

Setting up a Beach Scene

Read this aloud to students in a slow, calm voice before beginning the lesson PowerPoints. Instruct students to close their eyes and keep them closed for the duration of the reading so they can really imagine they're on a coast.

Ruby Beach sounds:

https://www.youtube.com/watch?v=e3Bs7AbzOQw&ab_channel=NomadicAmbience

Everyone, close your eyes and take a deep breath in and let it out. Take nice, calm, slow breaths in and out. Notice how your body relaxes when you breathe slowly and deeply like this.

If you've been to the beach before, remember what it looked like and picture it in your mind. If you haven't been to the beach, think of beaches that you've seen on TV or online, or other bodies of water you've been to like lakes or rivers. Whatever water you're imagining, think about what it looks like where it meets the land.

The water might move around a lot and create loud, crashing waves, or it might be still and not move at all. If the waves aren't too loud, what else might you hear? Birds chirping or seagulls cawing? If you're picturing a lake or river you might hear insects buzzing in the grass. Imagine the sun is out and shining, and the warmth is hitting your face and your arms, and your whole body is basking in the sunlight. Keep taking slow, deep breaths and enjoy the feeling of warmth moving throughout your whole body.

Imagine what the air around the water smells like -- it might smell salty if you're at the beach, or it might smell fresh and crisp if you're picturing a lake or a river. Notice how peaceful your body feels, and how nice it is to imagine a coastal ecosystem.

When you're ready, slowly open your eyes and come back to the classroom with a final deep breath out.

Invite students to share what beach or aquatic ecosystem they imagined if time permits.