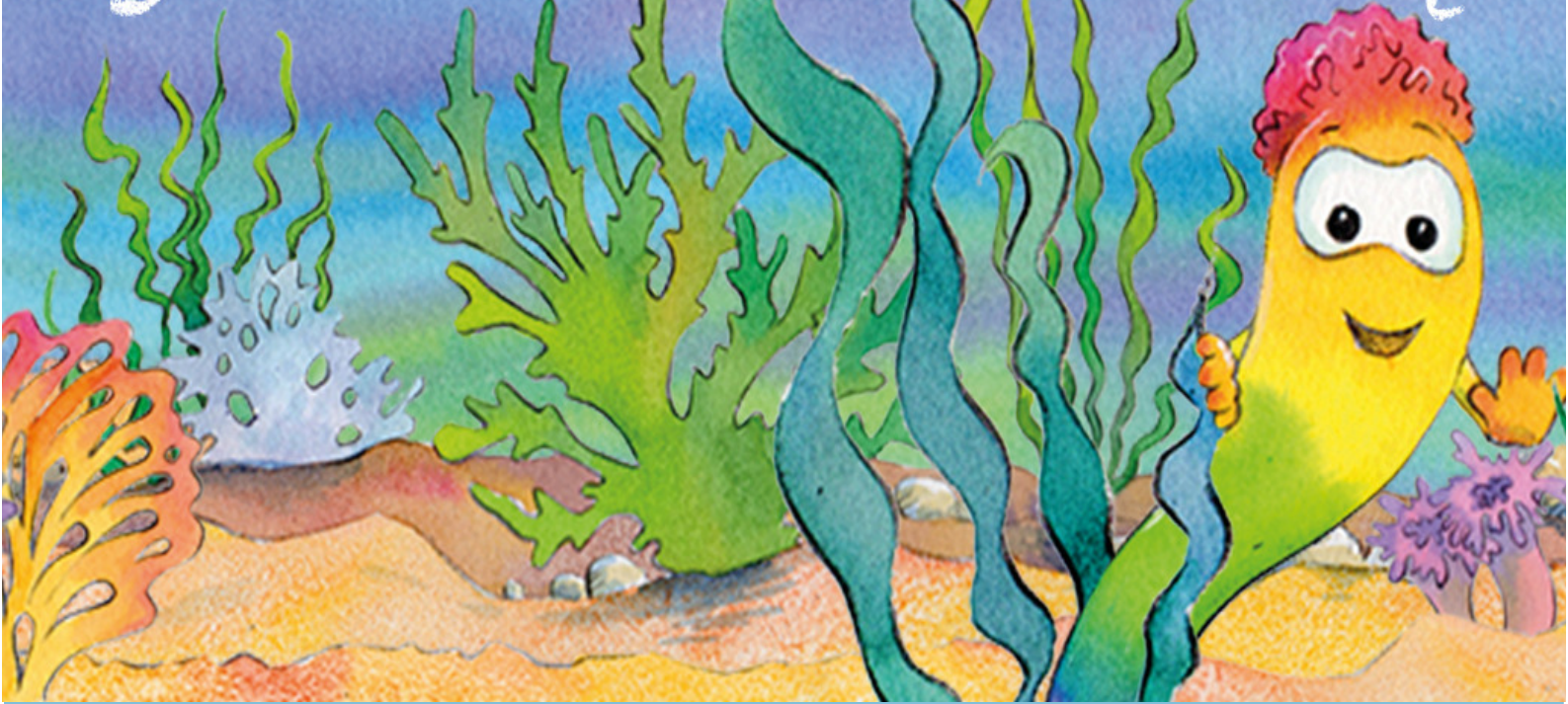


Sammy the Sea Squirt



Sammy the Sea Squirt movement and memory game



Print out and play!
This game, inspired
by Sammy Sea Squirt's
journey through the ocean,
is a fun way to get your
brain and body active!

Whoosh...

Ready to play?

Print this game (double sided) and cut out each card following the dotted line so you have a picture one side and instructions on the other. You should have 16 cards. Ask a grown up to help you with this.

How to play:

Lay all of the cards picture side down on the table. Take it in turns to flip over two cards. If they match, then follow the instructions on the back, either the *I Can* by yourself, or, *Connect* with others (or both).

If they don't make a pair, it's the next person's turn, or if you're playing by yourself then have another go.

Use your memory to remember where cards are that you've flipped before to help you make more pairs.



Follow Sammy:
Facebook @sammytheseasquirt
Twitter @sammyseasquirt
Instagram @sammyseasquirt



Sammy the Sea Squirt



Sammy the Sea Squirt



Caleb the Crab



Caleb the Crab

I can

WHOOOSH! Stretch your body as tall as you can, then whoosh make it as small as you can!

or

Whilst seated, stretch your body as much as you can, then say "Whoosh" as you make it as small as you can.

