

Growing up wild

At the Seashore



Enjoy what the seaside has to offer – smell the salty air, paddle at the water's edge, feel the sand between your toes and find out about seaside wildlife.

Ideas for all sections

- Help tidy up a beach
- Leave footprints in the sand
- Make a sand angel
- Dip your toes in at the waters edge
- Play beach games
- Fly a kite
- Visit a lighthouse, lifeboat station or helicopter rescue base
- Go on a boat trip
- Have a beach picnic
- Take a group picture on the beach and share it with Girlguiding London and South East England
- Visit a sea life centre or aquarium
- Have a sing song on the beach and sing watery songs
- Arrange a visit to lighthouse or a lifeboat station

Programme links

Rainbows

Swimming to safety UMA

Brownies

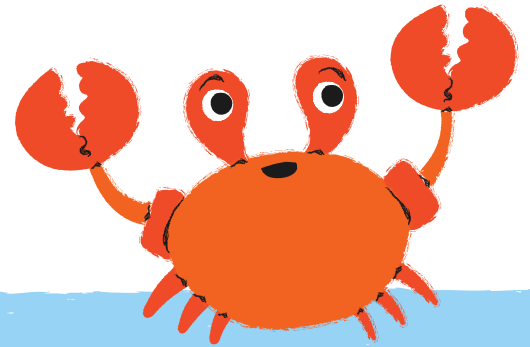
Keep on throwing UMA
Sea shanty sing-song UMA

Guides

Litter lotto UMA

Rangers

Land art UMA



- Go rock pool dipping
- Do some shoreline spotting
- Hunt for sea shells
- Listen to the sea in a seashell
- Draw pictures in the sand
- Make some art using natural resources you find on the beach
- Dance in the sand or at the water's edge
- Collect sand and make a sand art card
- Identify as many sea birds as you can in 5 minutes
- Make sand sculptures
- Learn about water safety

Programme links

Swimming to safety UMA

Hidden nature UMA

- Go rock pool dipping
- Do some shoreline spotting
- Identify as many sea birds as you can in 5 minutes
- Make a bottle scope and look for creatures in rock pools
- Use sticks and stones to make a sundial
- Hunt for sea shells
- Have a scavenger hunt
- Build a sand castle
- Look for the safety flags on the beach and find out what they mean
- Do some shoreline spotting
- Make some art using nature you find on the beach
- Listen to the sounds of nature and see if you can recreate the noises you hear
- Sing a sea shanty

Programme links

Nature noises UMA

Sea shanty UMA



Guides

- Identify the creatures that you find when you look at rock pools
- Build a sand sculpture
- Arrange to go sea kayaking, bodyboarding or surfing
- Collect sea glass and make some artwork
- Visit a pier and find what wildlife is living on or near this man-made structure
- Look for the safety flags on the beach and find out what they mean
- Use flip flops and transform them into animal track shoes. Then lay a trail on the beach!
- Find out about the Coastguard and what they do
- Build sandcastles then have a tide fight to see which will survive the waves the longest
- Find out what everyone can do to make our seas healthier
- Shout into the wind for some scream therapy or take a mindful moment
- Skim a stone
- Make a nature mandala
- Discover nature's melodies by listening to the sounds of nature

Programme links

Biodiversity blitz UMA

A - Z in nature UMA

Surf's up UMA

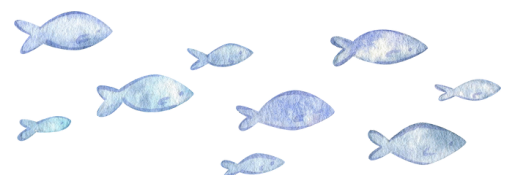
Litter Lotto UMA

Adventure sounds UMA

Catch of the day UMA

Uncover and discover

(Explore Stage 4)



- Arrange to go sea kayaking or bodyboarding
- Navigate along a coastline using a map and compass
- Visit a pier and find what wildlife is living on or near this man-made structure
- Find out about the Coastguard and what they do
- Take part in a seabird count
- Skim a stone
- Watch sunrise or sunset at the beach
- Make a nature mandala or some land art
- Shout into the wind for some scream therapy or take a mindful moment
- Collect sea glass
- Take part in a scavenger hunt

Programme links

Land art UMA
Speedy scavengers UMA
Save the seas UMA
Empty oceans UMA
Tidal tug UMA
Gutted UMA
Leave only footprints
(Explore stage 6)

Seashore facts

In the UK we have over 7,723 miles of coastline. That's like flying from the UK to Indonesia!

We have some of the largest tidal ranges in the world, resulting in dramatic changes in water levels. This creates unique habitats.

Responsible rockpooling

When rockpooling, be careful to leave everything as you found it - replace any rocks you turn over, put back any crabs or fish and ensure not to scrape anything off its rocky home.

Did you know?

We have thriving underwater forests in UK coastal waters. Cold-water kelp forests provide a special habitat and shelter for various marine life.



Not near the coast?

Whilst Growing Up Wild wants to encourage more of our members to get outdoors, we understand that getting to the coast may be challenging from certain locations.

You can still discover the sea shore at your meeting place. Here are some resources you could try:

[Rainbows](#)

[Brownies](#)

[Guides and Rangers](#)



How did you go wild? Share your story with us!

Write to us:

www.girlguidinglaser.org.uk/volunteers/submit-news

Tag us:

#LaSERGrowingUpWild



We'd love to know what you think

Please [complete our feedback form](#).



Order your badges

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Thank you

Thank you to our team of Queen's Guides who contributed to these resources.