



# 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.

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

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

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