Add in your breath. Breathe in as you stretch tall.

Breathe out for longer as you make yourself small.

Connect

With others, hold hands facing each other and pull back against each other, bending your knees.

or

With others, place palms together and stretch your arms as high as you can, then whoosh them down to your lap as quickly as you can.

Add in your breath. Breathe in as you stretch. Breathe out for longer as you relax.

I can

Sitting on the ground, push your weight into your hands and feet and raise your body to make a crab. Move sideways.

or

Find a way to move your body from side to side like a crab, use your hands like claws or pincers to help you move.

Can you make your crab slow down or rush?

Add in your breath. Breathe in as you get into crab position. Breathe out for longer making a crab noise eeeeeeee

Connect

With others, all get into your crab position and play crab tag by tagging each other with your foot!

or

Play hand crab games and scuttle your hand crab from side to side. Can you make your finger tag another player?

Can you make your crab slow down or rush?

or

Can you find a way to move your bodies together side to side like a crab?



Zara the Zebrafish



Zara the Zebrafish



Opal the Octopus



Opal the Octopus

I can

Lay on your tummy, stretch your body, arms and legs straight behind you. Lift your arms and legs straight!
or

Stretch your arms behind you and point your face to the sky making an O shape with your mouth.

Add in your breath. Breathe in and puff out your cheeks. Breathe out blowing through your O shaped lips as you flap your fins.

Connect

One person lays on the floor on their tummy and the other person lays on their tummy on top of them.

Together, push your legs together straight and lift as you hold fins and wobble from side to side as you swim!
or

Sitting on the floor together, one person places their spine against the other person's tummy, and hold fins (hands) together as you wobble from side to side.

Add in your breath. Breathe in as you stretch. Breathe out as you relax.

I can

Laying on your back, wobble legs and arms to the side like an octopus.

Scrunch your legs and arms in, then extend to the sky as you squirt ink. Then scrunch back in and lay down flat and wobble!

or

Wobble your arms whilst seated, stretch to squirt ink.

Add in breath. Breathe in as you scrunch and out for longer as you squirt ink towards the sky!

Connect

Lay on your backs side by side, wobble legs and arms to the side like an octopus. Scrunch legs and arms in, then extend to the sky as you squirt ink. Then scrunch back in and lay down flat and wobble! If you would like to, the smaller person can lie on top of the larger person for a double octopus!

or

Wobble your arms whilst seated, stretch to squirt ink.

Add in breath. Breathe in as you scrunch and out for longer as you squirt ink towards the sky!



I can

Seahorse rolls. Make your body into seahorse S shape on the floor. Roll in seahorse shape all the way over, bringing in your knees to make a tight tail then stretch your tail into an S shape as you roll.

or

Coming onto your knees, arch your back into a 'S' shape, reaching forward with your arms.

Add breath - breathe in as you make yourself small, breathe out as you roll out.

I can

Be a Brain.

On your knees, make your body curved and rounded like a brain. Tuck your nose in and let your fingers reach towards your little toes.

Breathe in and breathe out deeply for five breaths.

Remember to breathe out for longer!

Connect

Double seahorse. Roll together or coming onto your knees (like *I Can*), place your fins (hands) behind your back and flip them as you lean back. Or, connect your hands with a partner and lean back together.

or

Draw S shapes in the air together with your finger and whole arm. Can you make large S shapes, small ones, high and low shapes?

