

# Like a fish in the sea. . .



**Fish are amazing**....all shapes and sizes, colours and textures. There are fresh water fish who live in streams and rivers. There are sea fish who are happy in salt water.

## Be still, reflect. . . **Go to You tube.**

Search for 'Fish, films for children'  
Click on to the short film: 'Bedtime Lullabies'.  
Sit very still, watch, listen, breathe in and out deeply as you watch and listen.



**swim like a FISH** Use your face, head, neck, arms, hands, fingers to **move like a fish in the water!** You can do this to the music in the film again, to help you swim! **Act out some graceful swimming!**



Use this word bank to write a poem or short story **about some fish in a river, or in the sea, on the lines below/on the other side of the paper.**



twisting    turning    swirling    bubble blowing    fins flapping    waves  
mouth opening    swishing    tail    scales    shimmering    shiny    long  
skinny    beady eyes    elegant    pointed    darting    diving  
dashing    gulping    staring    bloated    staring    scared    contented  
soothing    layered    multi-coloured    gleaming    crafty    calm  
cheeky    slithering    jumping    still    pointed    jagged    cold  
lapping    whooshing    waves    flowing    leaping    ebbing    gracefully

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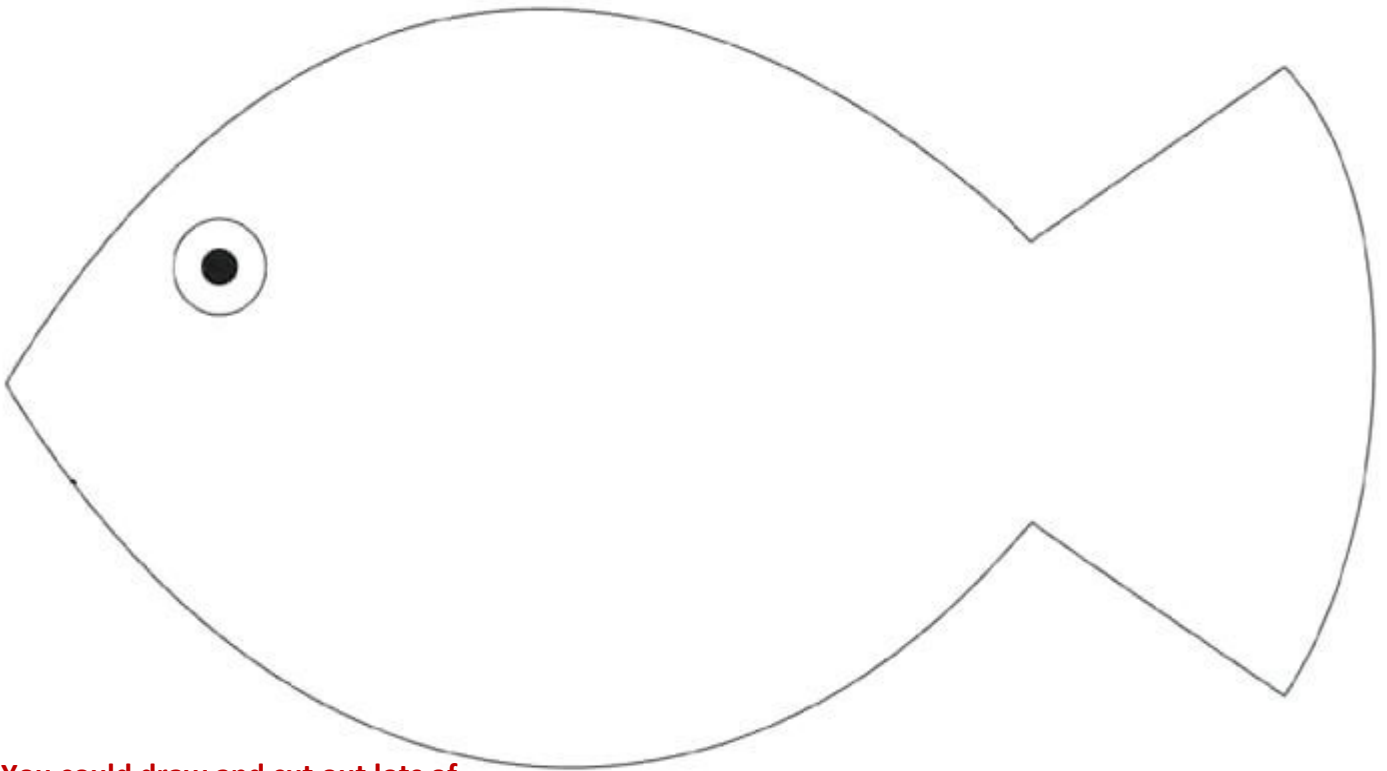
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More to do on the next page!

**Design your own fish using this template, or draw your own! What will be its name? Where does it live? Was this fish in your story or poem?**



**You could draw and cut out lots of fish and make a fish mobile. Use a coat hanger or sticks and string.**

### **Did you know?**

The very first Christians, after Jesus had died, risen and returned to heaven, (that's what Christians believe from the Bible story), used a **fish shape, instead of a cross** as a secret sign for 'JESUS'!

They wanted to meet together to pray but they had enemies who wanted to get rid of Christians. They met in hidden places like caves. They scratched a fish on the walls and this was a sign for others who wanted to join them. The fish is called the **Icthus**. Find out more about it on the internet!

**An Icthus fish to colour in, or decorate with coloured paper.**

