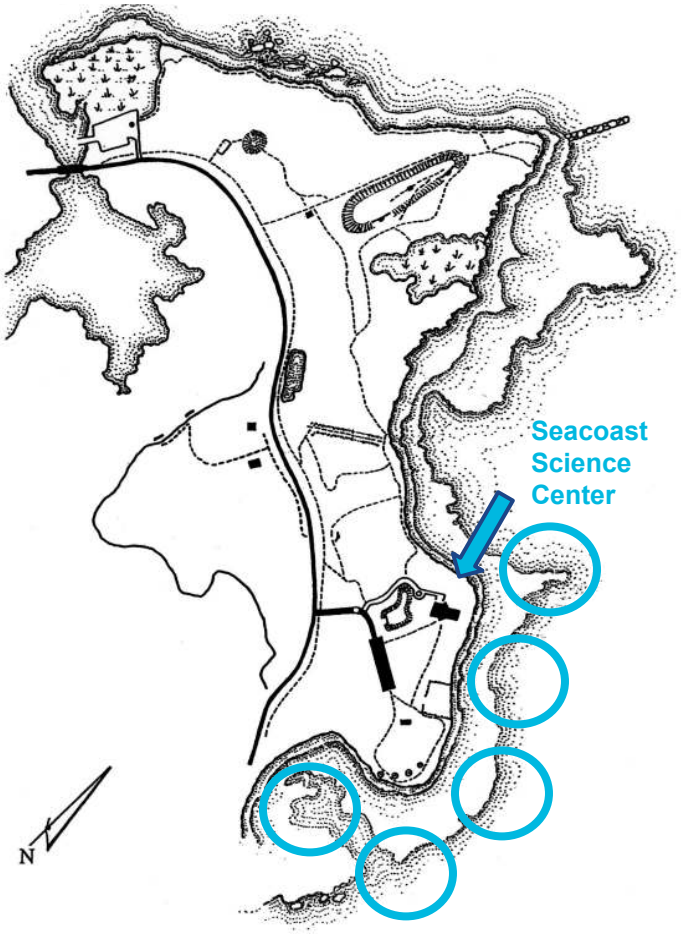
Explore the Rocky Shore

Where can you find the tide pools?



What is a Tide Pool?

A tide pool is a small pocket of water that gets trapped in the rocks at low tide. A tide pool gives you an amazing window into who and what lives under the water. There are three zones (high, middle, and low) created as the tide goes out over a six hour period. The high tide zone has more air exposure throughout the day and the low tide zone has less. Come explore all three zones and find the special adaptations of the plants and animals that live there!

What do you notice?

As you find different objects or creatures in the tide pools, slow down and take a second to observe. What can you notice?

Use your senses: What do you see? Close your eyes. What do you hear? Smell? Feel?

Find Patterns

After making some observations, can you notice any patterns? Does anything remind you of something else? Can you find two things that are similar? Two things that are different?

I wonder…

What questions do you have? What do you wonder about?

TIP!

The best time to tide pool is during Low Tide.

Using the pictures above as a reference, can you determine if it is currently High Tide, Low Tide, or somewhere in between?

