



Getting ready to explore

Background reading for teachers

This reading gives you the background for each slide, with sources you can check.

Tides

Tides rise and fall in a regular pattern driven by the Moon and Sun. Many Philippine coasts have two high and two low tides a day, though the pattern varies from place to place. Plan any shore visit around low tide using a tide table or tide app.

The dangerous four

Cone shells can inject paralysing venom with a harpoon-like tooth, and the venom can be fatal. Beach safety guidance is not to pick up any cone-shaped shell, even one washed up on shore, because there is no safe way to hold one.¹ Stonefish are well camouflaged in shallow water, and their spines inject a painful venom that can sometimes be fatal.² Sea urchin spines break off in skin, and jellyfish can sting even when stranded. Closed shoes are essential.

The field guide

The guide lists common groups of shore life rather than exact species, because species vary between shores. Sea grapes (lato, a *Caulerpa* seaweed) are widely eaten in the Philippines. Encourage students to use local names alongside the English ones.

Sources

1. Surf Life Saving Australia, Beachsafe. Cone shell. beachsafe.org.au/surf-safety/cone-shell
2. National Parks Board Singapore. Intertidal infographic. nparks.gov.sg

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