



Designed by  
pupils at Mid Yell  
School

# Shetland Shells

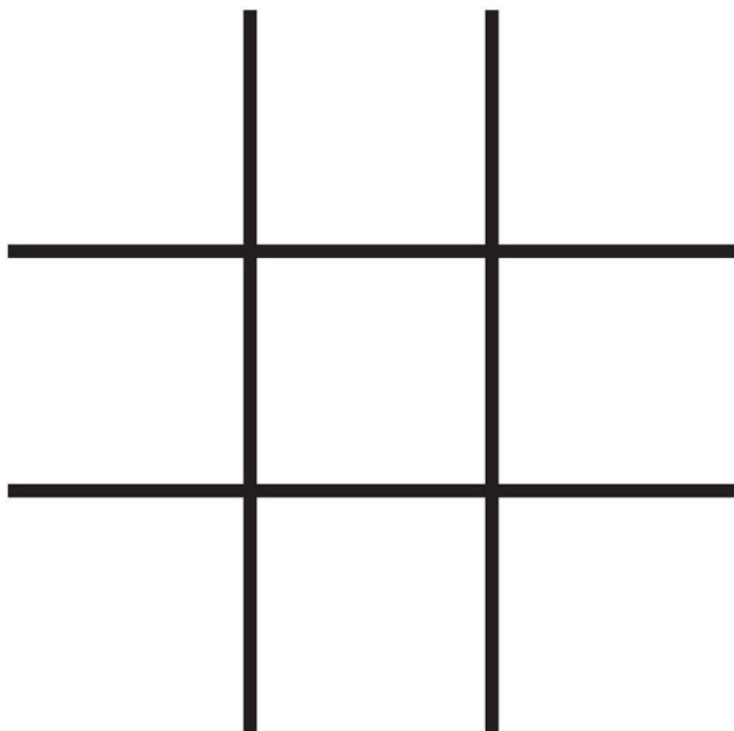
Activity: How many different types of shells can you find?

Draw a picture of your shells here.

## Shell Noughts and Crosses

Can you go out and find 10 shells or pieces of sea glass. 5 of one type or colour and 5 of another?

When you have your shells you can play a game of noughts and crosses





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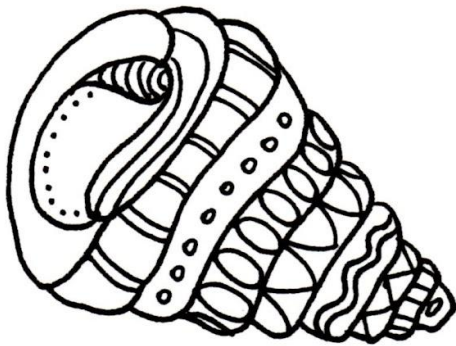
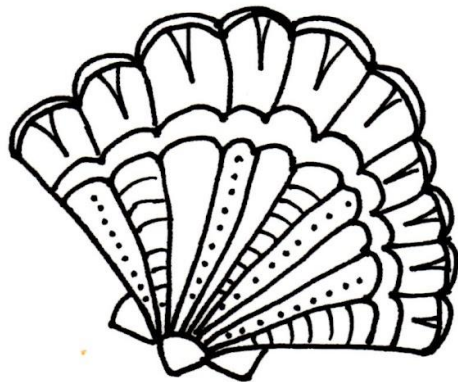
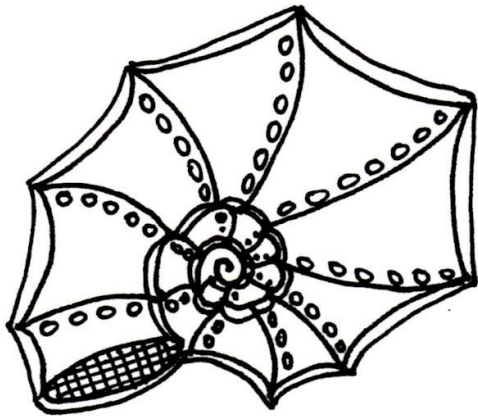
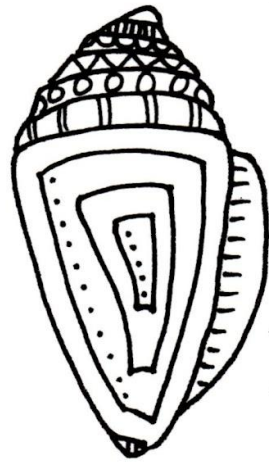
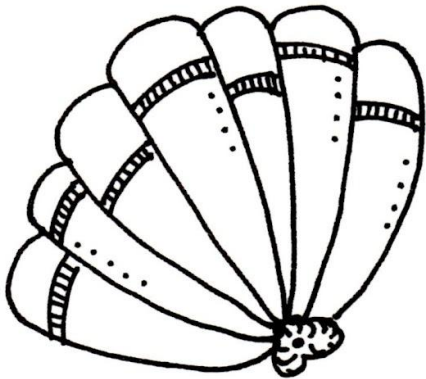
# Mindfull Groatie Buckie Hunt

Did you know that finding a Groatie Buckie is good luck?!? It is also very relaxing.

1. Head down to the beach nearest you.
2. Settle yourself down in an area with a lot of shells or interesting bits of sea glass.
3. Close your eyes and take 5 deep breaths in, listen to the sounds around you.
4. Spend a little time simply searching. Try not to get distracted. Notice the shapes, sizes, colours, feel of the different shells.
5. Notice how you feel once you have finished your search?

If your nearest beach doesn't get many groaties you can do the same activity with shells or sea glass.

# Sea Shells



# Sea Shells