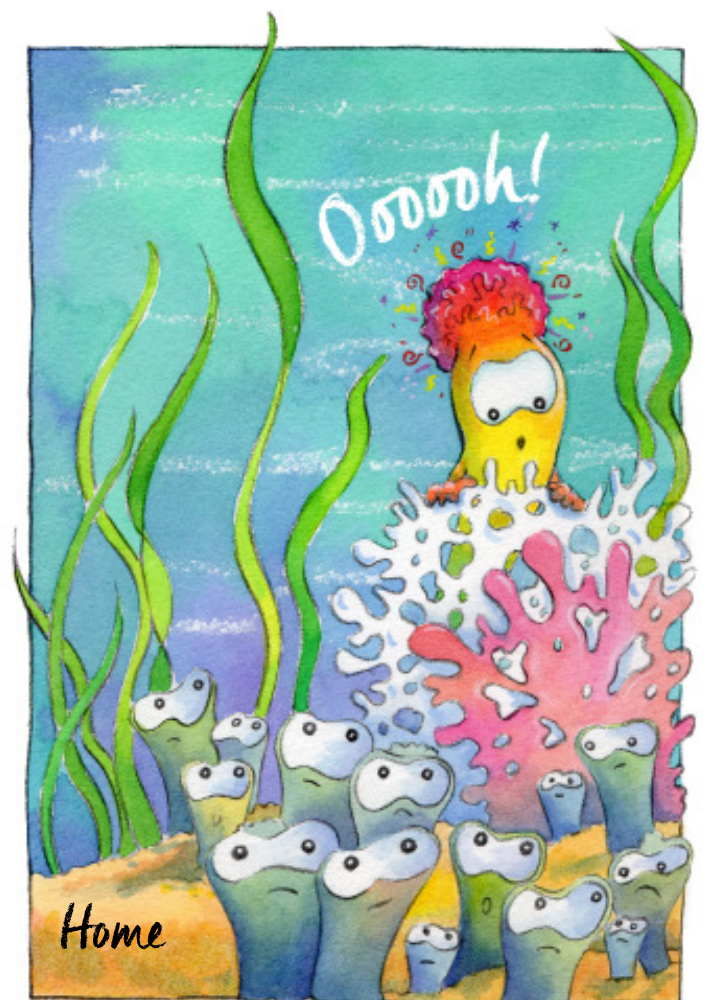
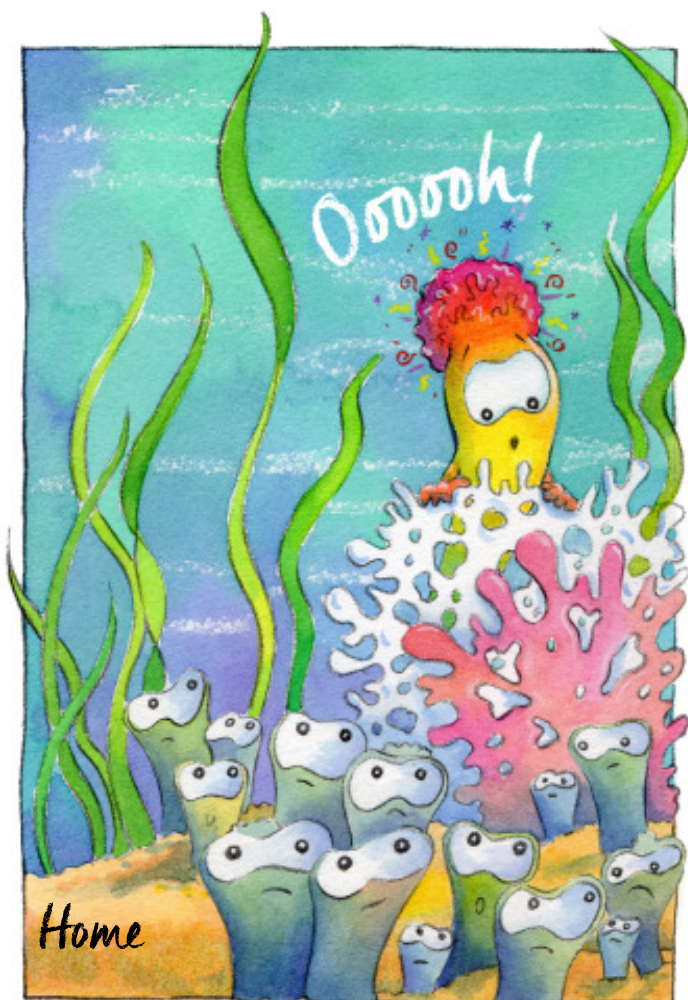
Add breath - breathe in as you reach towards each other, breathe out as you relax backwards.

Connect

One person makes their body small like a rock to be the brain, and the other person makes a shape over the top of their brain to 'swallow' it!
or

Using your brain like a map that helps you to remember - draw a map on the back of your partner, either whilst seated or curled up like a brain then swop!

Breathe in and breathe out together for five breaths! Remember to breathe out for longer!



I can

Laying on your back, lift your legs and gently put them back down. Can you support your back and lift your legs to the sky?

or

Lie on your back with your legs against a wall with your feet towards the ceiling.

or

Reach both arms to one side and then swoosh them up and over your head to the other side.

Breathe in and then breath out slowly with a loud shhhhhh as you lift your legs.

I can

Stand or sit wide like a star. Bring your hands above your head and press your palms together to make a roof shape.

or

Connect your fingertips together and move your hands and arms to make a roof. Can you make any other kind of home shape with your body?

Breathe in as you stretch like a star, breathe out for longer as you stretch to make a roof.

Connect

Laying opposite your partner, hold hands underneath your legs, lift legs up and over to switch sides.

or

Sitting, put both hands on one side, and then rock to the other side raising hands as high as you can. Mirror each other's actions.

or

Back to back, reach around and touch your partner's left knee with your right hand, letting your right hand rest on your opposite knee.

Switch sides.

Breathe in and then breath out slowly.

Connect

With a partner place hands together facing each other, walk your feet away from each other so you are pressing against each other's hands.

or

Seated, press palms together, bring outside arms down, then back up, then inside arms down.

If you can, place hands on each other's shoulders and walk your feet back to create a roof.

Breathe in as you connect your hands, breathe out for longer as you make the roof together.