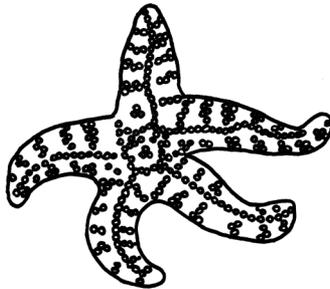




**ENVIRONMENTAL  
SCIENCE CENTER**

**Beach Heroes  
Field Journal**

***Diário de campo dos  
Beach Heroes***



**K-1st Grade**

***Pré-escolar-1º ano***

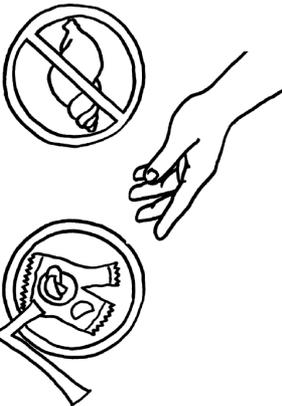
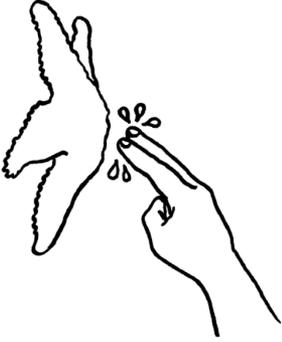
This field journal belongs to:

*Este diário de campo pertence a:*

---

When you visit the beach, remember:

# be curious, be kind, be Beach STARS!



Step carefully

S

Touch gently with two wet fingers

T

Animals stay where you find them

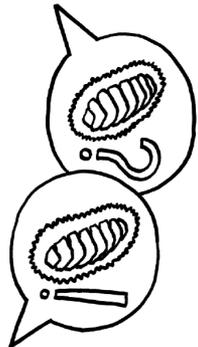
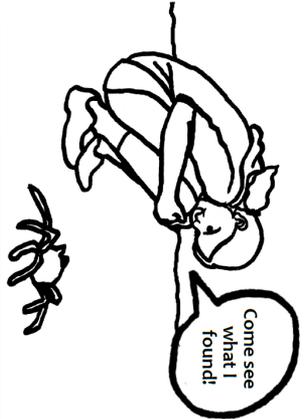
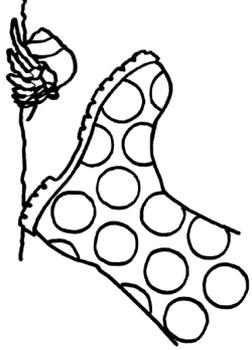
A

Remove only trash

R

Share what you learn

S



Quando visitares a praia, lembra-te:  
**sê curioso, sê amável, sê um Beach STARS!**



S

Sé cuidadoso al caminar

T

Toca suavemente con dos dedos mojados

A

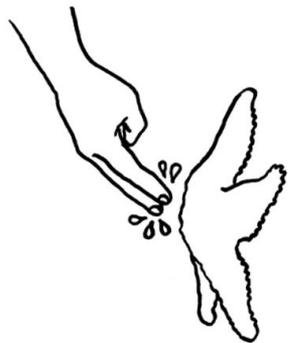
Aprecia los animales sin moverlos

R

Recolecta solo la basura

S

Siempre comparte lo que aprendiste



# **Write/Escreve**

**What is a Habitat?  
*O que é um Habitat?***

What do animals and plants need in their habitat?  
*O que é que os animais e as plantas precisam no seu habitat?*

