



---

# PIRATES OF THE CHESAPEAKE



Host a pirate party at your center and use this time to reinforce messages about sun safety, healthy eating and physical activity with your children.

Use the following tips to plan your party:

Before spending any time out in the sun, make sure children are dressed appropriately. Send a flyer home to parents and guardians asking them to send children to child care with sunglasses and a wide brimmed hat on the day of the pirate party. Remind parents and guardians to apply sunscreen on the children before they arrive at your center.

## Activities for children ages 3-5

### Ship Flags

#### Materials

- 1 straw per child
- Black, white and red construction paper
- Decorations for flag (crayons, markers, glitter, stickers)
- Tape
- Glue
- Scissors

#### Activity

- To make the flag, have children cut out a triangular shape with construction paper.
- Decorate the flag. Have children include the name of their ship on the flag.
- Tape the decorated flag to the straw.
- Use the pirate flag to drink Sea Smoothies (*see Treasure Treats on page 4*).

  
**Learn To Live**

Healthy Living from the Anne Arundel County Department of Health

aahealth.org • learn to live

410.222.7979

---

# Treasure Chest

## Materials

- 1 shoe box per child (or any type of box with an opening)
- Black, brown and yellow construction paper
- Markers/crayons
- Glue
- Scissors

## Activity

- Have children glue brown paper all over the box.
- Children should then cut strips of yellow, black and brown paper.
- Glue the strips of paper along the edges and on the middle of box.
- Children can also line the inside of box with brown or black paper.
- Help children make a keyhole by poking a hole in the box using scissors.
- Remind children to write their ship's name on the treasure chest.

# Pirate Prize Pick-Up

## Materials

- Yellow construction paper
- Scissors

## Preparation

- Cut large circles out of construction paper to represent gold coins.
- Drop "gold coins" in various places outside.

## Activity

- Tell children they are pretending to be pirates in search of gold coins.
- Divide children into small groups if there are a large number of kids.
- Tell children that when you say, "ready, set, argghh!" they hunt around and see who can find the most gold coins.
- Children can use their treasure chests (*see Treasure Chest activity*) as their gold coin holder.



# Musical Islands

## Materials

- Hula hoops
- Music

## Preparation

- Set as many hula hoops on the floor or yard as you have children. If there are a limited number of hula hoops, you may want to divide the children into groups and give each group a turn to play.

## Activity

- Start the music.
- Have pirates walk around the hoops until you turn off the music.
- Each child must be standing inside one of the "islands" or they're out.
- Every few minutes, take away a hoop until only one pirate remains.

# Activities for children ages 6-7



## Treasure Hunt

### Materials

- Pictures of sun safety items (sunscreen bottles, hats, umbrellas, sunglasses, long sleeve tops, pants)

### Preparation

- Hide pictures in various places outside.

### Activity

- Have children go on a treasure hunt and find as many “treasures” as they can.
- Children can place the items in their treasure chests (*see Treasure Chest activity*).
- Once all items have been found, review with the children how each item helps protect them from the sun.



## “X” Marks The Spot

### Materials

- Construction paper
- Crayons/markers
- Damp tea bag

### Activity

- Have children draw an island, ship and compass rose on the construction paper. Write names of the islands and the ships’ names on the paper.
- Don’t let children forget to draw a large “X” marking where the treasure is.
- Once drawings are finished, have children age their maps by pressing a damp tea bag all over the paper and tearing the edges.

## Sink the Ship

### Materials

- Rubber balls
- Plastic kid pool or large plastic tote
- Plastic bowls of various sizes



### Preparation

- Fill up kid pool or large tote with water.
- Give each child a rubber ball.

### Activity

- Tell children to pretend that the plastic bowls are pirate ships and the large pool is the sea.
- Have children stand in a single file line a certain distance away from the “sea.”
- Each child takes a turn trying to throw a ball in the bowls in order to sink the “ships.”

---

# Treasure Treats

Recipes provide one serving. Multiply as needed.

**Before providing snacks, check with parents about allergies or food restrictions.**



## Pirate Parfaits

- 4 ounces low-fat yogurt
- 1/2 cup low-fat granola
- 1/2 cup frozen strawberries
- 1 clear plastic cup and spoon

**Directions:** Layer ingredients and enjoy.

## Banana Swords

- 1 banana per 2 children
- Popsicle sticks
- Plastic wrap
- Optional: chopped walnuts*

**Directions:** Wash and peel bananas. Cut bananas in half, put a popsicle stick in the cut ends, wrap bananas in plastic wrap and freeze.

*Optional: coat the banana with chopped walnuts before freezing.*

## Sea Smoothies

- 1/2 cup frozen fruit
- 4 ounces yogurt
- Blender

**Directions:** Put fruit and yogurt in blender and mix. Have children use their Ship Flag straws (see page 1) to drink the sea smoothies.

## Bag o' Loot

- Whole grain cereal
- Raisins
- Dried cranberries
- Almonds
- Soy Nuts

**Directions:** Add a quarter cup of each ingredient to a plastic bag, seal and shake.

---

# Learn To Live

Healthy Living from the Anne Arundel County Department of Health

aahealth.org ❖ learn to live

410.222.7979