



Body Surfing

A great whole group activity, which highlights the power of the ocean and currents. Students use hand planes to help them catch waves from “out the back” to the shore. Body surfing teaches the art of catching waves.

 TIME FRAME	Generally conducted over a 2 hour period, however other time frames can be negotiated depending on your requirements.
 NUMBER OF PARTICIPANTS	No Limit
 KEY OUTCOMES	Surfing basics, resilience, humility
 SUITABLE AGES	Grades 3-12

WORKS WELL AS PART OF A **SELF AWARENESS PROGRAM**

THE CHANGE YOU WANT TO SEE
IN THE WORLD LIES WITHIN...

