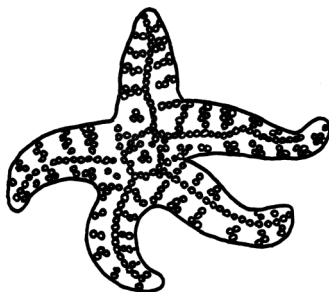




**ENVIRONMENTAL  
SCIENCE CENTER**

# **Beach Heroes Field Journal**

## **海灘英雄 實地考察日誌**



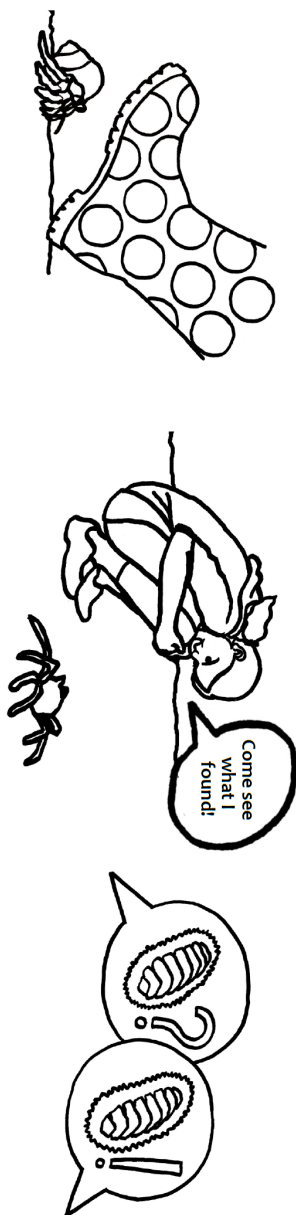
**K-1st Grade  
幼稚園至 1 年級**

This field journal belongs to:

