

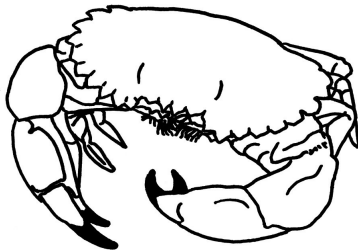


**ENVIRONMENTAL
SCIENCE CENTER**

Beach Heroes Field Journal

Beach Heroes

Diwaanka Safarka kormeeritaan



2nd-3rd Grade

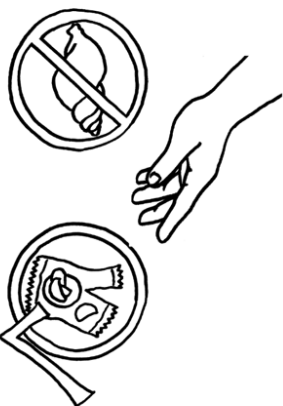
fasalka 2aad -3aad

This field journal belongs to:

Diwaanka Safarka kormeeritaan waxaa iska leh:

Markaad booqato xeebta, xasuusnaw:

inaad ahaato mid denayn badan, naxariis badan oo aad noqoto Beach!



Si taxadar leh
u talaabso

S

Si tartiib ah ugu taabo laba
faroood oo qoyan

T

Xayawaanku waxay
joogaan halka aad ka
hesho

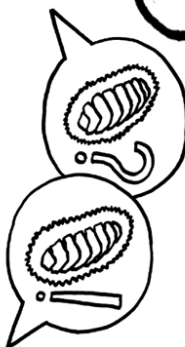
A

Kaliya ka qaad qashinka

R

La wadaag waxa
aad ka barato

S



When you visit the beach, remember:

be curious, be kind, be Beach STARS!



S

Step carefully

T

Touch gently with two wet fingers

A

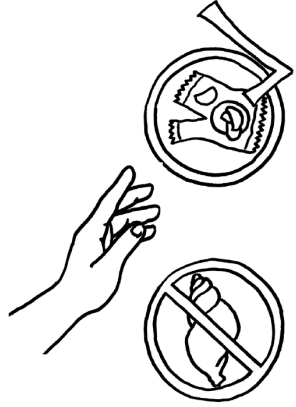
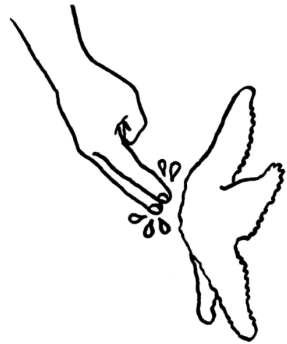
Animals stay where you find them

R

Remove only trash

S

Share what you learn



Draw a Beach Habitat

Sawirka Deegaanka Xeebta

You can turn the page sideways if you want! This is a chance to show what you think about when you imagine a beach habitat.

*Waxaad u rogi kartaa bogga dhinac haddii aad rabto!
Midani waa fursad aad ku muujin karto waxa aad ka
fekereyso marka aad qiyaaso be'ada xeebta.*

Is your picture at **high tide** or **low tide**?

ma sawirkaaga adigo oo ku sawiran qeybta xeebta ku dhamaato eesare ama hoose?

How do you know?

Sidee ku ogaatay?

How will it look different when the tide **changes**?

Sidee bay u ekaan doontaa ka duwanaan shiyaha marka mawjadaha badalo?

Tidal Zones/Qeybaga dhulka iyo xeebta isaga imaadaan

The four tidal zones are:

Afarta qeybood dhulka iyo xeebta isaga imaadaan are:

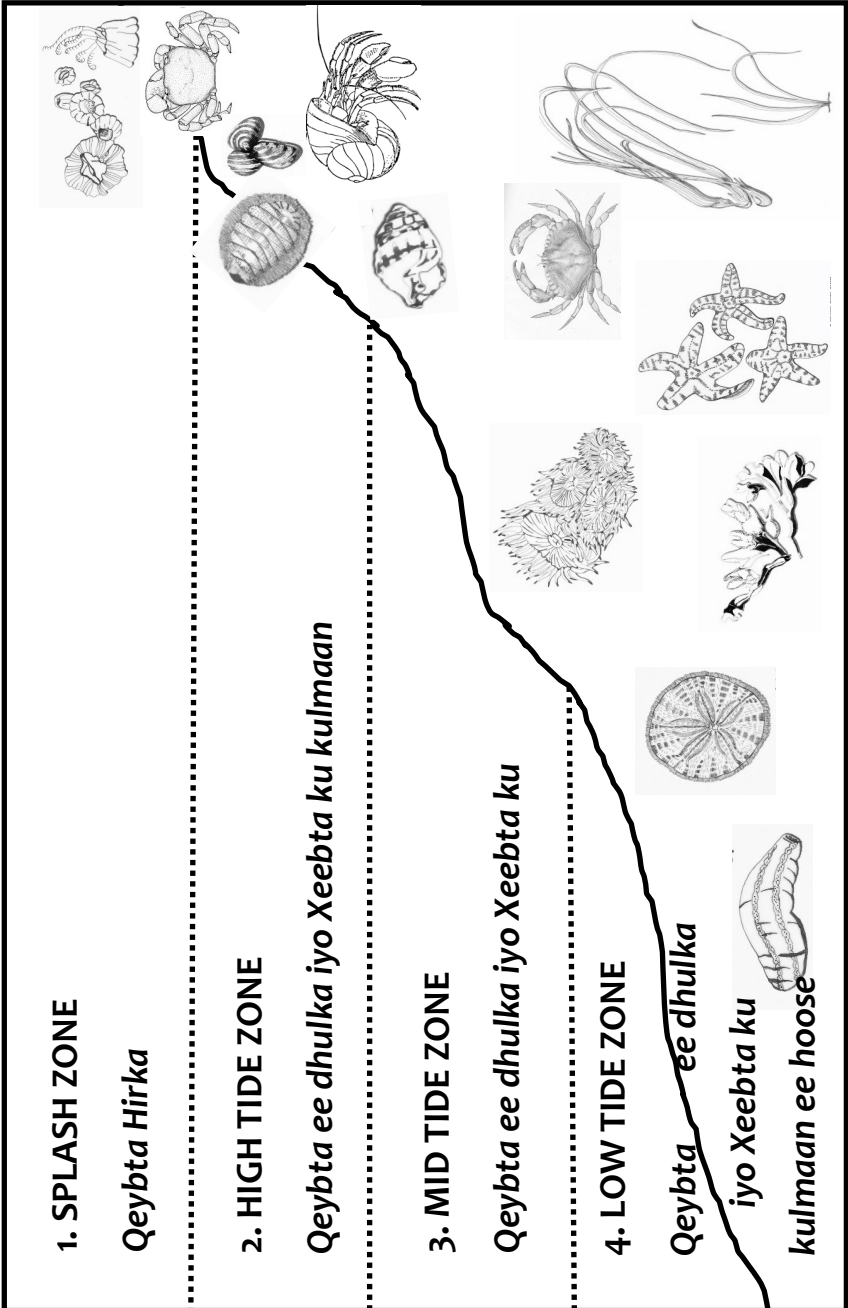
- 1.
- 2.
- 3.

