

# Sky, Land & Sea Interactive Video

Participants will enjoy great heights and great adventures during the Sky, Land & Sea interactive video. Marvel at the bird's-eye view of a lighthouse, and then traverse a sunny, oceanside beach. Finally, paddle around a scenic shoreline via kayak and paddleboard. Everyone—young and old—can enjoy the upbeat soundtrack, and there's no shortage of discussion questions and interesting information. Light exercise prompts and five review questions will keep participants' minds and bodies moving during this adventurous interactive video.

**Activity Alert:** As with all exercise activities, ensure that healthcare professionals have cleared the members of your group to participate.

Please take a moment to email [hello@activityconnection.com](mailto:hello@activityconnection.com) with your comments or suggestions. Enjoy!

## Preparation & How-To's

- Cue the [Sky, Land & Sea video presentation](#) on your computer. (If using an iPad or other device, make sure it has speakers.)
- Click “play” to begin the video. Pause the video at any point to give participants time to discuss.
- Review the video transcript in advance, if desired.



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## Sky, Land & Sea Interactive Video

Welcome! This video contains optional light exercise prompts. As with all exercise activities, ensure that healthcare professionals have cleared the members of your group to participate.

**Welcome to...**

**Sky, Land & Sea Interactive Video  
Brought to you by Activity Connection**

Many thanks to the Birdie View for providing the aerial footage you are about to enjoy!

For the first segment of this video, we will travel to North Carolina, USA. At the southern end of the Atlantic Coastline, there is a small, somewhat remote area called Bald Head Island. This location has a population of about 175 people and is nationally recognized for its sea turtle nesting activity. From mid-July to late September, baby sea turtles hatch at night and use the light of the moon to find their way to the ocean.

Can you think of an advantage of making the journey from nest to sea at night rather than during the day? (*Pause video to discuss.*)

**Answer:** To avoid predators such as birds. It is an arduous journey for these small turtles; anything from driftwood to deep footprints may be an obstacle to contend with along the way.

### Optional light exercise:

1. Extend both arms in front of you.
2. Separate your arms as if they were the flippers of a turtle.
3. Repeat as fast as you can in order to propel yourself forward in the sand.
4. Continue for the duration of the following clip, or as long as is comfortable.

How do you think Bald Head Island got its name? Take a guess.

**Answer:** This name came from the dunes becoming worn down to resemble a bald head. Before lighthouses, mariners navigated into the nearby Cape Fear River looking for the “bald head.”

Imagine back to the 17th and 18th centuries, when pirates ruled the waters off the coast of North Carolina. The Village of Bald Head Island was a favorite refuge and base for buccaneers. Pirates stopped here to replenish their provisions and bury their booty; Stede Bonnet and Edward Teach were infamous pirates who made this area their hideout.

In 1817, the lighthouse named Old Baldy was first illuminated; pirates and mariners now had a new landmark to guide their navigation. Let’s go take a closer look.

Typically, the only way to get to Bald Head Island is via a 30-minute passenger ferry ride. Today, we will board neither a pirate ship nor a passenger ferry; we have a one-of-a-kind opportunity to fly there! Here is a bird’s-eye view of Bald Head Island and its historic octagonal lighthouse, Old Baldy.

This historic landmark is 110 feet (33.5 meters) high.

Guess how many steps it takes to reach the top of the lighthouse on this spiral staircase?

**Answer:** 108 steps

### A Lighthouse Keeper’s Duty

About 100 years ago, being a lighthouse keeper was one of the hardest jobs around. Keepers lived at the lighthouse and were at work 24 hours a day, 7 days a week and rarely took a day off. In addition to working long hours, they worked in all kinds of weather, especially during hurricanes, blizzards, and gales, when passing ships were in the greatest danger.

Lighthouse keepers lit the tower’s lamp every night and made sure that the lamp stayed lit until the sun rose the next day. In order to do this, the keeper would check the wind direction and adjust the vents so that a proper draft was present at all times to keep the fire aflame.

