

The United Thank Offering Presents:
Waves of Gratitude

A Vacation Bible Camp Curriculum Focused on Gratitude



It's always a good idea to have some calm down exercises, especially as a way to transition from one activity to another. Below are some examples of under the sea yoga videos, posters, cards, and books that you can choose from to help each group prepare to go from movement to another station.

Here's the link to a YouTube video of under the sea yoga poses for kids:

<https://www.youtube.com/watch?v=z2UQ5-cVHjs>

Here's a link to ocean poses, it accompanies a book called: *Maria Explores the Ocean*

<https://www.kidsyogastories.com/ocean-yoga-poses-for-kids/>

Here's a link to a parent blog that has yoga cards with under the sea themed poses. These are great to have ready to use if you're new to yoga.

<https://parentingchaos.com/ocean-themed-kids-yoga/>

If yoga isn't your thing, here is a link to a blog filled with under the sea mindfulness activities and printables.

<https://rockyourhomeschool.net/mindfulness-activities/>

Here is a page from an occupational therapist with under the sea themes for calming down.

<https://www.yourkidsot.com/blog/quick-ways-to-calm-down-sea-life-sensory-solutions>

There are a lot of great ideas online so feel free to do your own looking around if none of these fit your needs.