該實地考察日誌屬於：



When you visit the beach, remember:  
**be curious, be kind, be Beach STARS!**



S

Step carefully

T

Touch gently with two wet fingers

A

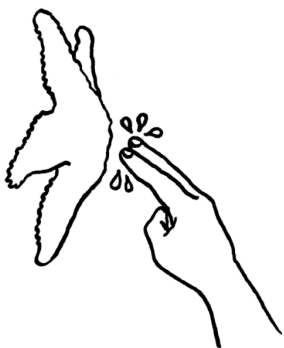
Animals stay where you find them

R

Remove only trash

S

Share what you learn



當您造訪海灘時，請記住：

**保持好奇、保持善良、成為海灘之星！**



S

小心邁步

T

用兩根濕手指輕輕觸摸

A

將動物留在你發現它們的地方

R

只清除垃圾

S

分享所學



# Write/記錄

**What is a Habitat?**  
**什麼是棲息地？**

What do animals and plants need in their habitat?  
*動植物在其棲息地需要什麼？*

# Draw/畫

A beach habitat

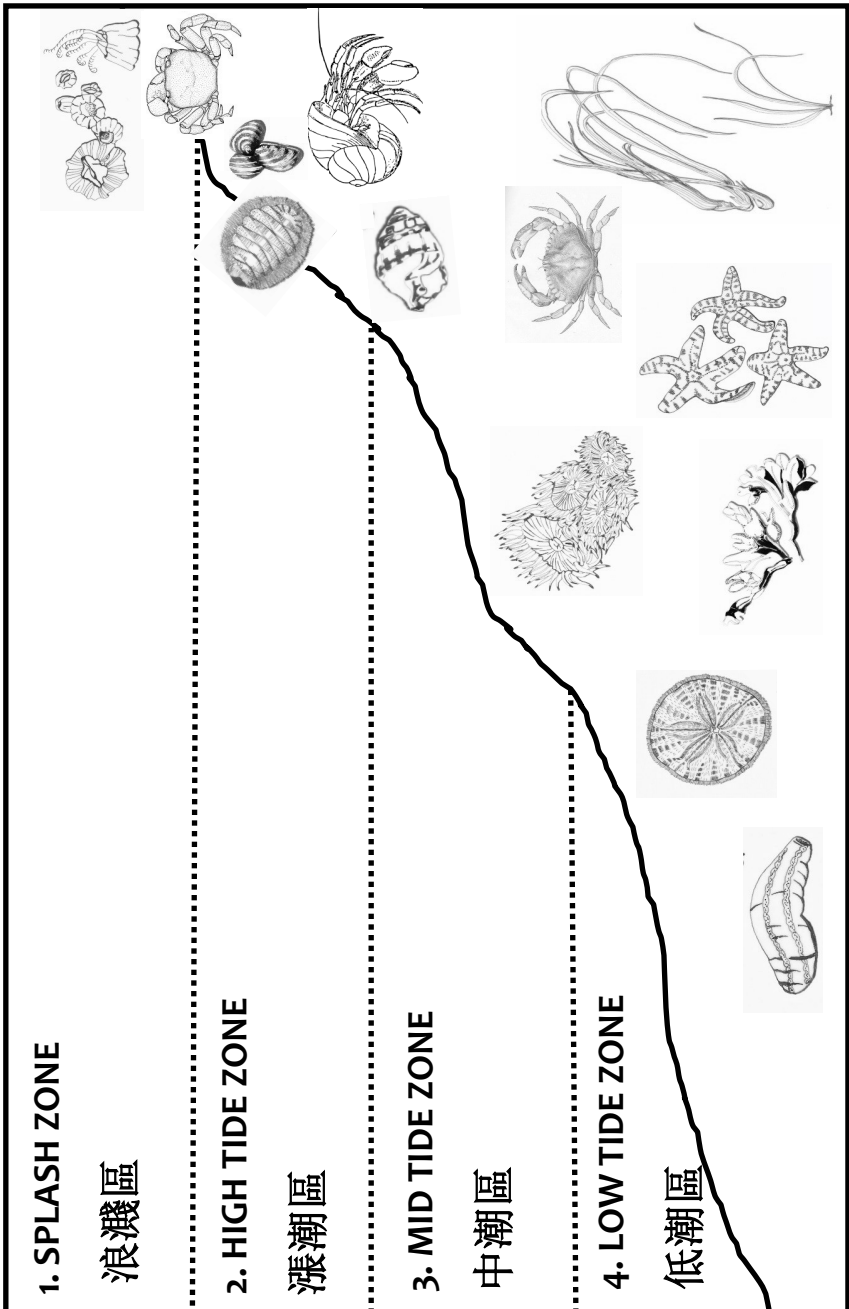
海灘棲地

What do you imagine a beach habitat looks like?

您想像中的海灘棲息地是什麼樣子？

# The Four Tide Zones

## 四個潮汐帶



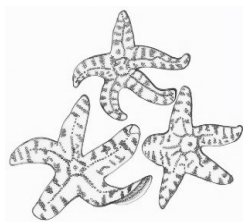
**Match the animals to their part of the beach!**  
**Draw a line from the animal to the name of the tide zone they live in.**