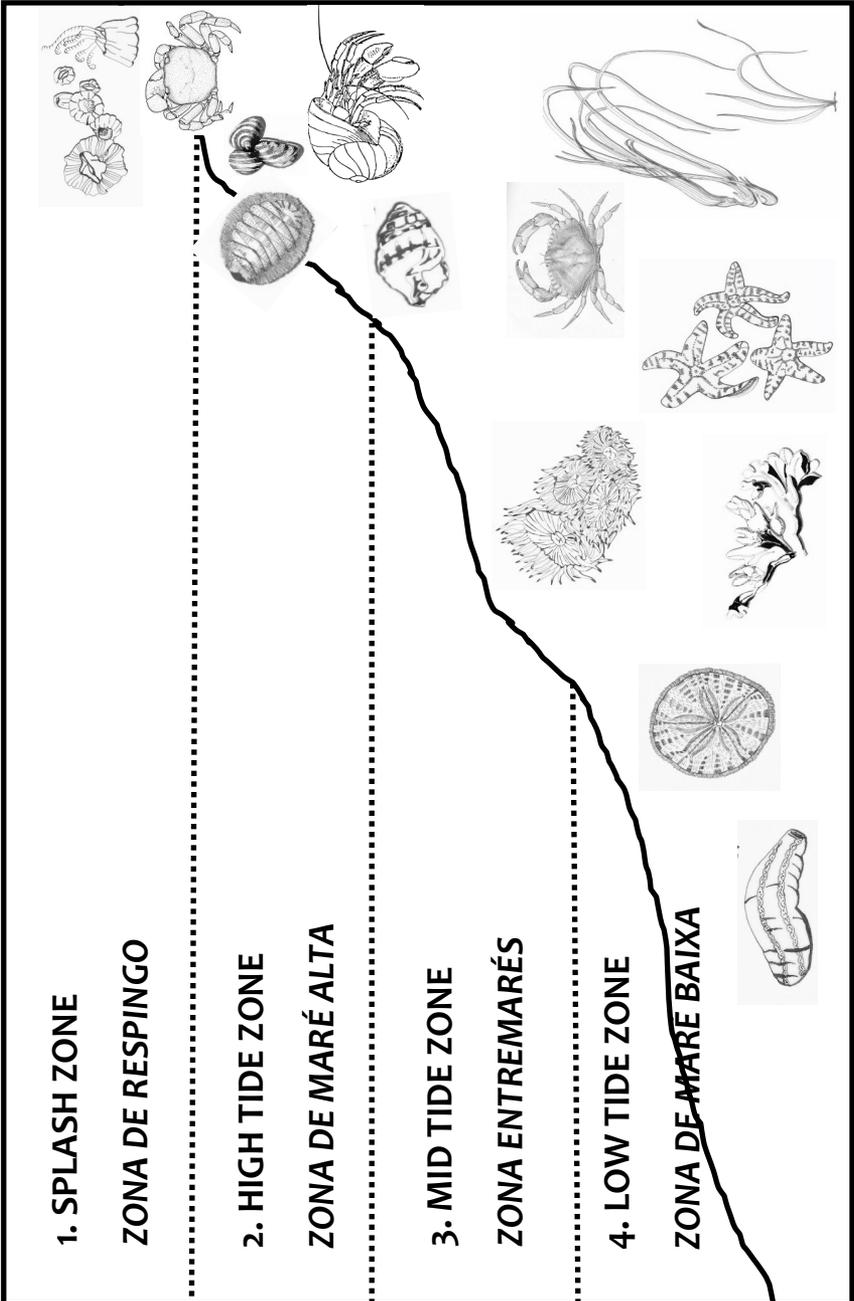
# Draw/Desenha

## **A beach habitat** ***um Habitat da Praia***

What do you imagine a beach habitat looks like?  
*Como você imagina que seria um habitat de praia?*

# The Four Tide Zones

## As Quatro Zonas das Marés



**Match the animals to their part of the beach!**

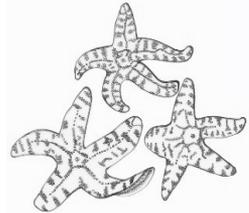
**Draw a line from the animal to the name of the tide zone they live in.**

