

Seashore explorers: lesson 1 of 2

Getting ready to explore

Where the land meets the sea



Exploring the mangroves with MCP's environmental club. Photo: MCP



A shore is a tough place to live

Twice a day in most places, the sea comes in and goes out again. That is the tide.

Shore animals must survive being underwater, then out in the hot sun, then bashed by waves. Each one has its own tricks.

What problems would you have if you lived on the shore?

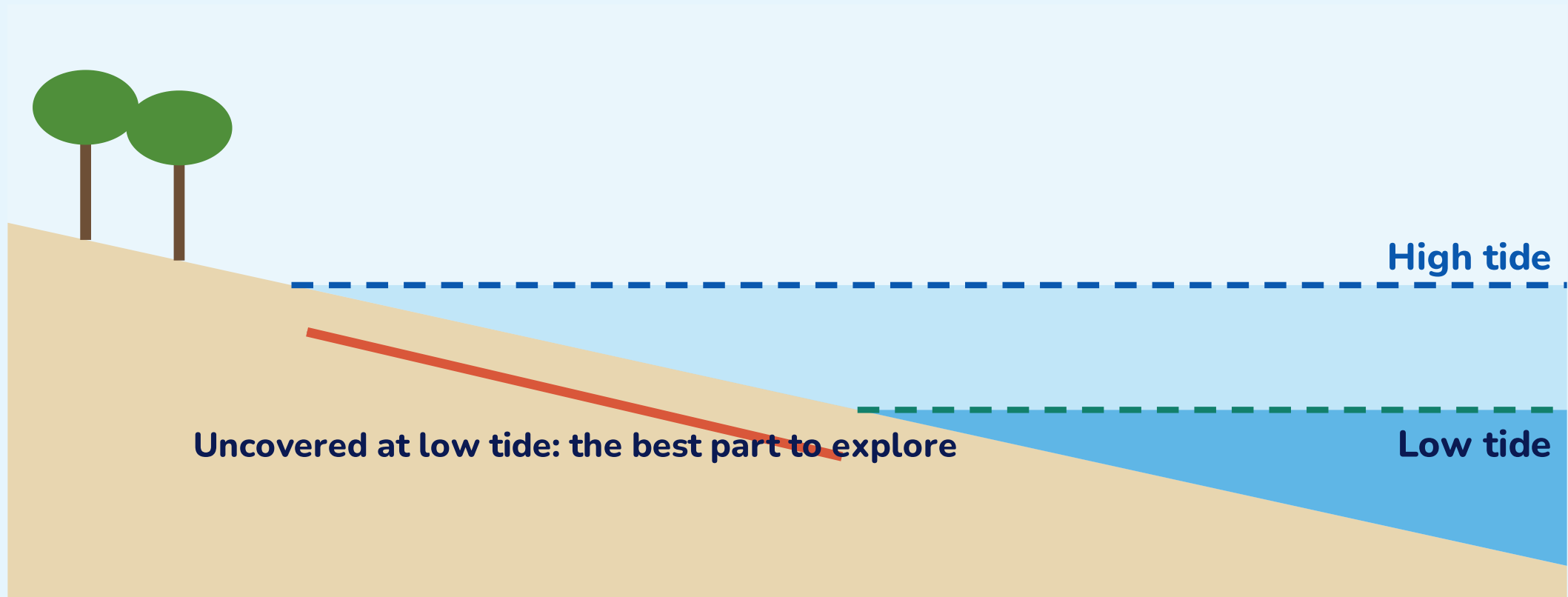


A beach near MCP. Photo: MCP



Explore at low tide

When the tide is low, more of the shore is uncovered, so there is more to find. Check a tide table before you go.



Different shores, different life



Sandy beach

Crabs, shells and animals that hide under the sand.



Seagrass at low tide

Sea stars, sea cucumbers and small fish.



Mangroves

Fiddler crabs, mudskippers and baby fish.

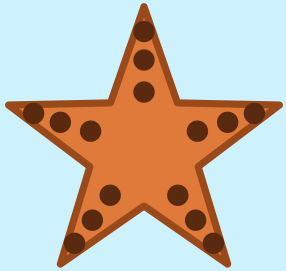


Rocks and pools

Snails, anemones and little fish trapped by the tide.

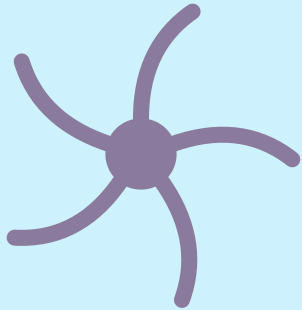


Who lives on the shore?