**將動物與它們在海灘上的位置相匹配！**

**從動物至它們生活的潮汐帶名稱之間畫一條線。**

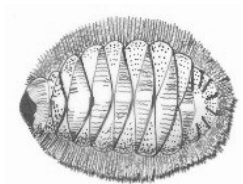
**1. SPLASH ZONE**

**浪濺區**



**2. HIGH TIDE ZONE**

**漲潮區**



**3. MID TIDE ZONE**

**中潮區**



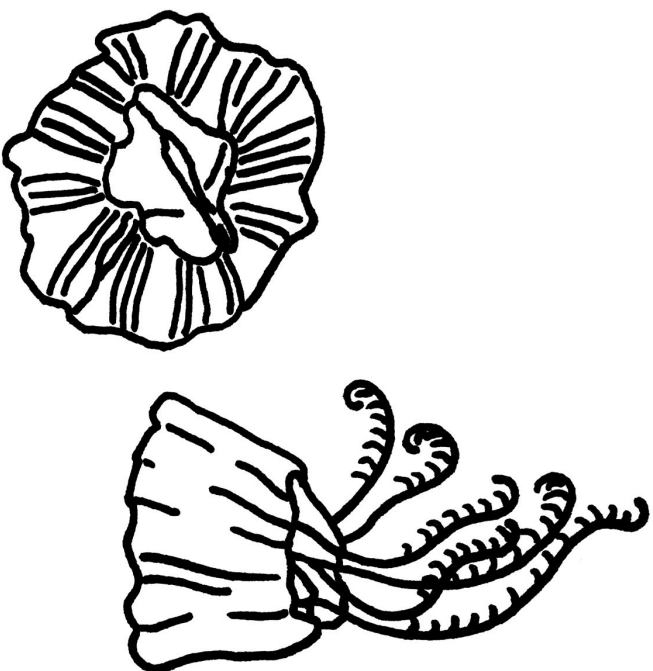
**4. LOW TIDE ZONE**

**低潮區**



# Acorn Barnacle

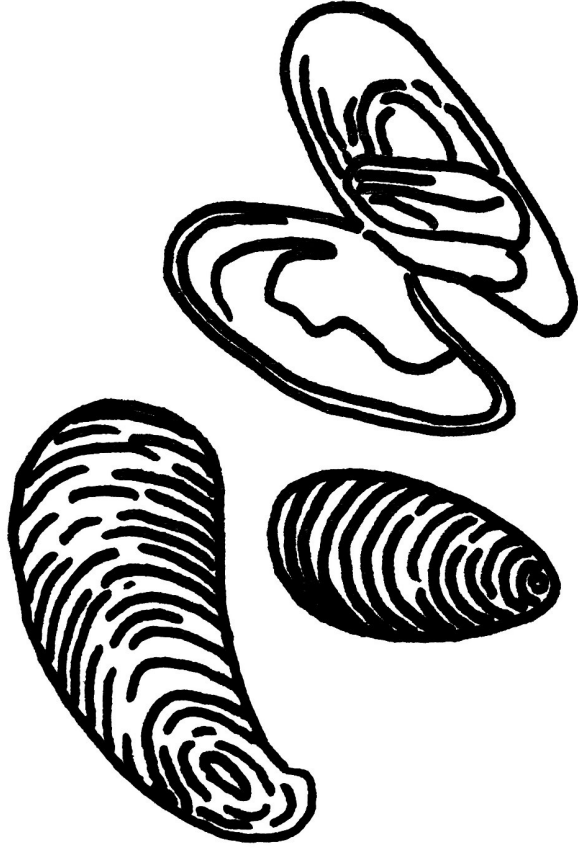
藤壺





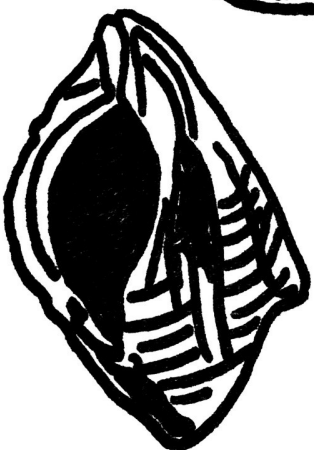
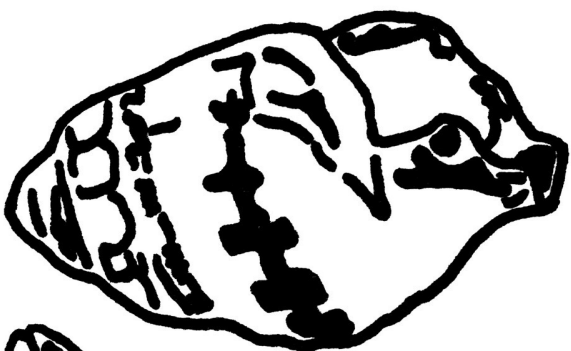
# Pacific Blue Mussel