*Faz corresponder os animais à sua parte da praia!*

*Traça uma linha desde o animal até ao nome da zona da maré em que vive.*

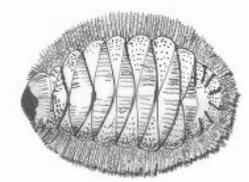
**1. SPLASH ZONE**

**ZONA DE RESPINGO**



**2. HIGH TIDE ZONE**

**ZONA DE MARÉ ALTA**



**3. MID TIDE ZONE**

**ZONA ENTREMARÉS**

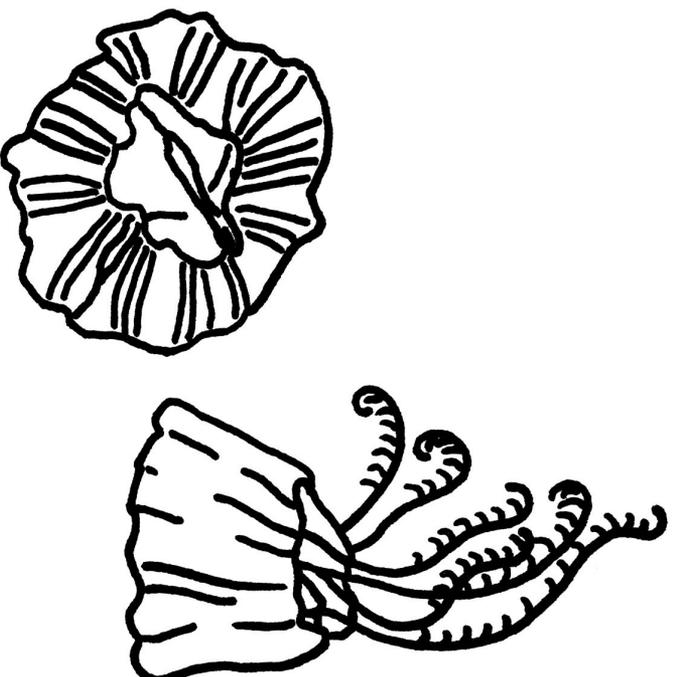


**4. LOW TIDE ZONE**

**ZONA DE MARÉ BAIXA**

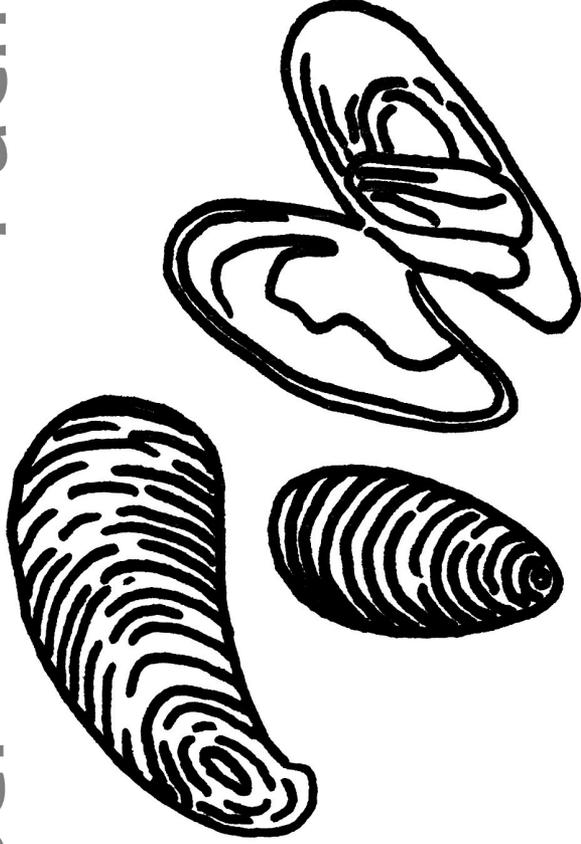


