



Bring the outdoors in by making your own rockpool

You will need

- a large plastic container or deep tray
- rocks, pebbles and sand
- water
- sticky tape or adhesive tack
- access to a colour printer
- access to a laminator
- [Rockpool Creature Sheet](#)
- [Rockpool Spotter Sheet](#)

What to do

1. Print the [Rockpool Creature Sheet](#) in colour.
2. Laminate the sheets and cut out the pictures.
3. Scatter sand across the bottom of the container or tray.
4. Place the rocks and pebbles randomly in the container and cover with water.
5. Place the 'creatures' in the correct places in the water, under rocks, at the bottom of the pool or on the side.
6. Challenge your group to be rockpool explorers, using our [Rockpool Spotter Sheet](#).

Where to place your creatures

On the side above water: barnacles, beadlet anemone, common limpet, dog whelk, grey top shell, mussel, purple/flat top shell, shore crab

On the side under water: bladderwrack, common periwinkle, common starfish, snakelocks anemone

Under rocks: breadcrumb sponge, common blenny, common whelk, cushion star, hermit crab, painted top shell, prawn, rock goby, sandhopper, star ascidian, tompot blenny

In the water: brittle star, cat shark egg case, pipefish, sea scorpion, skae ray egg case, velvet swimming crab

On the floor of the pool: cockle, cuttlebone, razorshell

Rockpool Creature Sheet

Print out, laminate, cut out and stick around the side of your rockpool



Dog whelk



Barnacles



Grey top shell



Common limpet



Mussels



Shore crab



Beadlet anenome



Purple/flat top shell

Print out, laminate, cut out and stick around the side of your 'rockpool' below the water.



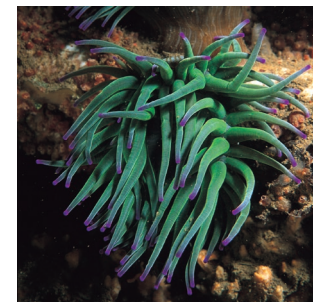
Bladderwrack



Common periwinkle



Common starfish



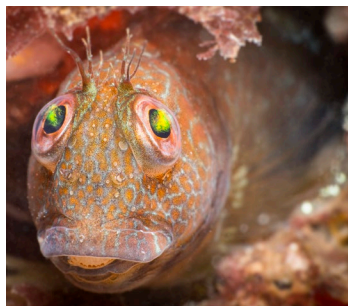
Snakelocks anenome

Rockpool Creature Sheet

Print out, laminate, cut out and stick under rocks



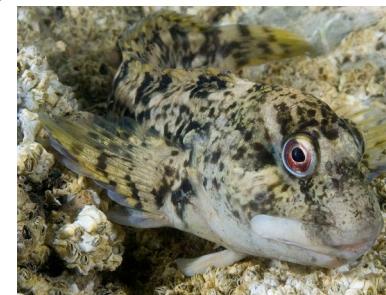
Common whelk



Tompot blenny



Star ascidian



Common blenny



Breadcrumb sponge



Cushion star



Hermit crab



Common prawn



Painted topshell



Sandhopper



Rock goby

Rockpool Creature Sheet

Print out, laminate, cut out and place them in the water



Catshark egg case



Brittle star



Velvet swimming crab



Sea scorpion



Pipefish



Skate ray egg case

Print out, laminate, cut out and place them on the floor of the rockpool



Cuttlebone



Cockle

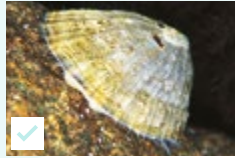


Razorshell

Rockpool Spotter Sheet



✓
Barnacles



✓
Common limpet



✓
Painted top shell



✓
Purple/flat top shell



✓
Grey top shell



✓
Cockle



✓
Razorshell



✓
Common whelk



✓
Dog whelk



✓
Common starfish



✓
Cushion star



✓
Beadlet anemone



✓
Common periwinkle



✓
Cuttlebone



✓
Skate/Ray egg case



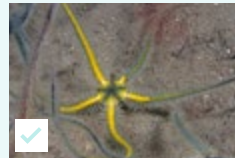
✓
Catshark egg case



✓
Snakelocks anemone



✓
Breadcrumb sponge



✓
Brittle star



✓
Star ascidian



✓
Bladderwrack



✓
Velvet swimming crab



✓
Hermit crab



✓
Common shore crab



✓
Common blenny



✓
Rock goby



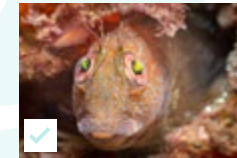
✓
Prawn



✓
Mussel



✓
Pipefish



✓
Tompot blenny



✓
Sea scorpion



✓
Sandhopper



Use imagination to learn about beach safety

You will need

- Chairs in rows, like on a bus or train
- Typical items taken to the beach, like picnic rugs, towels, rope, buckets, spades, inflatables, sunglasses, hats, beach chairs, frisbee, beach ball
- [Beach safety sheet](#)
- [The seashore code](#)
- [Beach flags](#)

What to do

This activity focuses on using imagination to role play a trip to the beach. Some of the group may not have visited a beach and it might be helpful to show pictures of different beaches before starting the activity. Emphasise that this activity is about using imagination and experience of visiting a beach is not necessary.

