

# Sitka Sprouts

# Activity Packet

## Theme: Intertidal Exploration

### Books Recommendations List:

- A House for a Hermit Crab – Eric Carle
- Life in a Tidepool – Allan Fowler
- In One Tidepool – Anthony Fredericks
- Grasper: A Young Crab's Discovery – Owen Paul Lewis
- Is This a House for Hermit Crab? - Megan McDonald
- Kermit the Hermit – Bill Peet
- Seashore: One Small Square – Donald M. Silver
- Ocean Soup: A Book of Tidepool Poems – Stephen Swinburne
- Seashells, Crabs and Sea Stars: Take Along Guide – Christiane Tibbitts

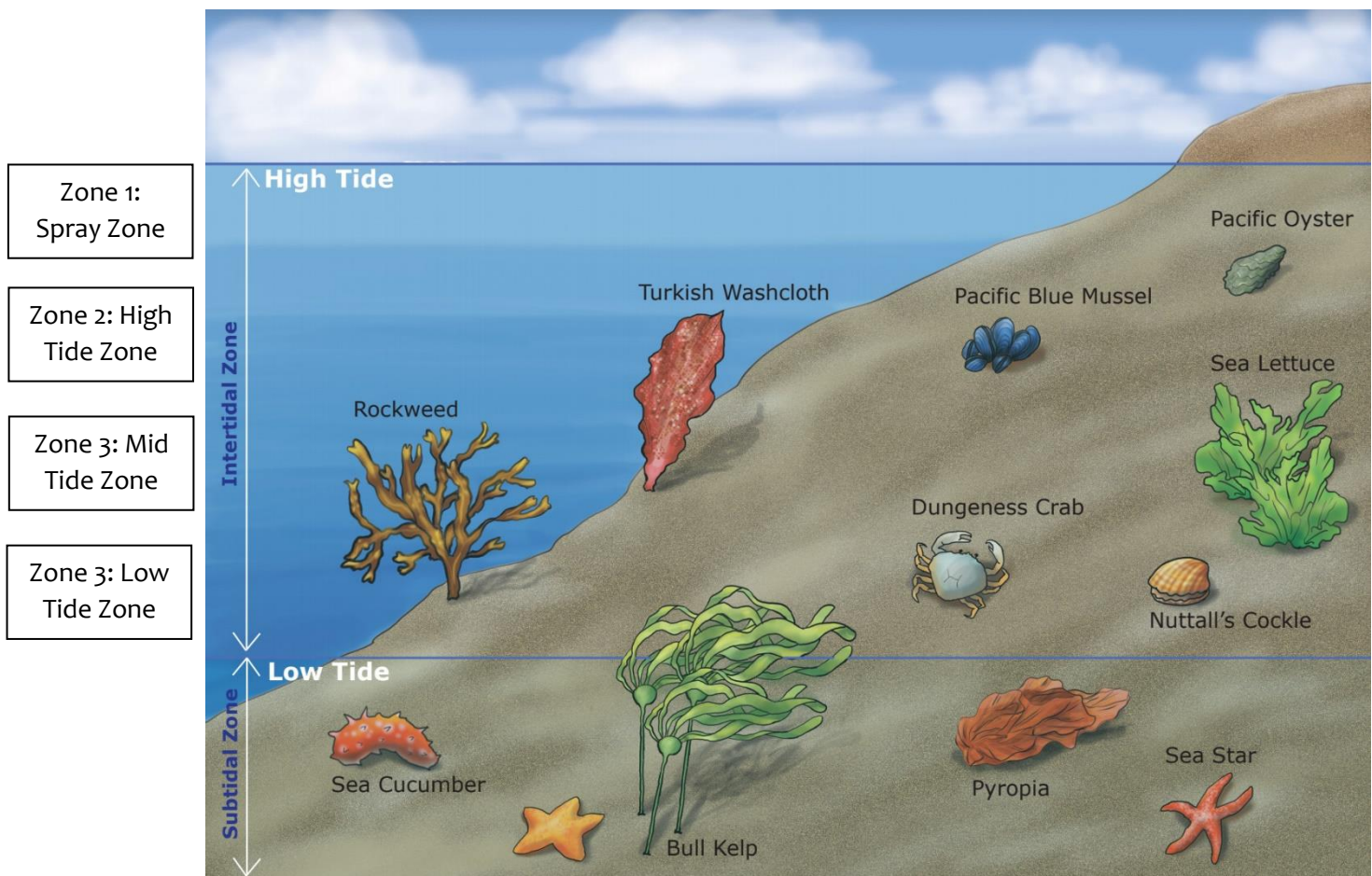


## Introduction to the Intertidal Zone

The intertidal zone is the area between the lowest low tide and the highest high tide. Within the intertidal zone, there are four sub-zones:

1. Spray zone
2. High tide zone
3. Mid tide zone
4. Low tide zone

Depending on the tide, these zones will be either exposed to air or under water. This makes the intertidal zone a tricky place to live! Many animals have special adaptations to adjust to life in and out of the water. Although many animals can move across zones, most organisms are found mostly in one of the four zones. If all intertidal animals lived in the same zone, there would be a lot of competition for space and food, so instead, they spread themselves out. Next time you go down to the beach, pay attention to the types of seaweeds and animals as you walk towards the water and I bet you'll be able to tell when you've moved from one zone to the next!



# Hermit Crab Craft

## Materials:

- White paper
- Paint
- Pipecleaners or strips of paper
- Glue and/or tape
- Scissors
- Sponge
- Pencil

## Instructions:

1. Paint one hand and press onto a piece of paper (this is the hermit crab body).
2. Cut a circle out of white paper for the hermit crab shell.
3. Use a pencil to draw a swirl on the shell.
4. Dab a sponge in paint and lightly press on the hermit crab shell.
5. While the paint is drying, cut a pipecleaner in half or cut two small strips of paper (these will be the antennae)
6. Once your paint has dried, cut the handprint out of the paper.
7. Attach the handprint to the shell of the hermit crab so the fingers are pointing downwards and the thumb is glued or taped to the back.
8. Attach the pipecleaners or strips of paper to the back of the handprint and your hermit crab is complete!



# Tidepool in an Egg Carton

## Materials:

- Egg carton
- Paint or markers
- Small shells and pebbles (good excuse to go collect some!)
- Colored paper
- Glue and/or tape
- Scissors

## Instructions:

1. Paint or color the inside of your egg carton to look like the ocean.
2. Use scissors to cut out small fish, other tidepool animals and seaweed from paper.
3. Glue or tape your critters inside the egg carton.
4. Place your collected shells and pebbles inside to complete your tidepool scene!



# Intertidal Scavenger Hunt

## Materials:

- Scavenger hunt guide (see attachment)
- Markers or stickers
- Collection container (yogurt containers or ice trays work great)

## Instructions:

1. Print out the attached “Intertidal Scavenger Hunt” and look for all the critters on the guide.
2. As you find them, use a marker to cross them off or place a sticker over the square.
3. If you find any cool shells or rocks to add to your “Tidepool in an Egg Carton”, place them in your collection container to take home.

See the “Friends of the Beach” guidelines below to encourage your child to be respectful while exploring the beach!

### **“Friends of the Beach”**

1. **Tip Toe** (watch where you step)
2. **Flip Flop** (put everything back where you found it – if you flip a rock over, flop it right back (carefully!))
3. **Critter Care** (take care of critters)
4. **No Pets** (don’t take any animals from the beach home with you)
5. **Calm Bodies** (no pushing or running)