ODIORNE POINT STATE PARK

Adventures

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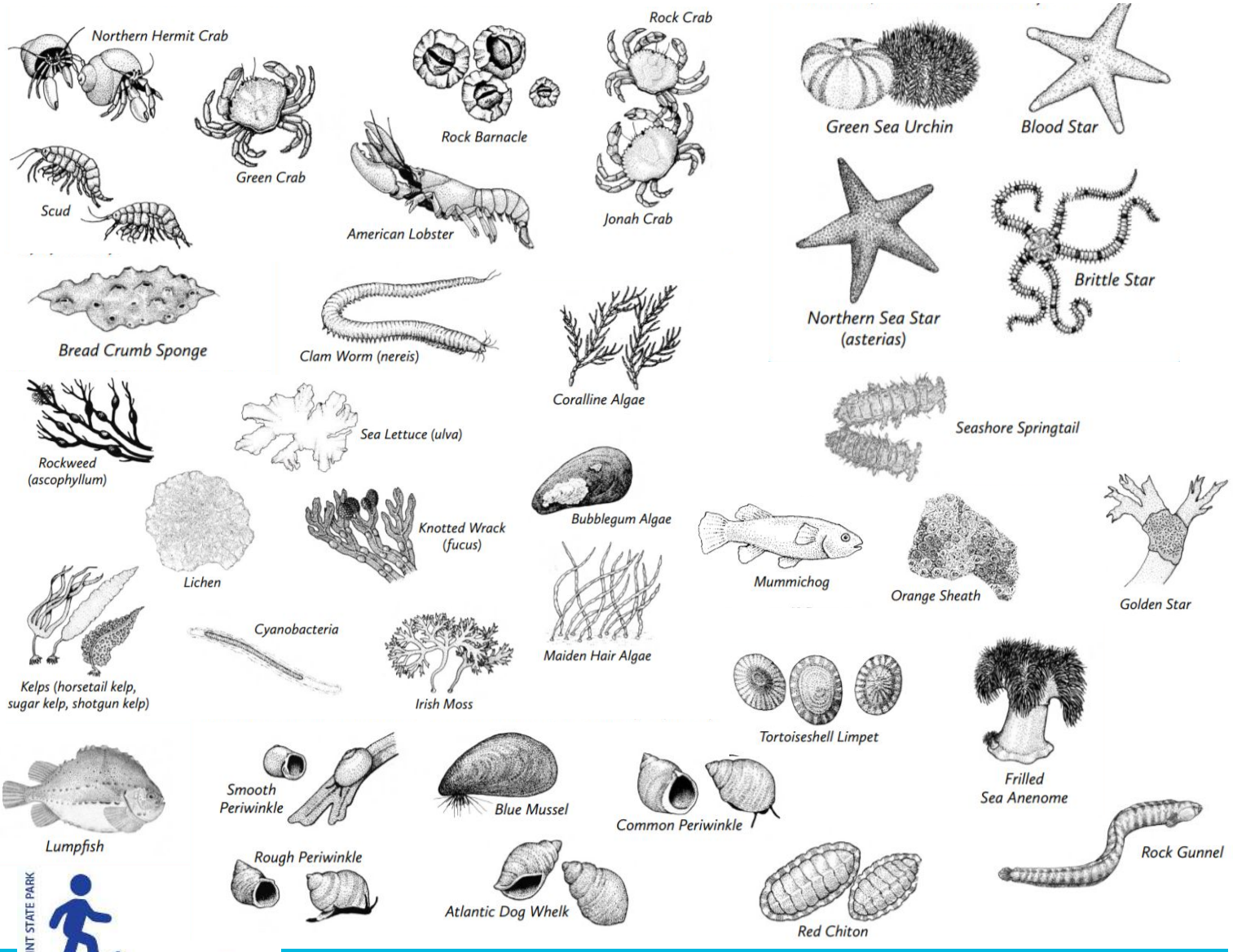
Your Guide to Tide Pooling

Tips for Tide Pooling

- It's best to go at low tide, or within 2 hours of low tide.
- Leave no trace! Always place rocks and seaweed back where they were as you explore.
- Be gentle with everything you find and put things back where they came from.
- If something is attached to a rock or the ground, leave it in place.
- Rocks and seaweed are slippery, so be careful!
- Pay attention to the water levels. It is easy to lose track of time exploring. Be aware of wave action and know that the water will be coming back in eventually.
- Remember that collecting is prohibited.
- Enjoy yourself, explore, observe and wonder about what you see!

Rocky Shore Species Guide: How many can you find?