# Acorn Barnacle Cracca



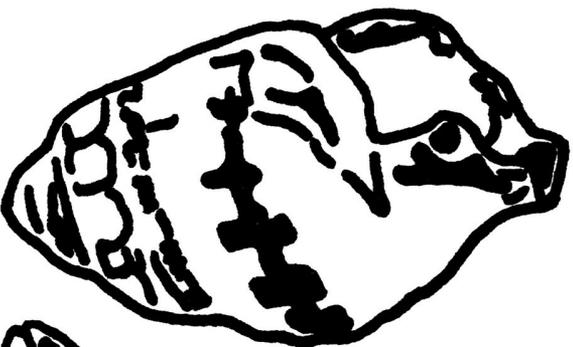
# Pacific Blue Mussel

## Mexilhão-do- Pacífico



Dog Whelk

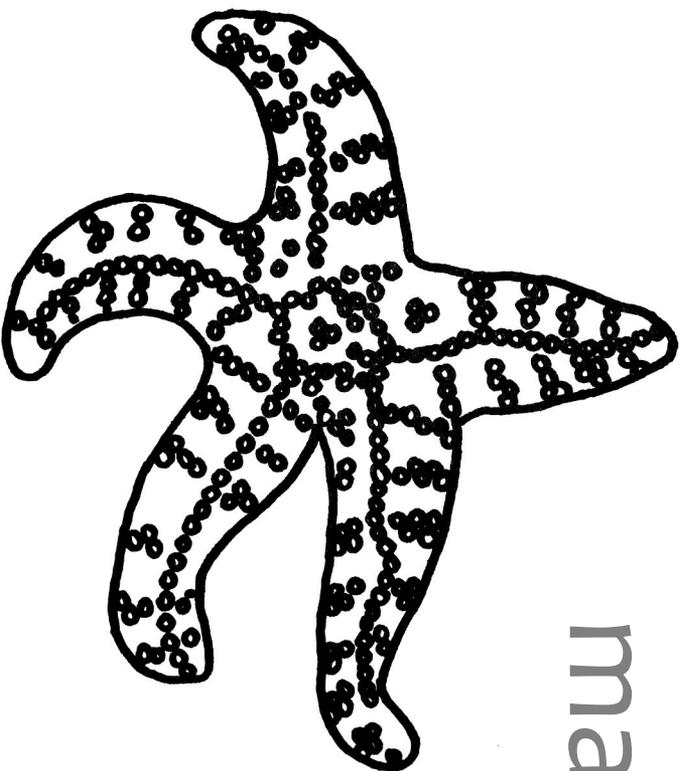
Búzio



# Mossy Chiton    Quítone musgoso



Purple Sea  
Star



Estrela-do-  
mar ocre

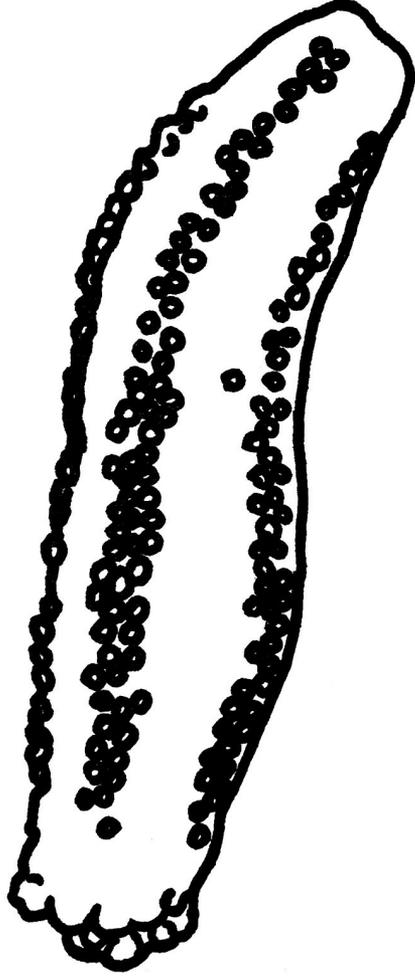
Orange Sea

Cucumber

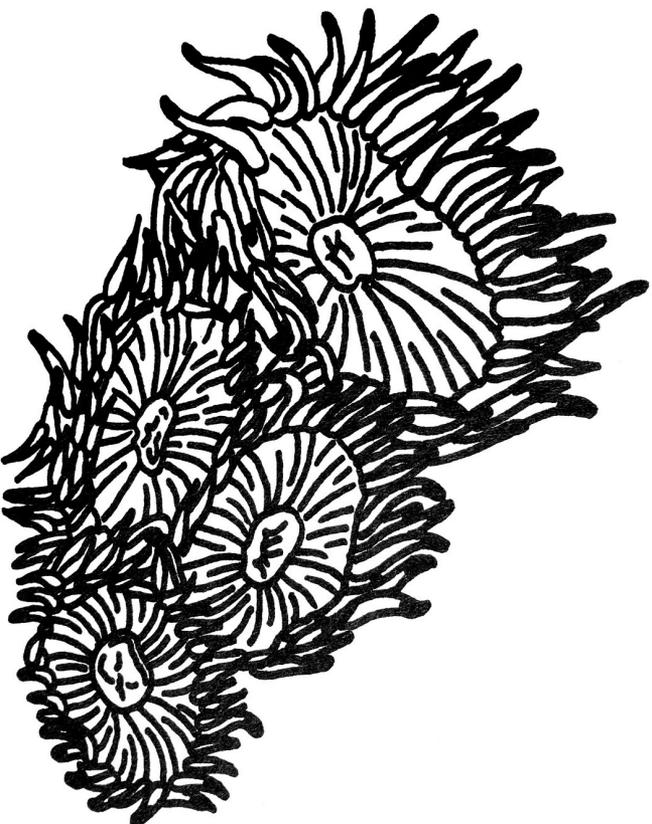
Pepino-do-

mar-de-

pés-laranja



Sea Anemone    Anémoma-do-mar-do-mar