# 太平洋藍貽貝



Dog Whelk

疣荔枝螺

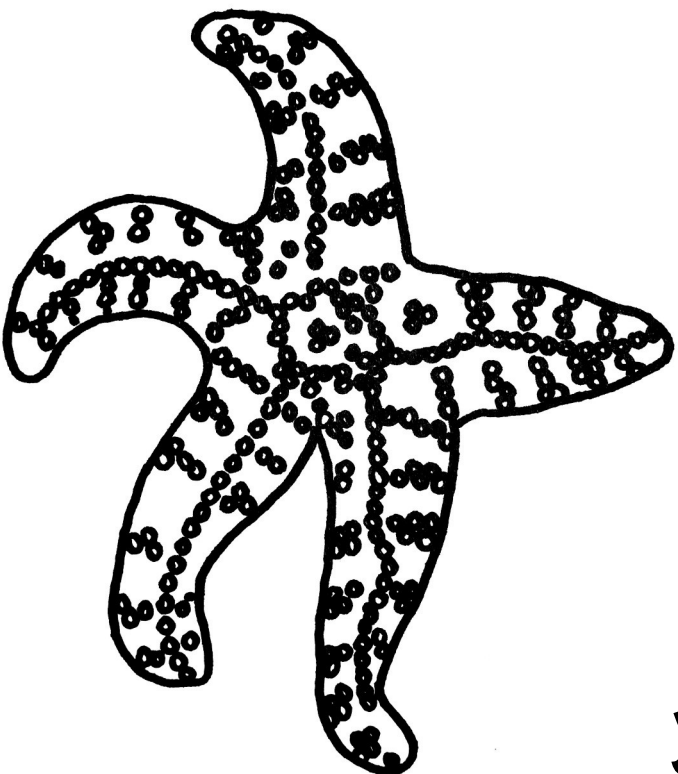


**Mossy Chiton**

**苔蘚石鰲**



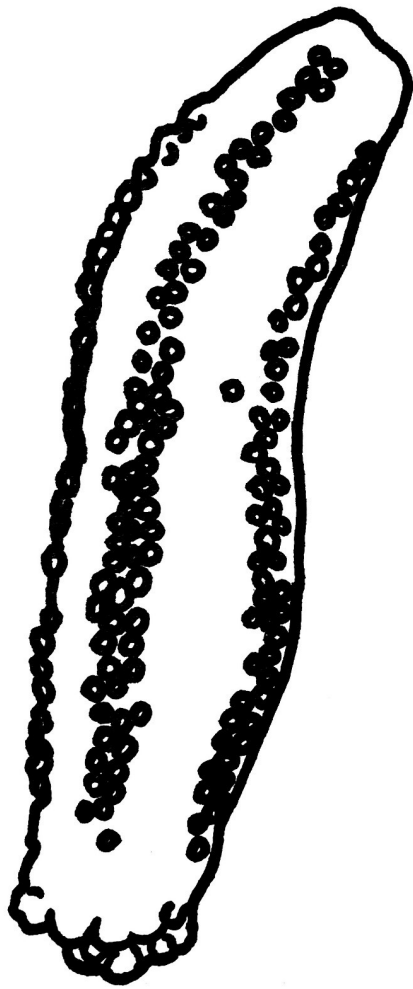
# Purple Sea Star



紫海星

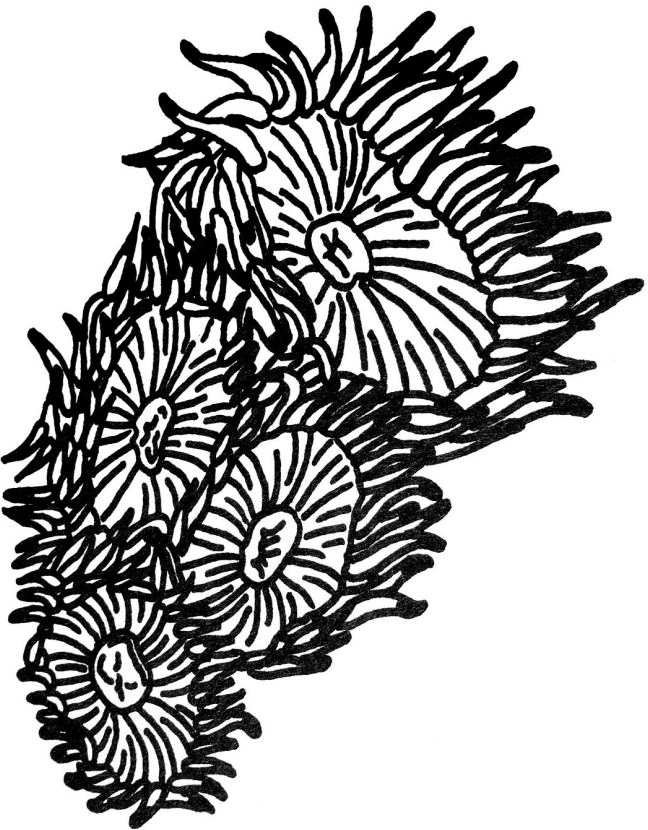
# Orange Sea Cucumber

橘海參



