

RAINBOWS

Coral reef city



Have
Adventures



20 minutes



Jump
straight in

Before you start

Has anyone heard of a coral reef? It's a little bit like an underwater city. Thousands of sea creatures can live in a coral reef. They're found in clear and shallow tropical waters. Most people think a coral reef is made up of plants, but it's actually lots of tiny animals called polyps. When there are lots of them together they look like rocks.

What you'll need:

- A large, clear space

Aim of activity

Do you know what lives under the sea? Grab your diving gear and let's find out!

1 The coral reef has a day and night shift of animals. Some animals only come out in the day and some only at night. It's time to check them out. Everyone, put on your diving gear and make sure your masks are on nice and tight. When you're ready, take a deep breath, jump into the sea and have a swim around.

2 Oh no, the fish keep swimming away from you! To blend in, you need to act like them. Your leader will tell you how to move and swim like different fish.

Day-shift creatures:

Parrotfish – have super strong teeth as they like to munch on coral, ouch! Their mouths are a little like a bird's beak. Move around like a parrotfish munching on food.

Butterflyfish – are looking for love. Find a partner, link arms with them and go on a swim around your meeting space together.

Angelfish – have flat bodies and like to

hide in small gaps. Try to make yourself as flat as possible while still swimming.

3 That's the day shift done... Now it's time for the night shift!

Night-shift creatures

Whitetip reef sharks – prowl the reef at night to find food. Swim around like a hungry shark looking for a meal.

Squirrelfish – come out of hiding at night and have massive eyes to help them see in the dark. Use your hands to make binoculars around your eyes while you swim around.

4 Wow, there are a lot of creatures in the coral reef! If you were in the reef, what kind of fish would you be? Everyone swim around as your chosen fish and see if others can guess what you are.