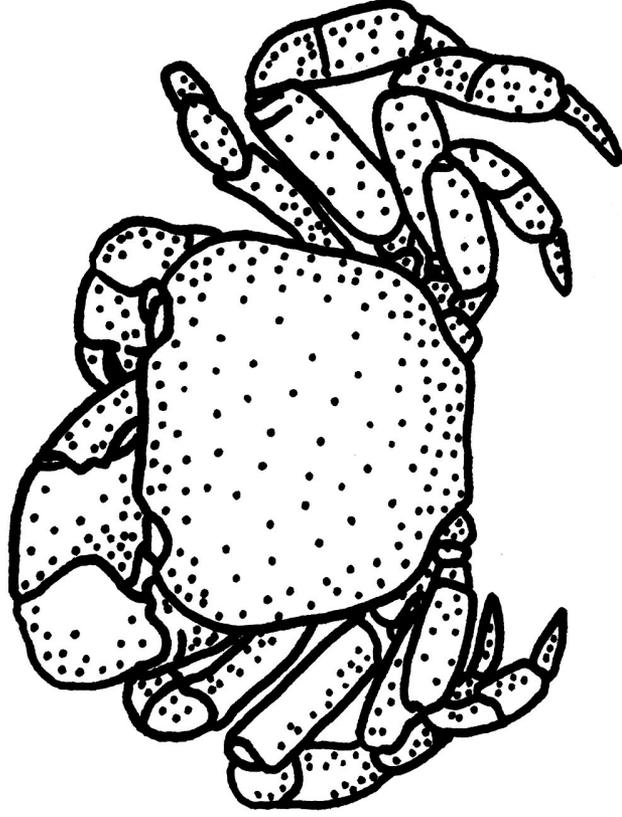


Shore

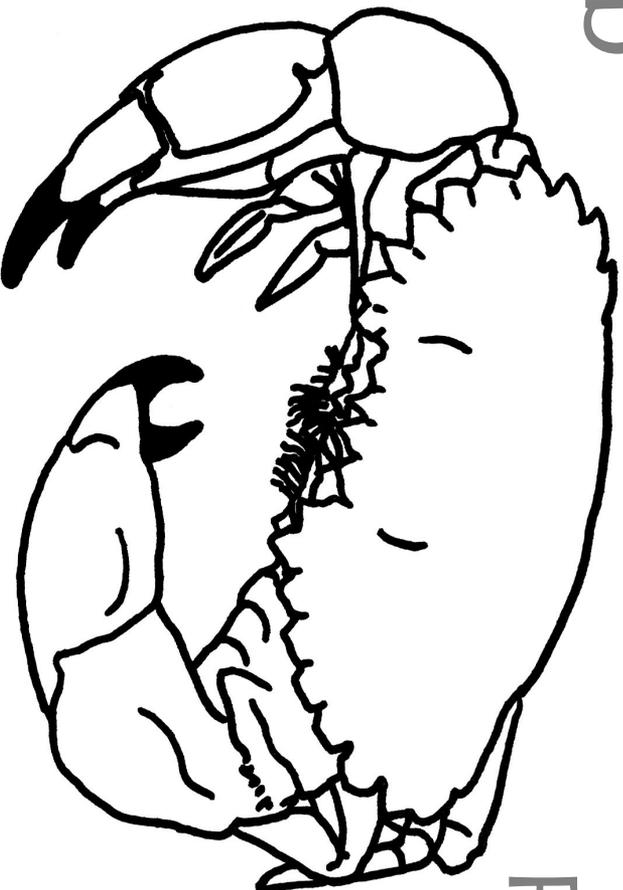
Crab

Caranguejo-

verde



Red Rock  
Crab



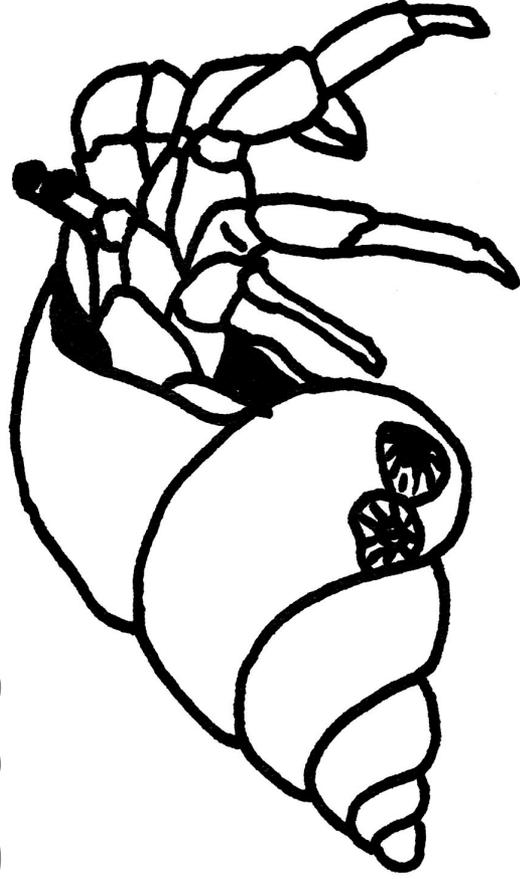
Sapateira-de-  
rocha-do-  
Pacífico

Hermit

Caranguejo-

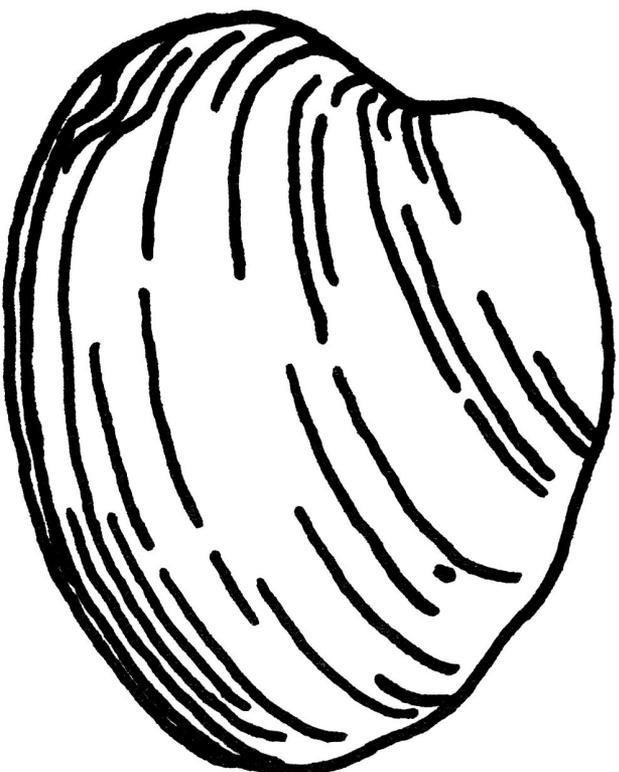
Crab

eremita



Butter Clam

Amêijoia-amarela do Alasca

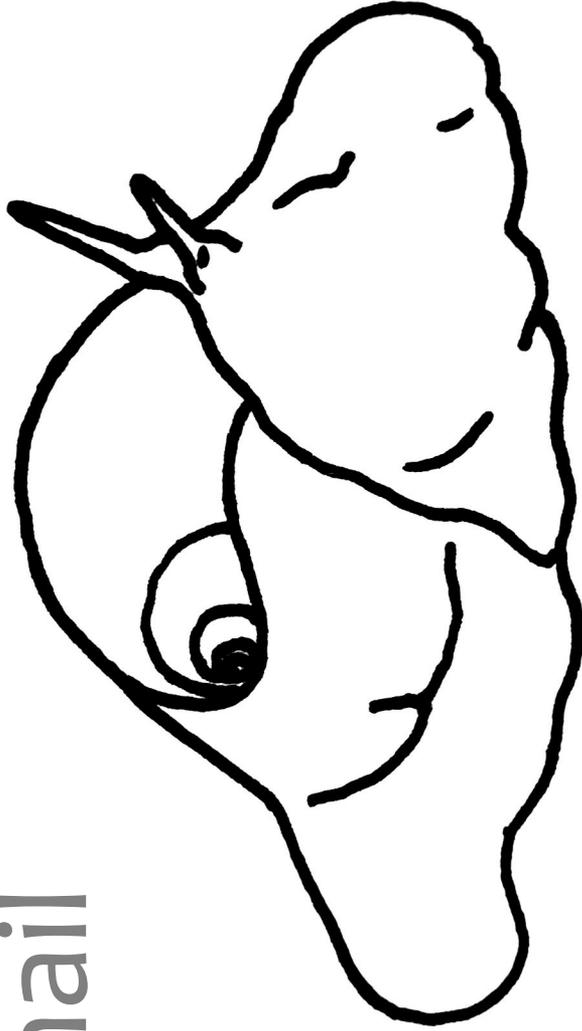


Moon

Caracol da

Snail

Lua



# Beach Observations



Use these pages to **draw and write** your **observations** and **questions** during your beach field trip.

- What do you see?
- What do you hear?
- What questions do you have?

**Words** you might use in your observations:

- Rock
- Shell
- Tide pool
- Prey and predator
- Habitat
- Camouflage

# Observações da Praia



Usa estas páginas para **desenhar e escrever** as tuas **observações e perguntas** durante a tua visita de estudo à praia.

