



# Coral Reefs

Did you know that coral reefs are often called the “rainforests of the sea” due to the diverse array of marine creatures that call them home? Here are some educational ways for you and your little ones to explore the wonders of coral reefs from anywhere!

## Coral Reef Diorama Crafting

Create a mini coral reef diorama using colored paper, paints and recycled materials. Start by cutting out coral shapes from cardboard and then paint them with vibrant colors. Arrange them in a shallow box to mimic the ocean floor. Look around for any toys you can use to represent sea creatures and add them to the scene.

**What kinds of animals live in your reef? Would you find sharks there? How about turtles, seahorses or lobsters?**

Introduce simple yoga poses inspired by marine life and coral reefs. Use a sun salutation to mimic coral swaying in the ocean currents. Child’s pose can imitate a turtle curling into its shell. Fish pose can be—you guessed it—a fish!

**Now make up your own—what would octopus pose look like? Or a jellyfish?**

## Coral Reef Yoga

## Coral Reef Obstacle Course

Set up an obstacle course using cushions, hoops and other safe materials. Designate areas as “coral reefs” and others as open ocean spaces. Then, navigate through the obstacle course while pretending to be a fish swimming through a coral reef.

**Incorporate fun challenges such as crawling under “seaweed” (limbo), jumping over “waves” (hula hoops), or balancing on a “rock” (balance beam)!**

