

Fun Activities for the Beach (+ Home Alternatives)



The beach is a great place to relax and have a great time! Here are some activities to do at the beach as well as their alternatives to do at home.

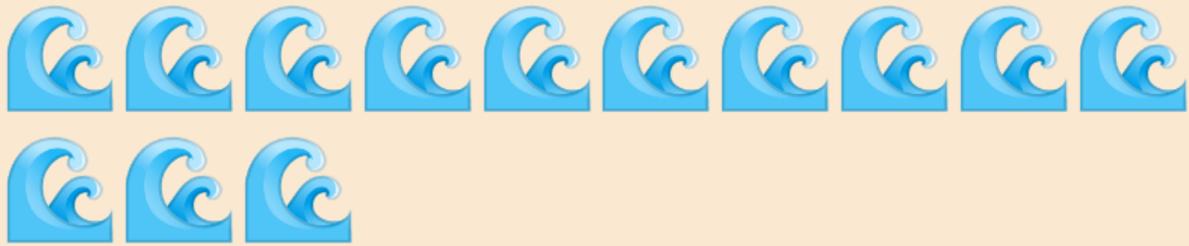


1. Take some time to appreciate your surroundings and look around.

- ★ Look around and enjoy the beautiful view. Use your senses to admire the beauty of the beach, from the roaring waves to the tickling of the soft sand. Feel the cool water splashing your feet as the warm sun surrounds you.
- ★ Observe wildlife such as the seagulls, or go crab digging. Just watch out for their pincers! Wherever you are, always be cautious around wild animals because they can be unpredictable and have a chance of harming you.
- ★ Explore the boardwalk if there is one, and make sure to take pictures when the sunset or sunrise happens!

Home Alternative:

- ★ You can appreciate your surroundings anywhere you are!
- ★ Try mentally "visiting" the beach by laying a beach towel, turning on a fan, playing some soothing ocean sounds, and closing your eyes to visualize the beach.
- ★ Watch the wildlife in your area at a local park, creek, or your backyard, or try birdwatching.
- ★ Get creative to simulate the boardwalk and beach village; set up carnival games at home for a "pretend arcade," or find unique crafts and recipes as an alternative to the restaurants and stores around the beach.

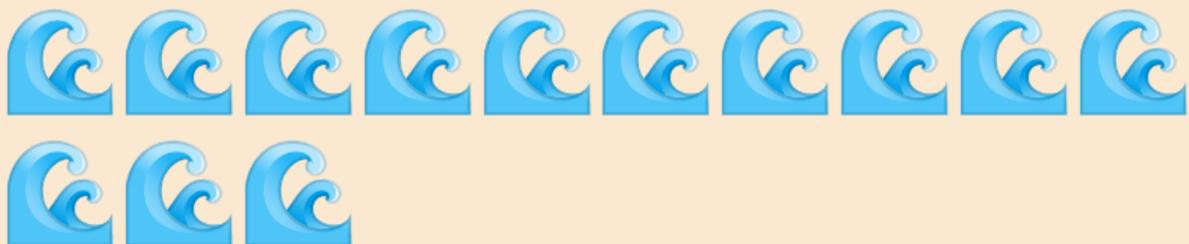


2. Read, or listen to an audiobook.

- ★ Reading or listening to a good book is a wonderful way to chill out. Reading a book for pleasure, from novel to nonfiction, can be so relaxing yet thrilling!
- ★ Whether you choose to read under the umbrella or in the sun (with sunscreen), take this time to enjoy a nice reading session.

Home Alternative:

- ★ Go outside and find a nice spot. Bring a beach towel to lay out, then chillax and read.