1. Start by asking everyone to select items they would like to take to the 'beach.'
2. Decide who will drive the 'bus' or 'train'. Everyone else should get on as passengers. Encourage people to describe what they can see out of the window as they make their journey to the coast.
3. When you arrive at the seaside, everyone should close their eyes and take it in turns to describe what they can hear, smell and feel.
4. Role play activities you might do at the beach, for example set out picnic blankets, put on sunhats and sunglasses, play frisbee.
5. Talk about what the water looks like. Is it a sunny day? Are there any reflections on the water? Can anyone see trees, plants or animals?
6. The leader of the activity should talk about [beach safety](#) and [the seashore code](#).
7. To simulate the seashore, lay out a rope, curved like waves breaking with the [beach flags](#) at each end. Run towards the water and jump the waves.
8. When you are ready to leave the beach, everyone should collect their belongings. Talk about what you need to remember when you leave the beach. Are there any items it might be easy for forget?
9. Everyone should get back on the 'bus' or 'train' and head home.

Reflection

This activity was about using imagination. How did you feel about role playing the visit? Did you feel transported to a different place?

It's important to know how to stay safe on the beach. Recap the meanings of the colours of beach flags and the numbers to call in emergencies.

Talk about the importance of putting any rubbish into bins or to take it home if the bins are full. What might be some of the impacts of litter on marine life?

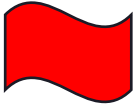


Stay safe while at the beach

Know your flags



Red and yellow = Lifeguarded area – safe to swim



Red = Do not go in the water – dangerous



Black and white = Do not swim in this area. This is for surfboards, paddleboards, kayaks



Orange windsock = Strong winds

In an emergency

- ➔ On arrival at the beach, agree a place to meet if one of you gets lost.
- ➔ If you see someone getting into difficulty in the water, tell a lifeguard.
- ➔ If you can't find a lifeguard, call 999 or 112 and ask for the coastguard.

Stay safe

- Only enter the water to swim between the yellow and red flags
- Don't take inflatables into the sea
- Check tide times to avoid getting cut off
- Don't climb up or go near the top or bottom of cliffs
- Don't swim in cold water (below 15°C). It can seriously affect movement and breathing
- Keep away from soft sand and mud
- Beware of slippery rocks



Explore responsibly

- Leave animals where you find them
- Carefully lift and replace any rocks you move and leave attached seaweed in place
- If you want to take a couple of seashells home, only take the empty shells (like limpets and mussels) and leave shells that could provide a home for hermit crabs (like whelks and periwinkles)



Be tidy

- Take your rubbish home. Don't bury or burn it
- Always scoop your dog's poop and bin it responsibly



