Rest in the sand as the sound of the giant conch shell reverberates around you.

Links

Sand (Prop)

Cloths (Prop)

Mirrors (Prop)

Stones (Prop)

Summer (Activity)

Workshops – Nautilus, Aloha, Seaside, Chesil Beach

Videos

Sand and water on mirrors

Sand on hands

Shells and sand

Sand fountain