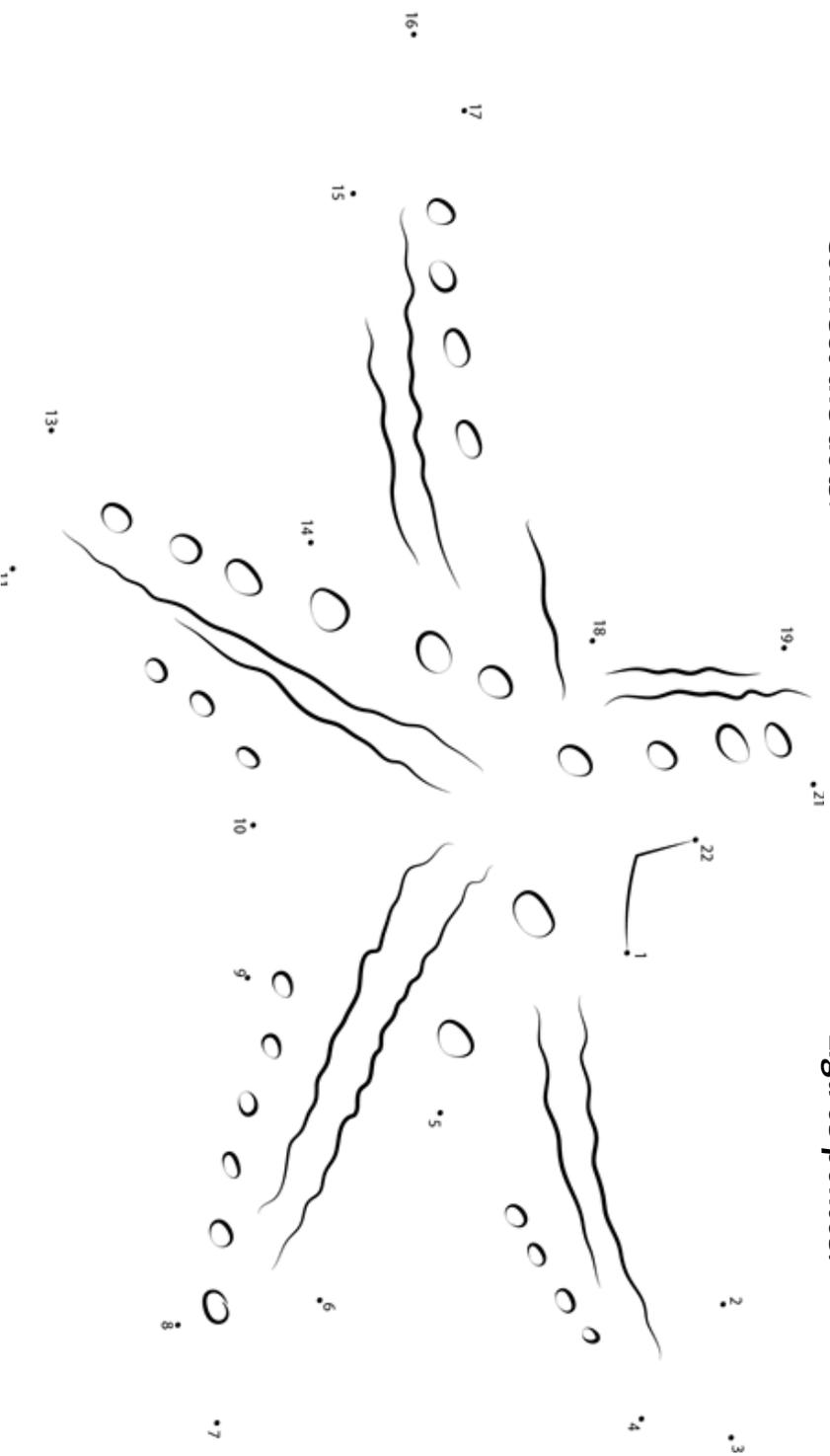
- O que vês?
- O que ouves?
- Que perguntas tens?

**Palavras** que podes usar nas tuas observações:

- Pedra
- Concha
- Poça de maré
- Presa e predador
- Habitat
- Camuflagem

Connect the dots!

Liga os pontosi!



**Congratulations!** You are now an official Beach Hero. You can cut out your Beach Hero badge below. There are two sides to the badge. Be sure to sign the back with your name!

**Parabéns!** Agora és um Beach Hero oficial. Podes recortar o teu crachá de Beach Hero abaixo. O crachá tem duas faces. Não te esqueças de assinar o verso com o teu nome!



## OFFICIAL BEACH HERO

ENVIRONMENTALSCIENCECENTER.ORG



- \* **S**eguir com cuidado
- \* **T**ocar suavemente com dois dedos molhados
- \* **A**nimaís ficam onde os encontramos
- \* **R**emover apenas o lixo
- \* **S**alva e partilha o que aprendeste!



## OFFICIAL BEACH HERO

ENVIRONMENTALSCIENCECENTER.ORG



- \* **S**tep carefully
- \* **T**ouch gently with two wet fingers
- \* **A**nimals stay where you find them
- \* **R**emove only trash
- \* **S**hare what you learned!



As an **Official Beach Hero**, you have learned so much about organisms that live on the beach, and how we can be good guests when we visit their home!

Como **Beach Hero Oficial**, aprendeste muito sobre os organismos que vivem na praia e como podemos ser bons hóspedes quando visitamos a sua casa!