Additionally, keepers were responsible for taking care of the entire light station. To do so, they had to be part mechanic, construction worker, and sailor all at once.

Who from among your friends and family would have been best suited for a job as a lighthouse keeper? (You can include yourself if you like.) Why did you select this person?

**Now for a few trivia questions.**

1. What U.S. state has the most lighthouses?
  - A. Maine
  - B. Michigan
  - C. Hawaii

**Answer:** B. Michigan

Though lighthouses are common on ocean shores, they are also imperative in areas such as the Great Lakes, which surround Michigan, because shorelines are varied and treacherous. Michigan is home to over 120 lighthouses.

2. Take a look at these pictures. What is the term to describe the unique color and pattern that distinguishes one lighthouse from another?
  - A. Daymark
  - B. Watermark
  - C. Signal badge

**Answer:** A. Daymark

Since each daymark is unique, it conveys information about location to mariners during the daytime.

Before embarking on a nautical adventure, we will first visit a nearby beach.

As a group, name 10 items you might bring to or see at the beach. (*Pause video to discuss.*)

**Answers may include:** bathing suit, sunglasses, sunblock, hat, chair, towel, umbrella, book or magazine, food and drink, sandals, binoculars, seagulls, boats, sand, etc.

While sitting or standing, step in place as we walk along this boardwalk path of a nearby beach. (Keep an eye out for an animal grazing in the foliage.)

Now for another optional light exercise as we walk on the warm sand to the water. While sitting, extend your legs and put your right foot over your left leg. Then put your left foot over your right leg. Repeat 10 times.

Take a deep breath and smell the salt water and sunblock lingering in the air. Feel the warm sun upon your face. Listen to the children laughing while they splash in the water. Relax and feel the cool waves washing on your feet.

Tell us a story about a memorable trip to the beach or your favorite part about being at the beach.

Here is a quick preview of the wide variety of vibrant sand colors that can be seen on beaches around the world.

Let's travel to a few of the most unique beaches around the world. Some have distinctive sand color, while others have unusual surroundings. An optional light exercise will be presented with each description.

**Exercise:** Rotate both wrists outward.

### **Maldives Beach**

This is an incredible sight to see! The lights on the sandy shores of this beach in the Maldives are caused by bioluminescent phytoplankton. Individually, these creatures are too small to see, but when they are gathered together, they create quite a light show.

**Exercise:** Rotate both wrists inward.

### **The Beach of the Cathedrals, Spain**

This stunning architecture is produced by the constant crashing of the waves against the shoreline.

**Exercise:** Rotate both ankles outward.

### **Hidden Beach, Mexico**

The unusual structure of this beach was formed due to different erosion rates. The interior of this landmass is made of volcanic rocks that eroded quickly. The exterior “shell” is made up of a type of rock that is more resistant to erosion.

**Exercise:** Rotate both ankles inward.

### **Shell Beach, Australia**

The high salinity levels of the surrounding waters deter the natural predators of these small clams. As a result, the population of the clams has ballooned out of control. As you can see, their shells cover the beach, which stretches for 37 miles (60 kilometers).

**Exercise:** Stretch right arm up to the ceiling and hold.

### **Jökulsárlón, Iceland**

This isn't your everyday beach with blue waters and tan sand. The black sand results from volcanic minerals; chunks of ice look like crystals on the shores of this black sand beach.

**Exercise:** Stretch left arm up to the ceiling and hold.

### **“Dragon Eggs,” New Zealand**

Known as the Moeraki Boulders, these unique rock formations were once surrounded by other land that has since washed away. The composition of these rocks makes it too hard for the water to completely break down.

**Exercise:** Roll both shoulders forward.

### **Giant's Causeway Beach, Ireland**

This interesting formation developed over 50 million years ago when basalt lava rose to the surface. After it cooled, it began to crack into the amazing columns and formations you see today.