Watch with care

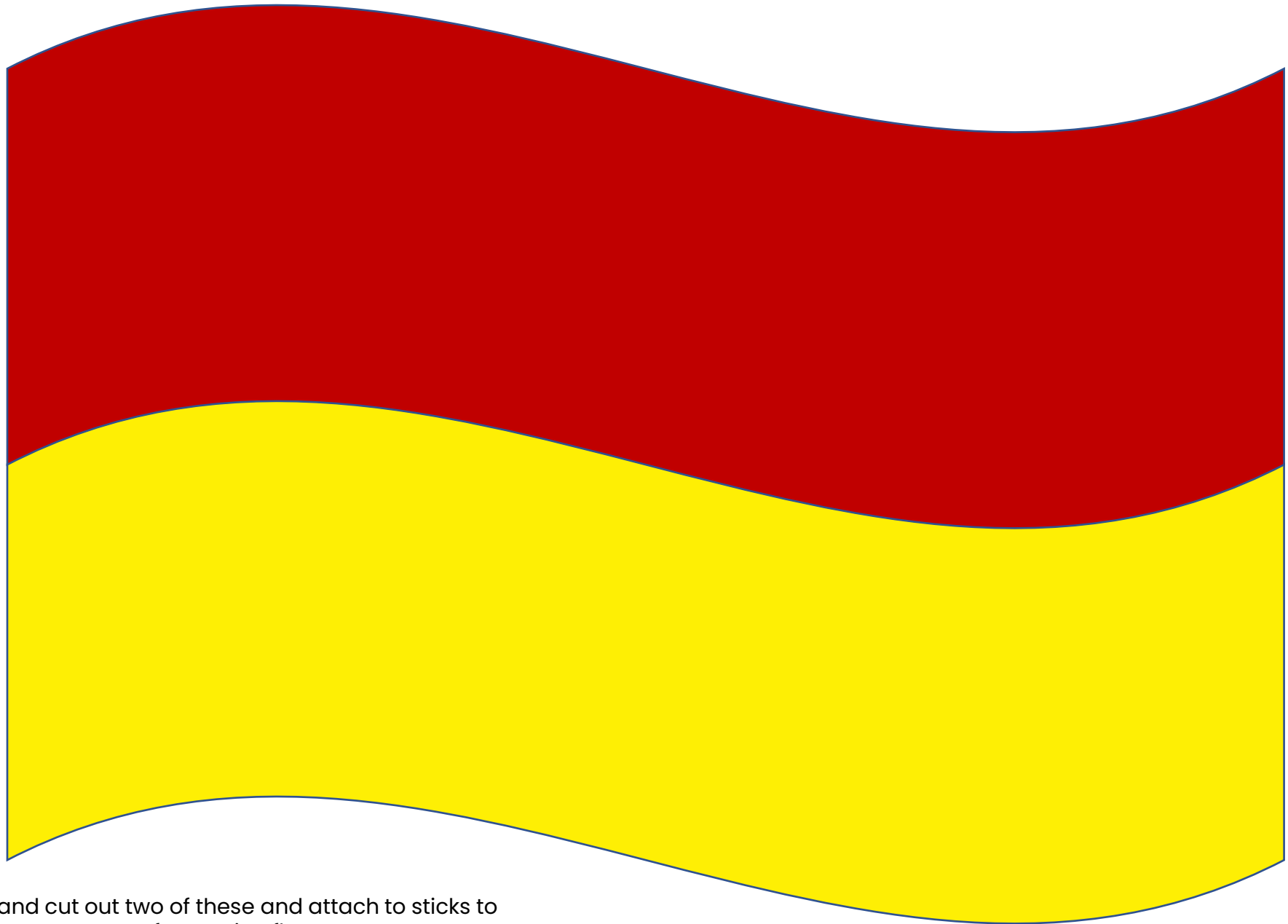
- Watch wildlife quietly from a distance, especially birds and seals with pups
- If you take a dog with you, keep it on a lead near birds and people



Mind your step

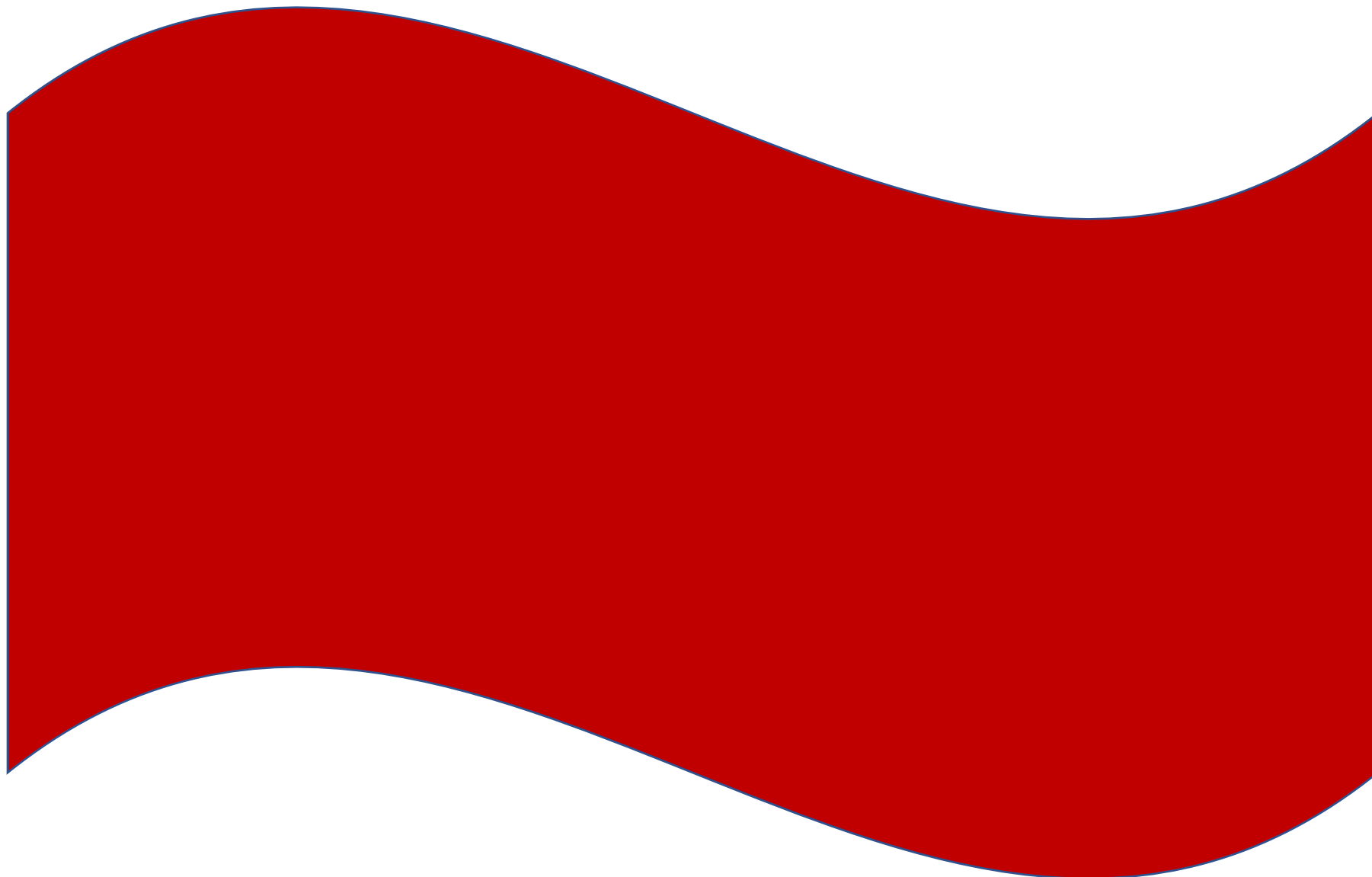
- Keep to paths and dune boardwalks
- If you dig holes in the beach, please fill them in before you leave
- Don't climb up or go near the top or bottom of cliffs
- Check tide times to avoid getting cut off
- Keep away from soft sand and mud
- Beware of slippery rocks