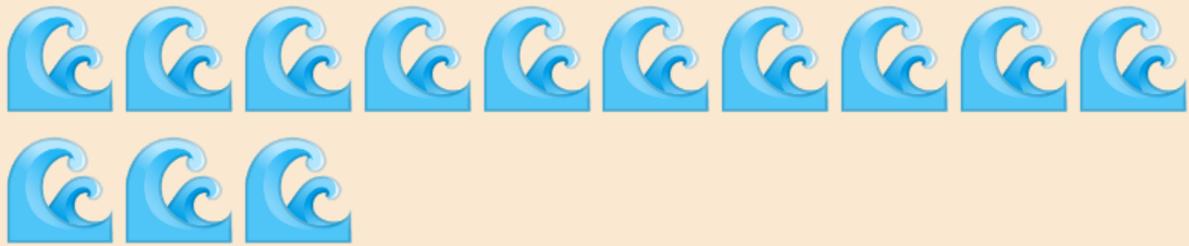


3. Collect shells.

- ★ As you walk along the shore, spend some time looking for pretty shells.
- ★ Afterwards, try sorting your shells, or make a shell mosaic by placing the shells in a pretty pattern on the sand.

Home Alternative:

- ★ Try collecting rocks or leaves outside, you can even use household items you find around the house.

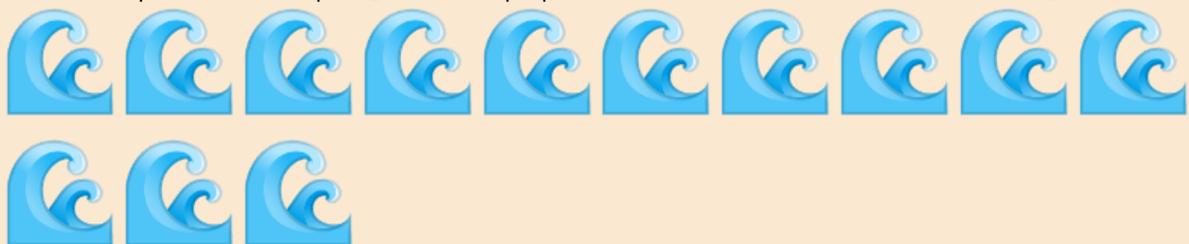


4. Play in the waves and the sand.

- ★ Run in the waves. Splashing friends and family is also so much fun!
- ★ Create some sand art! Draw pictures, write messages, or make sand angels.
- ★ Bury friends or family members in the sand, or dig a hole together.
- ★ Build anything, from sandcastles to sand people.

Home Alternative:

- ★ Run through the sprinklers, and throw water balloons for a refreshing splash!
- ★ Find a patch of dirt or soil to draw in, build stuff, or dig!
- ★ Draw something with sidewalk chalk on the driveway.
- ★ If you have Playdough or clay, you can use that to build something.



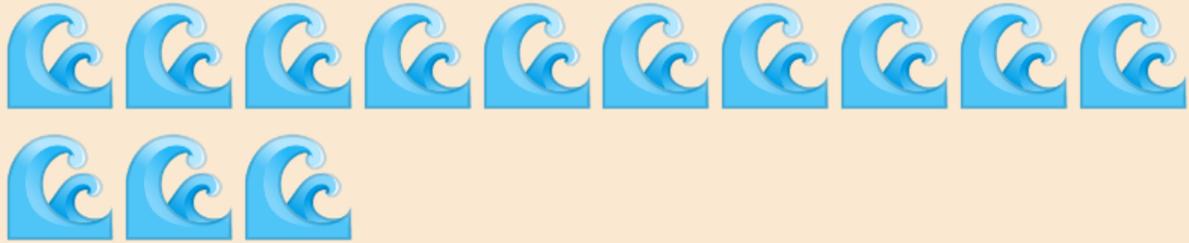
5. Do beach sports and activities.

- ★ Swim in the ocean, or try surfing or bodyboarding.
- ★ Play frisbee, beach volleyball, or race to the water.

★ Make game boards to play things like tic-tac-toe or hopscotch in the sand.

Home Alternative:

★ Many of these sports and activities can be played at home or at the park!



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