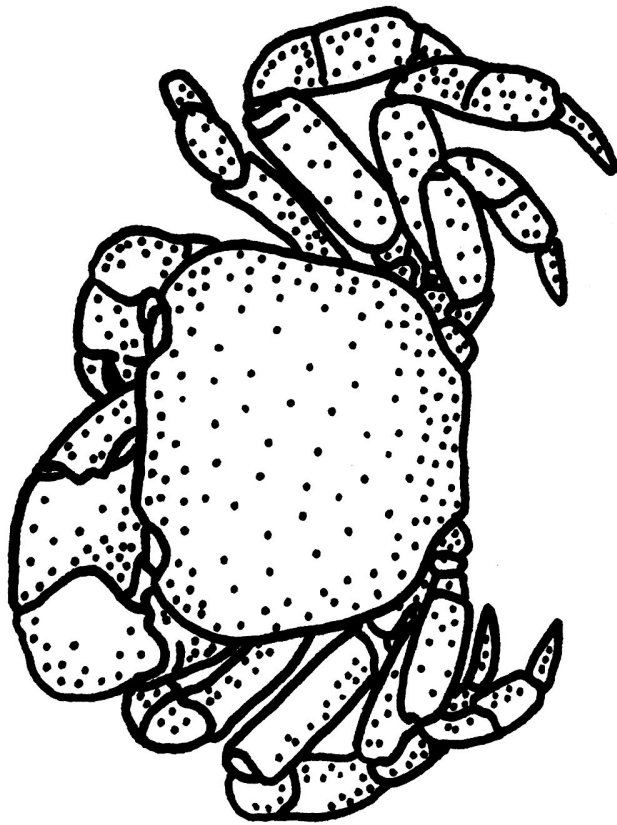
# Sea Anemone

海葵



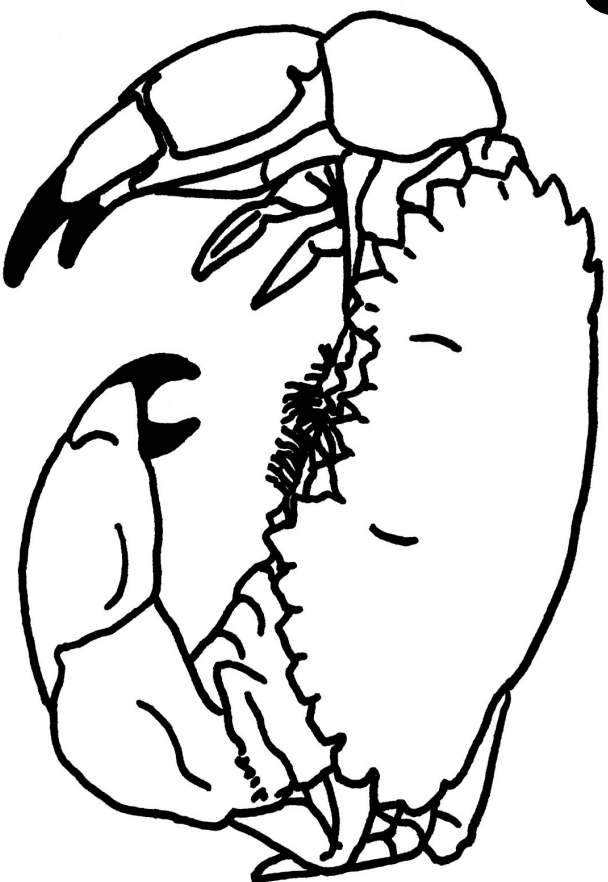
# Shore Crab

濱蟹



# Red Rock Crab

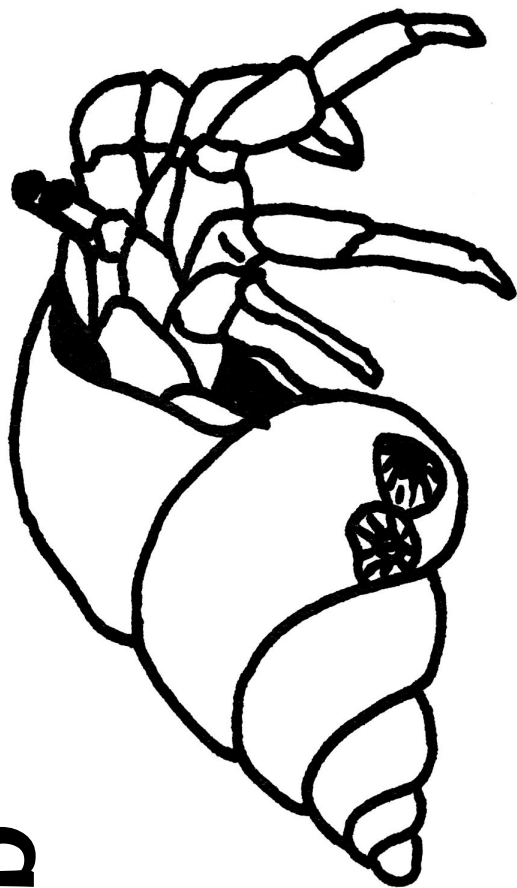
紅石蟹





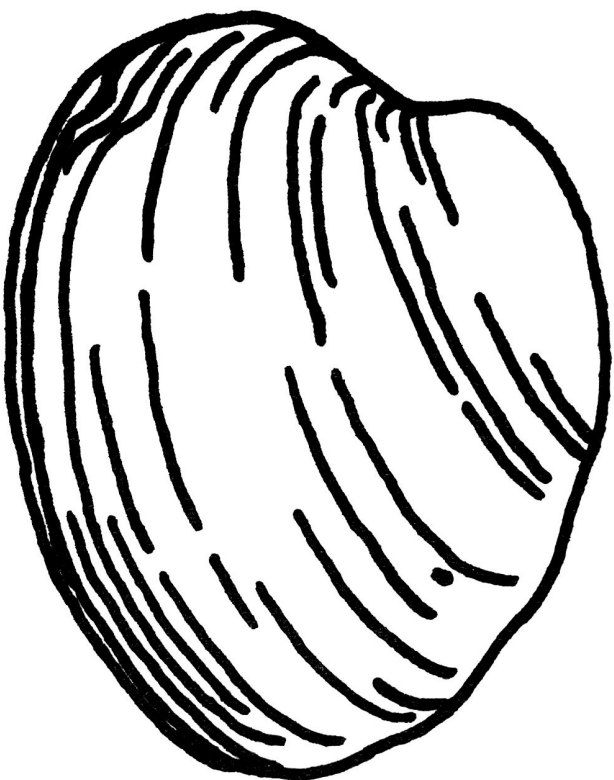
# Hermit Crab

寄居蟹



