

Under The Sea



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Activity created by



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Look at your hand ... Wiggleit UP ...
Wiggle it DOWN It's a FISH!
Wiggle your body... You are a BIG FISH!
Move around and swim like a big fish!

Pick up your fabric... Let's pretend it's the sea!
Wiggle it like waves.
Make a sound like the sea!

Now swim in the sea

Swim up and down under the fabric sea

Up high Down low

Quiet sea LOUD sea!

Lie down beside the sea and rest