

## Sand and Sea



In this series of Play School we explore an environment enjoyed by many young Australians – the beach! For those children familiar with the sand and sea, this series of programs provides many opportunities to revisit experiences of playful activity, exercise and family fun. For children less familiar with our coastal environment, there are many opportunities to see and play with the open-ended materials of the beach, especially sand and water, and to learn about sea creatures and their habitats as well as boats and birds. We explore colour, pattern and shape as we make, sing and play together.

## Episode 1



### PRESENTERS

Justine Clarke – Jay Laga'aia

### PIANIST

Peter Dasent

### STORY

#### **My Holiday**

Author & illustrator: Sumiko

Publisher: William Heinemann Ltd.

### FILM

#### **Rock Pools**

(Play School, ABC)

### IDEAS FOR LATER

- Make a rock pool with your pillows and blankets! You might like to make some interesting sea creatures for your rock pool by stuffing socks and old jumpers with newspaper and tying the ends with elastic bands.
- Build a tall tower out of recycled cardboard boxes.
- Have a pretend picnic with your toys.

### SONGS

#### **Build it Up**

Composer: Peter Charlton

Publisher: ABC Music Publishing

#### **Will You Come to My Castle**

Composer: Albert Chatterley

#### **Boogie Board Boogie**

Composers: Scott Aplin & Phil Barton

Publisher: ABC Music Publishing

#### **Three Jellyfish**

Composer: Jean Chadwick

Publisher: ABC Music Publishing

#### **Everybody Get Together**

Composer: Peter Dasent & Sophie Emtage

Publisher: Origin/Control

## MAKE AND DO



### How to Make a Rock Pool Picture

You will need:

- Blue A3 cardboard
- A range of coloured paint
- Plastic plates or lids for paint trays
- A marker
- A chunky kitchen sponge
- Safety scissors
- A thin kitchen sponge
- Tape
- A star cookie cutter
- A kitchen scourer
- A bucket of warm water and some old towels

This activity can get messy, so keep a bucket of warm water and some old towels on hand.

Pour different coloured paints onto plastic plates or lids.

Use the large piece of blue cardboard as the background of your picture.

Draw a fish on a chunky kitchen sponge with a marker and cut it out to create a fish stamp. Cover one side of the fish stamp in paint and press onto the blue cardboard to make a fish print. Dip your fingertips in a different colour of paint and lightly press onto the blue cardboard, near the mouth of your fish, to create bubbles.

Cover the palms and fingers of both of your hands in orange paint. Make one handprint with one hand, and then place the palm of your other hand over the palm of the print you have just made. This should make a print that looks like an orange crab with eight legs and two claws, as pictured above. Dip the tip of one finger into a black paint and give the crab two eyes.

Dip the star cookie cutter into paint and press onto the cardboard to make a starfish print.

Roll up a thin kitchen sponge and dip one end into paint. Press it onto the cardboard to make a spiral shell print.

Roll up a thick kitchen sponge and dip one end into paint. Press it onto the cardboard to make a print that looks like the body of a jellyfish. Use the sponge to draw on some tentacles.

Dip your fingers in green paint and draw some curly seaweed in your rock pool.

Dip a kitchen scourer in brown paint and surround your picture with rocks!



## How to Make a Spectacular Sand Castle

You will need:

- A sand tray
- Sand
- Water
- Recycled plastic containers
- A spade
- Things to decorate your sand castle with, such as stones, sticks, leaves and shells and other natural and recycled objects

Fill your sand tray with sand.

Dampen and flatten the sand to make a firm base for your sand castle.

Use a spade to fill recycled containers with sand. Pack the sand down firmly.

Turn the containers upside-down onto the sand tray and tap to create sand shapes. Continue with various containers and organise the placement of each sand castle to create one big spectacular sand castle.

Use natural or recycled objects to add features such as windows and doors and to decorate.

Create small people out of recycled or natural objects to live in the castle.

## Episode 2



### PRESENTERS

Karen Pang – Jay Laga'aia

### PIANIST

Peter Dasent

### TOLD STORY

#### **Crab's New Home**

(A story told by the Play School team)

### FILM

#### **Beach Play**

(Play School, ABC)

#### **Dugongs**

(Play School, ABC)

### IDEAS FOR LATER

- Create and decorate a small house from a recycled milk carton.
- Move like different sea creatures and create an undersea dance.