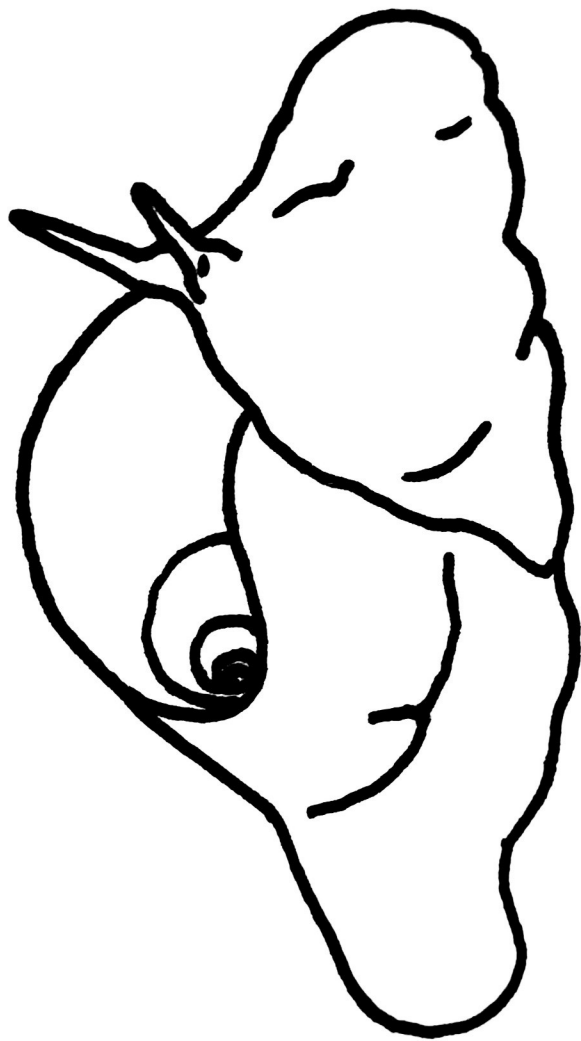
**Butter Clam**

**醬蛤蜊**



# Moon Snail

玉螺



# 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      | • Prey and predator |
| • Shell     | • Habitat           |
| • Tide pool | • Camouflage        |