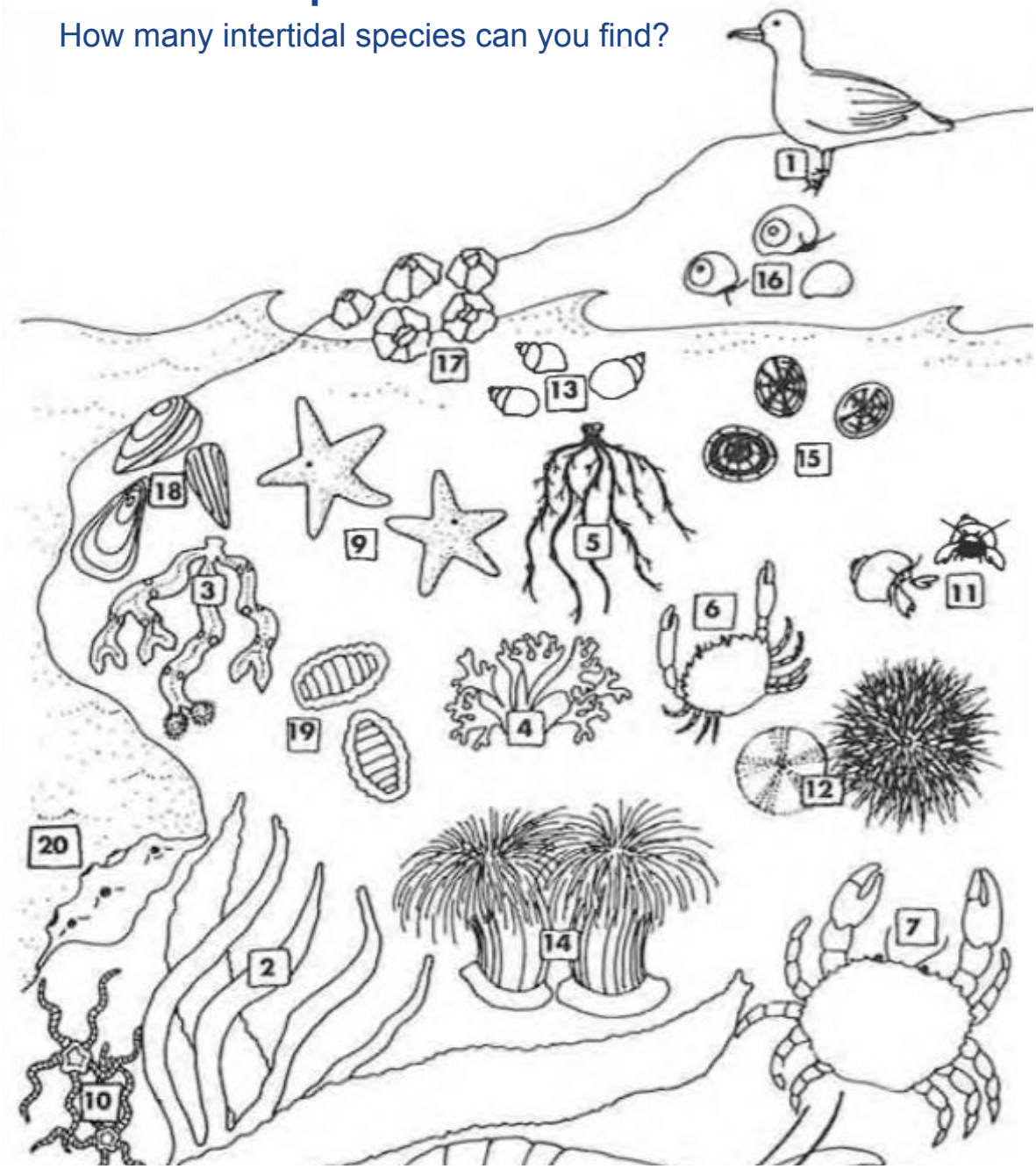


Tide Pool Scavenger Hunt

Time to explore the shore!

How many intertidal species can you find?

1. Herring Gull
2. Kelp
3. Rockweed
4. Irish Moss
5. Knotted Wrack
6. Green Crab
7. Jonah Crab
8. Lobster
9. Sea Star
10. Brittle Star
11. Hermit Crab
12. Sea Urchin
13. Dog Whelk
14. Sea Anemone
15. Limpets
16. Periwinkles
17. Barnacles
18. Mussels
19. Chiton
20. Bread Crumb Sponge