*Este crachá certifica que eu me comprometo a:*



**Proteger e respeitar os organismos** que vivem nas nossas praias enquanto exploro o seu habitat.



**Desfrutar das nossas praias no seu estado natural** e a deixar as coisas como as encontro (exceto o lixo!)



**Partilhar o que aprendi...**

Assinatura

Data

*This badge certifies that I pledge:*



**To protect and respect the organisms** that live on our beaches as I explore their habitat.



**To enjoy our beaches in their natural state** and leave things as I find them (except trash!)



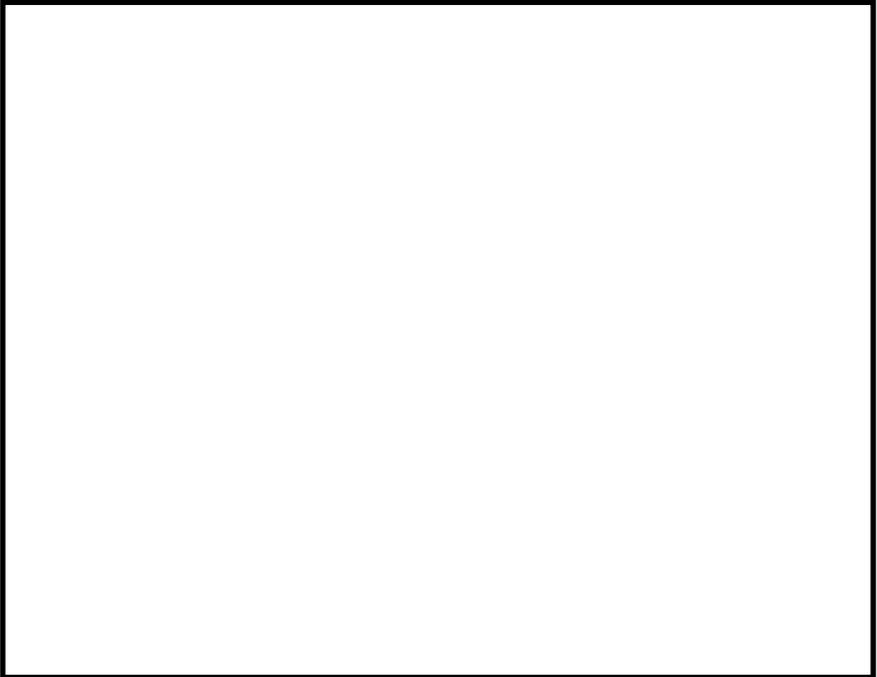
**To share what I learned...**

Signature

Date

What part of the **STARS** message do you like the best? Draw yourself doing it below! This could look like touching an animal with two fingers, or picking up trash off the beach.

*Qual é a parte da mensagem **STARS** que mais te agrada? Desenha-te a fazê-lo abaixo! Pode ser, por exemplo, tocar num animal com dois dedos ou apanhar lixo na praia.*



**Do you want to share your drawing?**  
***Queres partilhar o teu desenho?***

Talk with your teacher about how you can share your STARS message with us so we can all help more people become Beach Heroes!

*Fala com o teu professor sobre a forma como podes partilhar a tua mensagem STARS connosco, para que todos possamos ajudar mais pessoas a tornarem-se Beach Heroes!*

## **Continue Your Beach Connections!**

### ***Continua as tuas ligações na praia!***

Seahurst beach is a public park, meaning that it is free to visit! We encourage you to come visit with your friends and family. You can use the list on this page to count the number of organisms you find each time you visit the beach.

*A praia de Seahurst é um parque público, o que significa que a sua visita é gratuita! Incentivamos-te a vir visitar-nos com os teus amigos e familiares. Podes usar a lista nesta página para contar o número de organismos que encontras cada vez que vais à praia.*

**When you visit the beach,  
remember to be STARS!**

***Quando visitares a praia, lembra-te  
de seres STARS!***

Species List/Lista de espécies	Date/Data	Date/Data	Date/Data	Date/Data
Barnacle/Craca				
Shore Crab/Caranguejo-verde				
Muscel/Mexilhão				
Hermit Crab/Caranguejo-eremita				
Chiton/Quitone				
Dog Whelk/Búzio				
Butter Clam/Amêijo-a-amarela do				
Sea Anemone/Anémone-do-mar				
Red Rock Crab/Sapateira-de-rocha-do-Pacífico				
Sea Star/Estrela-do-mar				
Sea Cucumber/Pepino-do-mar				
Moon Snail/Caracol da Lua				

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The Puyallup Tribe



of Indians



KING COUNTY  
FLOOD CONTROL  
DISTRICT



Green / Duwamish & Central Puget Sound



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Environmental Grant concedido pelo Port of Seattle.*

THE NORCLIFFE  
FOUNDATION

Horizons Foundation



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