Beach flags



Print and cut out two of these and attach to sticks to create your own 'safe to swim' flags

Beach flags



Print and cut out two of these and attach to sticks to create your own 'danger' flags



A unique and creative way to remember your day at the coast

You will need

- A bag for each person, labelled with their name
- A stick for each person
- Items collected during the visit to the seashore
- Pieces of wool or string in different colours
- Equipment to make holes in items e.g. bradawl, scissors

What to do

On the visit to the seashore

1. On arrival at the beach, give everyone the bag labelled with their name. Task everyone with finding a stick or piece of driftwood and putting it in their bag.
2. Throughout the day, everyone should pick up things from the beach that represent aspects of the day and put them into the bag. For example, shells collected on a walk, a piece of seaweed that got tangled in their toes during a paddle, leaves from the path to the beach.
3. At the end of the day, collect everyone's bags, making sure the name labels are still attached, and keep safe until the next meeting.

At the next session

1. Give everyone the bag of items they collected. Everyone should review the items and decide on the ones they want to attach to their stick. They don't have to use complete items – for example, a leaf could be cut into a shape that represents a sound heard on the day.
2. Attach the items to the stick by making holes in them and threading through pieces of wool or string. Wrap the pieces of string or wool tightly around the stick.
3. Place the items in the order of the day and consider using different colours of string or wool to reflect sections of the day.

Reflection

This activity provides an unusual way to remember a day. As a group or in pairs, talk about what each person has chosen to put on their stick. Did everyone choose to remember the same things?

Safety tips

- The activity leader should remind everyone of the need to be safe when picking up items from the beach. No one should pick up sharp items or pieces of litter. Avoid collecting shells that may be used by other animals, like empty whelk shells that could house a hermit crab.
- Carefully supervise individuals when making holes in items.

Make a journey stick



My journey began early one spring morning, the morning of Big Beach Clean Up. The clouds were floating high in the piercing blue sky and the sounds of gulls could be clearly heard, carried along with the crashing waves. (blue and white wool).

The path ambled before descending on to the sandy beach below. I stubbed my toe on a stone where the shale turns into sand, but continued to wander, breathing in the fresh smell of the ocean air deep into my lungs. Along the shoreline lay an array of shells, some whole, some broken; creatures' homes from bygone times (small pebble, shells).

To start the litter search, I walked along the cliff path, surrounded by grasses and heather. I noticed for the first time the range of colours that could be seen - so many different greens! (light green wrapped around the 'hill path').

As I stopped to take in the stunning views, I noticed the lichen and mosses covering the fence alongside the path. Occasionally, as I walked, I spotted the bright pink and purple of thrift and bluebell flowers (Mixed light green, pink and purple wool).

But it was not all natural and beautiful. I had a job to do. During my walk and my day on the beach, I collected a whole bag of litter, mostly plastic but also some metal too. I learned to be much more careful of what we throw away.