### SONGS

#### ***It's Fun to Make Things***

Composers: Scott Aplin & Phil Barton

Publisher: ABC Music Publishing

#### ***Yellow Submarine***

Composers: John Lennon & Paul McCartney

Publisher: Northern Songs Ltd. (c/o Sony/ATV

Tunes LLC)

#### ***Diving***

Composers: Scott Aplin & Phil Barton

Publisher: ABC Music Publishing

#### ***If You Want to Know How***

Composers: Peter Dasent & Sophie Emtage

Publisher: Origin/Control

#### ***Spots Are Great***

Composers: Peter Dasent & Mark Barnard

Publisher: Origin/Control

#### ***Everybody Do This***

Composer: Traditional

Publisher: Origin/ABC Music Publishing

## MAKE AND DO



### How to Make Seaweed

You will need:

- Strips of coloured crepe paper (we used blue, green and yellow)
- Safety scissors
- A hair tie

Gather the ends of different coloured crepe paper together and secure with a hair tie.

Wave the seaweed to make it wiggle.



### How to Make a Submarine

You will need:

- A large cardboard box
- Safety scissors
- A small cardboard box
- Tape
- Cardboard cylinders
- A square of heavy paper

Cut a circle shape from the large cardboard box to create a window.

Attach the small cardboard box to top of the large cardboard box with tape.

Roll a square of heavy paper into a cylinder and secure with tape. Cut small slits in one end of the paper and fold back to create the propeller.

Insert the propeller in the back of the submarine.

Join two cylinders together and tape to create a periscope.

Make a small hole in the top of the small box and push the periscope through. Secure with tape.

Choose a toy to be the captain of your submarine and go on a deep sea journey!

## Episode 3



### PRESENTERS

Leah Vandenberg – Jay Laga'aia

### PIANIST

Peter Dasent

### STORY

#### **Louise Builds a Boat**

Louise Pfanner

Walker Books Australia, 2012

### FILM

#### **Glass Bottom Boat**

(Play School, ABC)

### IDEAS FOR LATER

- Make some paper boats to sail in the bath.
- Visit the library and look for a book about flags. See how they are the same and different.
- Help with the washing. Hang it outside and watch it blow in the breeze.

### SONGS

#### **Here is the Sea**

Composer: John Fox

Publisher: ABC Music Publishing

#### **Swim Like a Kid**

Composer: Julie Blanchard

Publisher: MCA/Gilbey

#### **What Shall We Do?**

Composers: Peter Dasent & Mark Barnard

Publisher: Origin/Control

#### **It's Fun to Make Things**

Composers: Scott Aplin & Phil Barton

Publisher: ABC Music Publishing

#### **Wet Washing**

Composer: Liz Olsen

Publisher: ABC Music Publishing

#### **Boats**

Composer: Beatrice Krobe

Publisher: Follet Educational Corp.

#### **A Sailor Went to Sea**

Composer: Traditional

Publisher: Origin/ABC Music Publishing

## MAKE AND DO



### How to Make a Sail Boat

You will need:

- A recycled rectangular plastic container
- A straw
- A blob of play dough or tac
- A small piece of light cardboard
- Tape

Attach the straw to the base of the plastic container with play dough or tac. This is the mast.

Cut an elongated triangle from cardboard and tape to the straw to create a flag.

Sail your boat in the bath.

You might like to find a small plastic toy figure to be your sailor!



### How to Make Patterned Flags

You will need:

- Coloured cardboard
- Safety scissors
- Paint
- Plastic plates or lids for paint trays
- Masking tape
- A small paint roller
- A recycled plastic water bottle with the lid still on
- Coloured cardboard

Cut flag shapes from coloured cardboard.

Pour paint onto a plastic plate or lid. You might like to pour a few different colours on separate plates.

To make a stripy or criss-cross patterned flag, attach tape to coloured cardboard in a pattern – up and down or across.

Paint over the cardboard and tape using a roller. Peel off the tape to reveal your pattern.