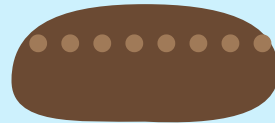
Sea star

Usually five arms.
Some can grow back
a lost arm.



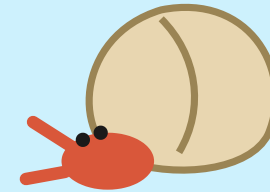
Brittle star

Thin, wiggly arms.
Hides under rocks.



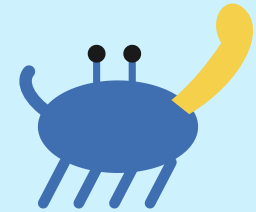
Sea cucumber

Eats the sand and
leaves it cleaner.



Hermit crab

Lives in an empty
snail shell and
moves house as it
grows.

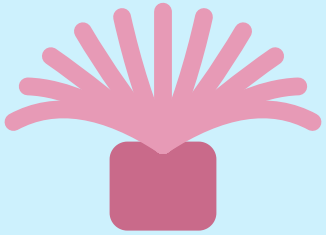


Fiddler crab

Lives in mud near
mangroves. Males
have one giant claw.

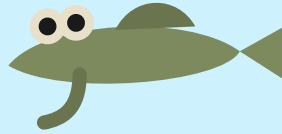


Who else lives on the shore?



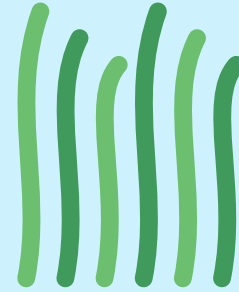
Sea anemone

Soft body with stinging tentacles.



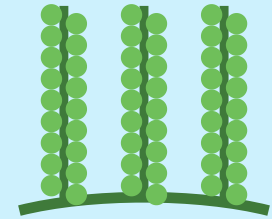
Mudskipper

A fish that can breathe out of water and hop across the mud.



Seagrass

A flowering plant that lives underwater. Turtles eat it.



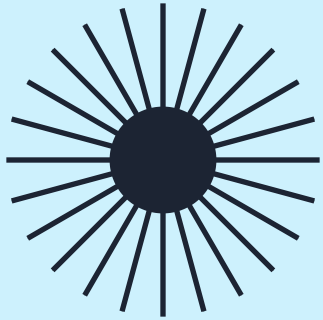
Sea grapes (lato)

A seaweed that looks like tiny green grapes. Many Filipinos eat it.



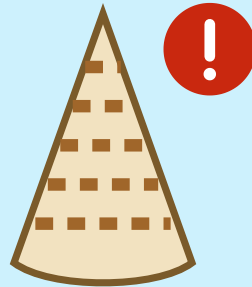
Danger! Look, but never touch

A few shore animals can hurt you badly. Learn these four by heart.



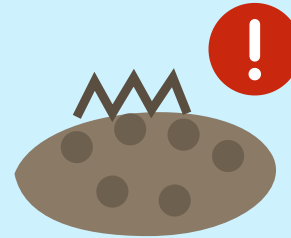
Sea urchin

Wear shoes and watch where you step.



Cone shell

NEVER pick up a cone-shaped shell, even an empty-looking one.



Stonefish

Always wear shoes in shallow water.



Jellyfish

Don't touch, even if it looks dead.



The explorer's code

1. Look, don't take. Leave animals, shells and stones where they are.
2. If you lift a rock, put it back gently, the right way up.
3. Always wear shoes that cover your toes.
4. Never touch cone shells, stonefish, sea urchins, jellyfish or anything you don't know.
5. Stay with your group and your adult. Keep an eye on the tide.
6. Take your rubbish home, and pick up some that isn't yours.



Spot and sort

1. Your group gets a field guide.
2. Your teacher shows a picture. Find it in the guide as fast as you can.
3. Say its name, where it lives, and whether it is safe to touch.
4. Score a point for each right answer. Watch out for the danger animals!



Talk about it

Which shore animal would you most like to find?

Why should we leave empty shells on the beach?

What will you wear and bring on our shore walk?

Next time: the shore walk



Photos and sources

Photos: beach, seagrass, mangroves, Apo Island and environmental club by MCP. Seagrass by Benjamin Jones. Drawings made for this lesson. All illustrations drawn for this lesson by Marine Conservation Philippines.

Sources:

- Surf Life Saving Australia, Beachsafe. Cone shell.
- National Parks Board Singapore. Intertidal infographic.
- Marine Conservation Philippines.

Full links are in the teacher reading. Free to use and share for education. Made by Marine Conservation Philippines. More free lessons: marineconservationphilippines.org/resources/teachers-resources/

