



Sophia, the Tiny Sea Horse

Bath time story for pre-school and early stage swimmers:

The idea of this is for parents to read the story to their youngsters and try to get them to attempt some of the activities with the characters in the story.

'Long ago, in a sea far away from here, there lived a herd of sea horses who travelled around their area of the sea quite freely.

One day as the young sea horses (they are called fry) were playing in the seaweed, they saw an air bubble just hanging, stuck on one of the arms of the plant.

They thought it would be a great game to try to free it by blowing on it – they have no arms or legs so this really was the only way they could get it free.

They blew as hard as they could but they couldn't free it, they needed some help.

Can you put your mouth in the water and blow as hard as you can to help them free it?

YES!!! That was amazing thank you for your help.

While the seahorses were following the air bubble to the surface, they were wiggling their fins so hard to keep up with it that they didn't notice that Sophia, the smallest of the herd, was not with them.

Can you wiggle like a sea horse?

Where was she?

They looked behind the rocks.

They looked in the seaweed.

They looked in the coral but they couldn't find her anywhere!!!

Can you put your face in the water and see if you can see her?



She was nowhere to be found. The fry were getting really worried when a young dolphin, who had been watching all of the activity, came over to help them look. He was BIG and really strong...but also very gentle.

Can you move your hands through the water like a dolphin?

"I think I saw her float towards that cave over there," said the dolphin. Just below them there was a big cave that was surrounded by beautiful coral and some of the prettiest fish you could ever see.

Can you float?

The herd of young fry followed the young dolphin down to the bottom of the cave, past the bright and beautiful coral that looked like the best flower garden you will ever see and past the angel fish (who looked a little bit grumpy), right to the entrance of the cave. When they got there, they found Sophia just floating there, having a rest and chatting to a bright orange starfish.

They were so happy to see that their friend was safe. As soon as she was ready to swim again, they thanked the dolphin and star fish and swam back to their herd, just in time for bed.

Can you float on your back like a starfish?



Author: Mandy Mason, Swim England Learn to Swim Manager