**Exercise:** Roll both shoulders backward.

## Maho Beach, Saint Martin

This looks like your everyday beautiful beach; that is, until a plane nearly knocks you down into the sand. People visit the island of Saint Martin just to feel the extreme turbulence and power created by the airplanes. The airport is located so close to the beach shore that you can practically reach out and touch the planes just before they land. **Warning:** People are often harmed by the sand and other debris that fly up from the force of the plane.

Before we board our own watercraft, let's take a look around a nearby marina. As you see, some are motorized and some are sail boats.

### And now for some trivia related to nautical terms.

1. What is the nautical term for the kitchen area of the boat?

- A. Tiller
- B. Galley
- C. Pantry

**Answer:** B. Galley

2. Which instruction might you give your crew if you were approaching rough weather?

(**Hint:** Batten \_\_\_\_ \_ \_\_\_\_ )

**Answer:** Batten down the hatches.

(A *hatch* is an opening in the boat's deck fitted with a watertight cover.)

Our next stop is a large reservoir in Fort Collins, Colorado, where we will embark on a non-motorized, nautical adventure. We will stay in the calmer inlet area to avoid the waves caused by wind and motorized boats in the main reservoir.

The boat rental desk is right this way.

Here is a glimpse of the four types of non-motorized boats available to rent today (canoe, kayak, stand-up paddleboard, hydrobike). We will be paddling two of these types of boats today!

Before we begin, reach out to grab this life jacket. Next, put it over your head, wrap the strap behind your back, and then fasten the clip in front.

First, we will board the stand-up paddleboard. These boards are approximately three feet wide and eight feet long; thankfully, they feel surprisingly sturdy. Watch how this paddler navigates while standing up. She even has a dog aboard!

Okay, now paddle along for the next 20 seconds while sitting or standing. In order to move forward in a straight line, it is necessary to switch the paddle between the right side and left side.

**And now for some trivia related to nautical terms.**

1. This term refers to the unit of speed equal to one nautical mile (1.85 kilometers) per hour.
  - A. League
  - B. Knot
  - C. Fathom

**Answer:** B. Knot

2. In nautical terms, *even-keeled* means that a vessel is well-balanced. If a person is described as even-keeled, this means they \_\_\_\_\_.
  - A. follow commands
  - B. are steady and even-tempered
  - C. move quickly

**Answer:** B. are steady and even-tempered

3. What is a squall?
  - A. A propeller
  - B. A storage space within a boat
  - C. A sudden strong wind often accompanied by rain

**Answer:** C. A sudden strong wind often accompanied by rain

Now, we will finish our journey in a kayak. As you can see, a kayak is low to the water, and a double-bladed paddle is used to pull the water from front to back on one side and then the other.

With your arms shoulder-width apart, reach out as if you were holding a kayak paddle in front of your body. Follow along and alternate paddling on the right side of the kayak and then the left side. Repeat for 30 seconds as we explore this marina.

Nicely done.

This reservoir is a popular recreation destination for the region. In addition to boating and swimming, fishing is also a popular pastime.

As a group, can you think of 10 items that would be important to bring on a fishing trip?

**(Possible answers:** Fishing license, fishing rod, camera, ice chest, tackle box, fishing hooks, lines, fishing net, bait, hat, sunglasses, etc.)

Thank you for joining us on this Sky, Land & Sea adventure! Stay tuned for review questions.

**Review Questions**

1. In what state is Bald Head Island located?
  - A. North Carolina
  - B. South Carolina
  - C. Georgia

**Answer:** A. North Carolina

2. What U.S. state has the most lighthouses?

- A. Maine
- B. Minnesota
- C. Michigan

**Answer:** C. Michigan

3. Which two types of boat did we **NOT** paddle today?

- A. Kayak
- B. Canoe
- C. Paddleboard
- D. Rowboat

**Answer:** B. Canoe and D. Rowboat

4. In nautical terms, the galley refers to:

- A. The propeller
- B. The kitchen
- C. The bathroom

**Answer:** B. The kitchen

This concludes the Sky, Land & Sea interactive video. Thank you for joining us and see you again soon!

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