

LIVING & MOVING GREEN - SUPPORT PACKAGE



Beach Activities in Nova Scotia

Nova Scotia has 7500 km of shoreline which provides a lot of beautiful, sandy beaches for us to explore and enjoy. Did you know that because of the geographic shape of Nova Scotia, most people live within 64 km of the shore? This makes the beach accessible for most Nova Scotians! This support package, along with a short video, will help provide some great, family-friendly activities that can make a day at the beach lots of fun for everyone, even if the water isn't warm enough for swimming (a common occurrence for the Atlantic Ocean). With our busy modern lifestyles it can seem difficult to make time for day trips or outdoor activities but people who spend more time in nature tend to have a higher quality of life, and better overall health. The sound of the ocean has a calming effect and can improve mood in adults and children alike. So why not plan a beach trip today?

The [Green Schools NS Beach Activities video](#) provides some ideas for activities for all ages to enjoy at the beach. Some examples include looking for animal tracks, searching for beach glass and shells, going for a jog, reading a book, writing or sculpting in the sand, and more. Some of these activities require minimal supplies, but with a little planning, packing is quick and easy!

Action Plan

Consider the weather. Is it sunny? Will you need sunglasses, a sunhat, sunscreen, or an umbrella? Is it chilly? You might need a blanket, a warm hat, or gloves? It is important to dress appropriately to be comfortable during your adventures!

Pack snacks and a water bottle. Use your reusable containers and snacks that are good for you and the Earth. Don't forget to bring any trash home with you to recycle or throw out. The ocean doesn't need any litter bugs!

Plan ahead and pack well. Bring the materials all for the fun activities you're

going to try. If you want to build sand sculptures, bring a bucket and shovel. An empty yogurt container or other reused materials could be reimagined as sculpting tools! If you want to read, bring a book or magazine, and a place to sit such as a blanket or a folding chair. You could even do yoga! Bring your camera as a way to capture the memories of your day spent in nature. Planning ahead is key, and that will make the day a lot of fun for everyone! Read on for more great activities to do at the beach:

- Fly a kite
- Sculpt in the sand
- Search for evidence of animals (tracks, shells)
- Volleyball or catch



Resources

[Green Schools NS Awesome Outdoor Activity Guide for Summer](#)

[Green Schools NS Natural Playground & Outdoor Classroom Support Package](#)

[Green Schools NS Take Me Outside Day Support Package](#)

[Green Schools NS Ocean Plastic Support Package](#)

[Green Schools NS Ocean Issues Slideshow](#)

[Green Schools NS Outdoor Spaces Slideshow](#)

[Mocomi: How are Waves Formed?](#)

[Moms and Crafters: Things to do at the Beach](#)

[Craftionary: Beach Activities](#)

[The Bird Feed NYC: Beach Scavenger Hunt](#)

[The Military Wife & Mom: How to Take a Baby to the Beach](#)

[Bare Feet on the Dashboard: 20 of the Best Beach Activities for Kids & Families](#)



What will you find on your beach adventure?