**Sensory Pack – Under the Sea Themed**

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| **Song** | **Resource to use** | **Music link** |
| The Little mermaid | ‘bounce’ story massage hand movements | <https://www.youtube.com/watch?v=GC_mV1IpjWA> |
| Over the deep blue sea | Blue materials – move over your child’s body to the beat of the music | <https://www.youtube.com/watch?v=lCPJhybHBkA> |
| I do like to be beside the seaside | Sponges – you can use wet or dry sponges – move over your child’s arms and legs | <https://www.youtube.com/watch?v=kcHyyuGjuk0>  |
| Down in the deep blue sea | ‘wave’ story massage hand movements  | <https://www.youtube.com/watch?v=7pMEQsk3c5Y> |
| The beautiful briny sea | Blow bubbles for your child to feel on their body | <https://www.youtube.com/watch?v=D9WW4Xb2FpM> |
| Relaxing guitar music – under the sea themed | Relax – you could give your child a hand or foot massage | <https://www.youtube.com/watch?v=77YwsoKsNV8&t=6888s> |