

Explore the Beach

Here are some ideas on how you can use the beautiful outdoors in a fun and safe way. Please ensure you have read the [Introduction to Norfolk Summer Outdoors](#) for some important safety tips to help you along your way.

We have made this guide interactive so please click on the blue underlined sections to follow the website links.



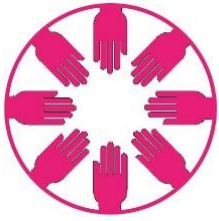
Give back (and care)

- Make sure everyone stays [sun safe](#)
- Make sure no one trips or falls (cliff edges, steps)
- Make sure everyone stays [safe near and in the water](#)
- Safely collect litter to leave the beach cleaner
- Make a picnic to take to the beach



Take notice of nature

- Listen to the waves and sounds of the seaside. Who can hear what?
- Feel the sand and pebbles
- Smell the salt spray on the breeze.
- Can you spot anything out at sea (boats, [seals](#))?
- Spot a [gull](#)



Connect with others

- Discuss what [sea defences](#) you can see (sea wall, groyne, gabion rock cages, big rocks/rock piles)
- Build sandcastles or stone arrangements together (or have a competition)
- Take photos to remember the day – share with family and friends



Be active in the outdoors

- Make a race track or drawings in the sand
- Skim a stone on the water
- Get your feet wet OR chase the waves without getting wet
- Find fun stones, shells and [fossils](#)
- Explore some [rockpools](#) (fish, crabs and shrimps)
- Make [beach art](#) together
- Make a home for a mermaid
- Photograph the [birds](#)
- Play a catching game (ball, frisbee, fetch with the dog)
- Go [crabbing](#)/fishing
- Play a team [game on the beach](#) such as football, cricket or rounders
- Have a seaside treat (e.g. ice-cream or fish & chips)



Keep learning

- Is there [seaweed](#)? What types?
- Research [animals you saw](#) or photographed at the beach
- Make a [wave painting](#)
- Research [objects you found or saw at the beach](#) (shells, etc)
- Make an [ocean in a bottle](#)

For further beach resources please see;

- [Coast and beaches](#) in Norfolk
- Norfolk [Coast Path](#)

Printable resources:

- [Twinkl - Beach](#)