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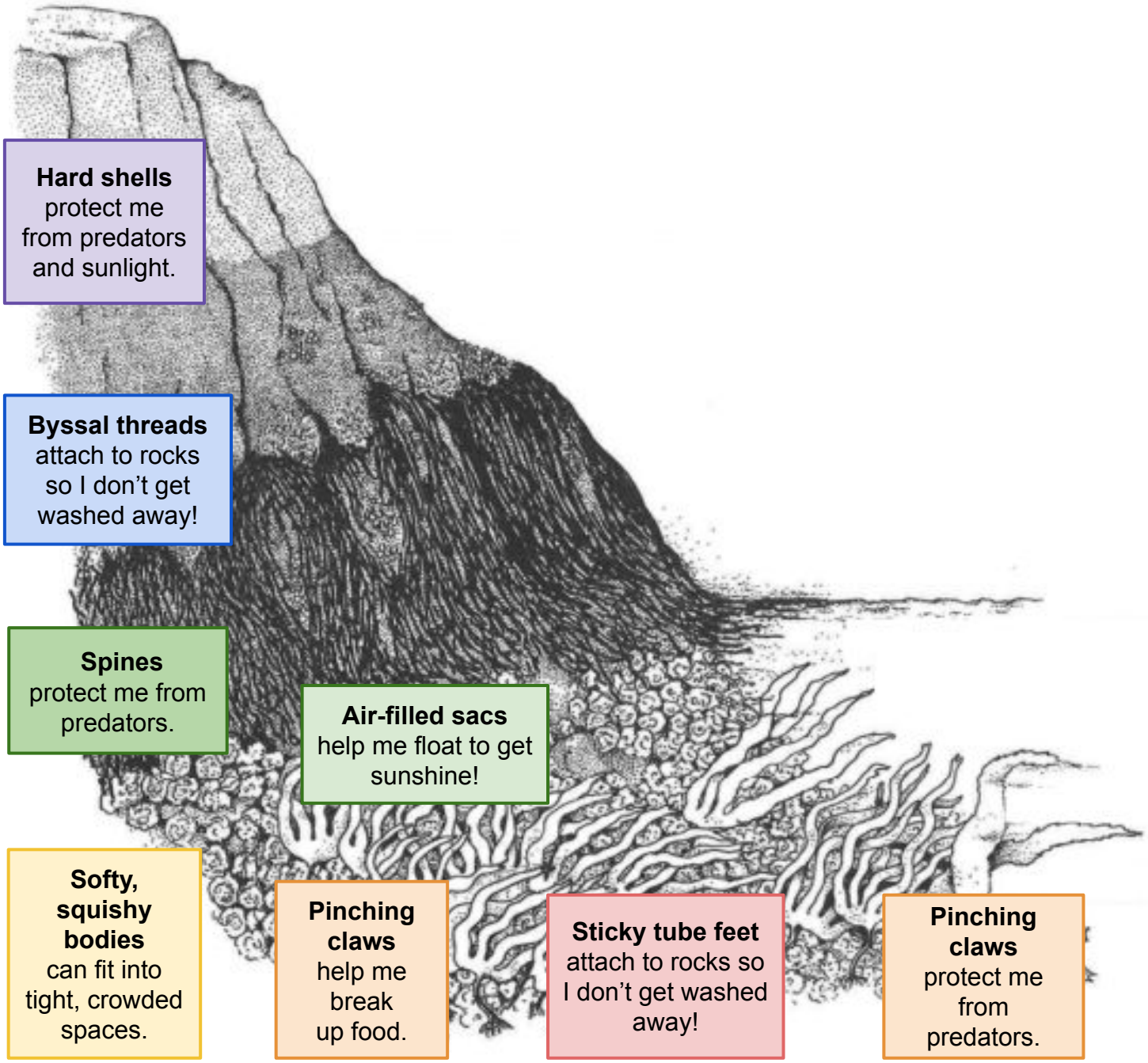
Adaptations

Animals and algae living on the rocky shore have developed ADAPTATIONS to help them survive in a tough environment. In the tide pools, many organisms have *adapted* ways of staying stuck to rocks so they don't get swept away in the waves. As you investigate shells, animals, and algae, think about the adaptations that have helped organisms survive on the rough and tumble rocky shore. See if you can find animals or algae that exhibit the adaptations below. **Take pictures or sketch the animals/algae you find.**

What other adaptations can you find?