# 海灘觀察

在海灘進行實地考察時，運用這些頁面描繪並記錄您的觀察情況及問題。

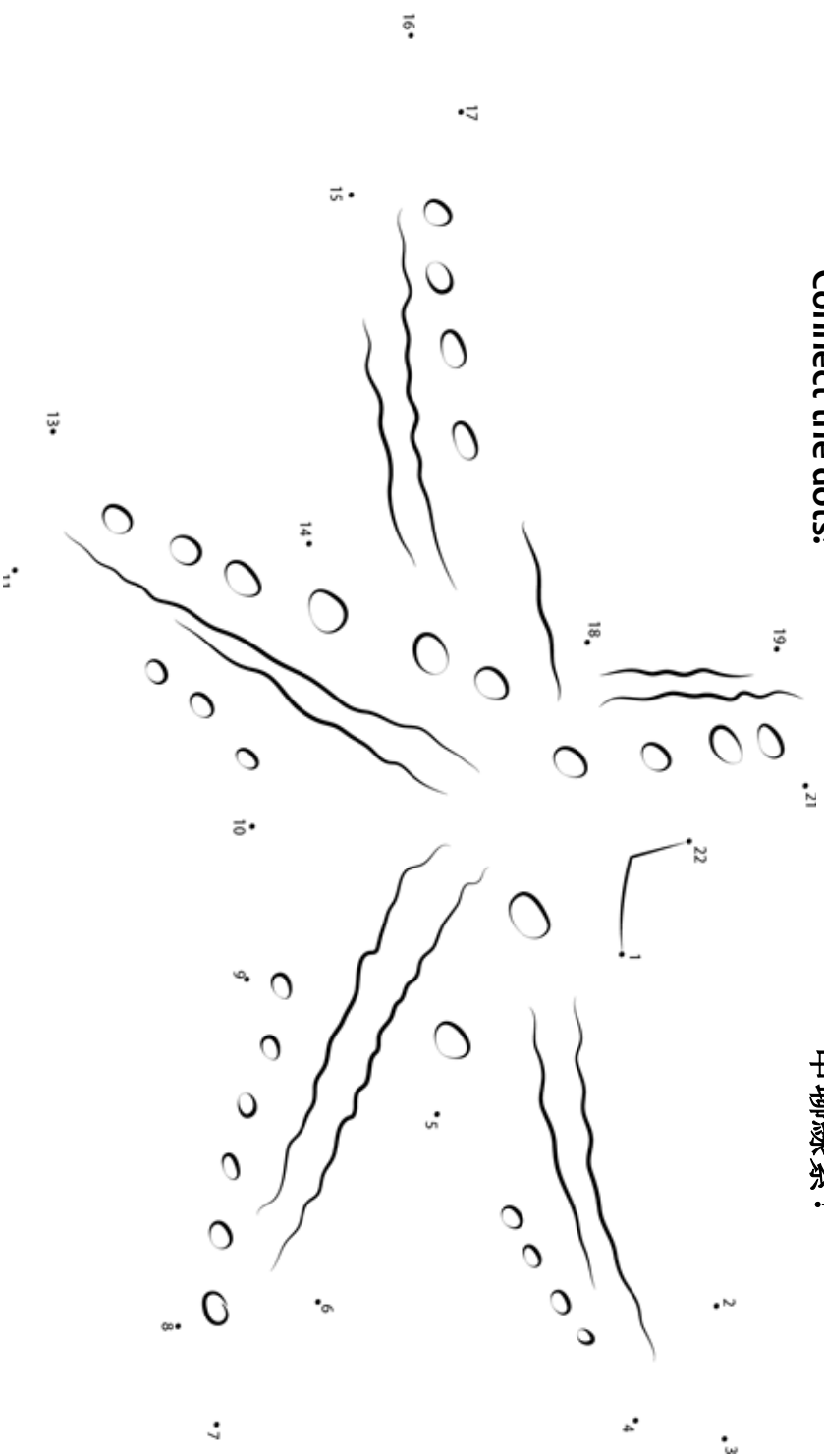
- 您看到什麼？
- 您聽到什麼？
- 您有什麼問題？

您在觀察過程中可能用到的詞語：

- |      |          |
|------|----------|
| • 岩石 | • 獵物和捕食者 |
| • 貝殼 | • 棲息地    |
| • 潮池 | • 偽裝     |

Connect the dots!

串聯線索！



**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!

恭喜！您現在是一名正式的海灘英雄了。您可以在下方剪下您的海灘英雄徽章。徽章共有兩面。請務必在背面簽上您的名字！



## OFFICIAL BEACH HERO

ENVIRONMENTALSCIENCECENTER.ORG



- \* S 慎重邁步
- \* T 騰出兩根濕手指輕輕地觸碰
- \* A 安然不動，動物們都待在原地
- \* R 扔掉的只有垃圾
- \* S 所學要分享！



## OFFICIAL BEACH HERO

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- \* Step carefully
- \* Touch gently with two wet fingers
- \* Animals stay where you find them
- \* Remove only trash
- \* Share 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!

作為一名正式的海灘英雄，您已瞭解了許多關於海灘生物的知識，以及當您造訪它們的家時，如何成為好訪客！

*這枚徽章證明我承諾：*



我在探索生活在海灘上的生物棲息地時，會保護與尊重它們。



我會讓一切保持原樣(除了扔掉垃圾!)，享受自然狀態下的海灘。



分享我所學到的知識...

簽名

日期

*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.