To make a spotty patterned flag, dip the lid of a plastic water bottle in paint and press it onto cardboard to make a print. Print lots of spots all over your flag!



## Episode 4



### PRESENTERS

Leah Vandenberg – Teo Gebert

### PIANIST

Peter Dasent

### TOLD STORY

#### **Special Delivery**

(A story told by the Play School team)

### FILM

#### **Ocean Bath Swim**

(Play School, ABC)

### IDEAS FOR LATER

- Try moving your arms and legs to play at swimming in different ways. Watch yourself in the mirror.
- Sit outside in a park, garden or on a balcony and look and listen. Can you see or hear any birds?

### SONGS

#### ***I Like Swimming***

Composers: Phil Barton, Ben O'Hara & Kristy Gentz

Publisher: ABC Music Publishing/Larrikin

#### ***Two Little Dickie Birds***

Composer: Traditional

Publisher: Origin/ABC Music Publishing

#### ***Let's Go Fly a Kite***

Composers: Richard M. Sherman & Robert B. Sherman

Publisher: Walt Disney Music

#### ***Fairy Penguin Walk***

Composers: Don Spencer & Allan Caswell

Publisher: MCA/Gilbey

#### ***Watermelon***

Composers: Peter Dasent & Arthur Baysting

Publisher: Origin/Control



## MAKE AND DO



### How to Make a Kite

You will need:

- A paper bags
- A single-hole punch
- String
- Thin coloured curling ribbon
- Tape

Use the single-hole punch to make a hole in the open end of the bag.

Thread a length of string through the hole and tie off. This will be the handle of your kite.

Attach coloured ribbon to base of the paper bag with tape for decoration.

Take your kite for a fly!



### How to Make Frosty Fruit Cups

You will need:

- Strawberries
- Pineapple
- Watermelon
- Oranges
- An orange squeezer
- Plastic cups
- Fresh orange juice
- Ice cubes
- Straws

Chop fruit into small cubes and place in plastic cups.

Cut oranges in half and use an orange squeezer to make some orange juice.

Pour juice over fruit.

Add ice cubes and a straw for a frosty fruit cup.

## Episode 5



### PRESENTERS

Karen Pang – Teo Gebert

### PIANIST

Peter Dasent

### STORY

#### ***Dancing with Grandma***

Author & illustrator: Rosemary Mastnak

Publisher: Hardie Grant Egmont

### FILM

#### ***Winter Beach Walk***

(Play School, ABC)

### IDEAS FOR LATER

- Have a dance with your friends and toys. Try changing the music and see how your dancing changes.
- Play peek-a-boo with a baby or grown up.

### SONGS

#### ***Hokey Pokey***

Composer: Jimmy Kennedy

Publisher: Campbell Connelly & Co.

#### ***Dancing Face***

Composers: Peter Dasent & Arthur Baysting

Publisher: Origin/Control

#### ***This is the Way***

Composer: Traditional

Publisher: Origin/ABC Music Publishing

#### ***Peek-a-boo***

Composer: Traditional

Publisher: Origin/ABC Music Publishing



## MAKE AND DO



### How to Make Sea Puppets

You will need:

- A thick kitchen sponge
- Safety scissors
- Pipe cleaners
- Pegs
- Glitter
- A plastic plate
- Paste

Cut sea animal shapes from a thick kitchen sponge. You might like to cut out a starfish shape or a seahorse shape.

Attach the sponge shapes to pipe cleaner handles with pegs.

Pour some glitter onto a plastic plate.

Cover one side of each shape in paste and press into the glitter.

Hold your sea puppets by their pipe cleaner handles and make them do a sea dance!



### How to Make Lucky Dip Dress up

You will need:

- Small squares of cardboard
- Coloured markers, pencils or crayons
- A shoe box
- Dress ups
- Fabric pieces or scarves
- Old clothes
- A washing basket

Draw different sea creatures on squares of cardboard with coloured markers, pencils or crayons. Shuffle the cards and place, face-down, in the shoe box.

Place dress ups, fabric, scarves and old clothes in the washing basket.

Select a card from the shoe box.

Use dress ups to create the sea creature shown on the card you have picked.