您最喜歡 STARS 資訊的哪個部分？描繪出您在做下列事情的圖畫！可以用兩根手指輕輕觸摸動物，也可以是撿起海灘上的垃圾。

A large, empty rectangular box with a black border, intended for a student to draw their response to the prompt above.

**Do you want to share your drawing?**  
想分享您的畫嗎？

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

與您的老師討論您如何與我們分享您的 STARS 資訊，以便我們幫助更多人成為海灘英雄！

# Continue Your Beach Connections!

## 繼續您的海灘探索

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.

Seahurst 海灘是一個公共公園，意味著它可以免費造訪！我們建議您和朋友、家人一同前來造訪。您可以使用本頁所載的列表來計算您每次造訪海灘時發現的生物數量。

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

**當您造訪海灘時，記得成為  
STARS ！**

Species List	Date	Date	Date	Date
Barnacle/藤壺				
Shore Crab/紅石蟹				
Mussel/太平洋藍貽貝				
Hermit Crab/寄居蟹				
Chiton/苔蘚石鰈				
Dog Whelk/螺				
Clam/蛤蜊				
Anemone/海葵				
Red Rock Crab/紅石蟹				
Purple Sea Star/紫海星				
Orange Sea Cucumber/橘海參				
Moon Snail/玉螺				

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FOUNDATION

Horizons Foundation



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