What is your favorite **zone**, or area, on the beach?

Waa maxay qeybta, ama goobta aad ugu jeeshahay, xeebta?

The Four Tide Zones

Afarta Qeybood ee dhulka iyo Xeebta ku kulmaan

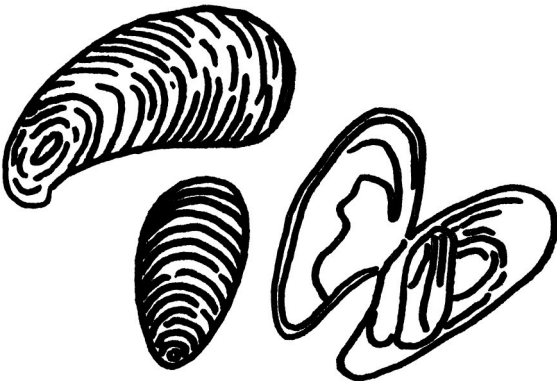


Acorn Barnacle



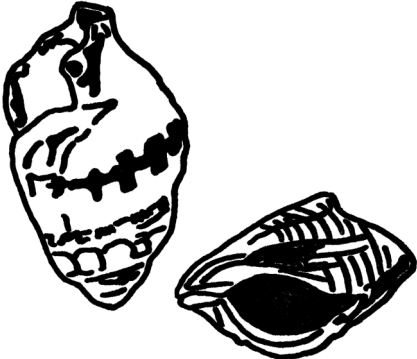
I eat/Waxaan cunay

Pacific Blue Mussel



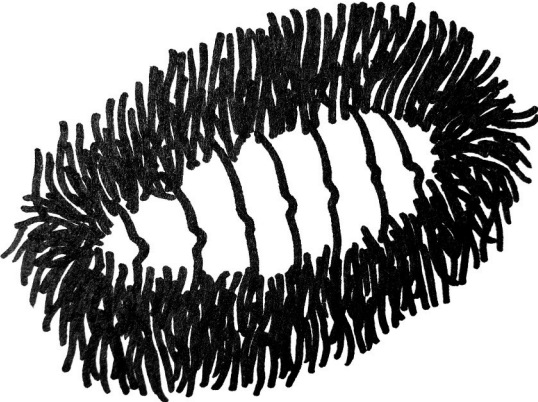
I eat/Waxaan cunay

Dog Whelk



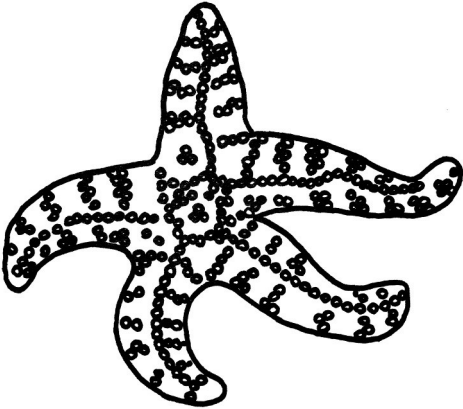
I eat/Waxaan cunay

Mossy Chiton



I eat/Waxaan cunay

Purple Sea Star



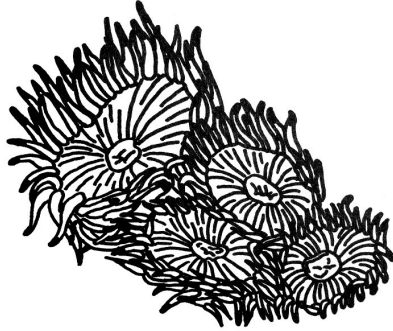
I eat/Waxaan cunay

Orange Sea Cucumber



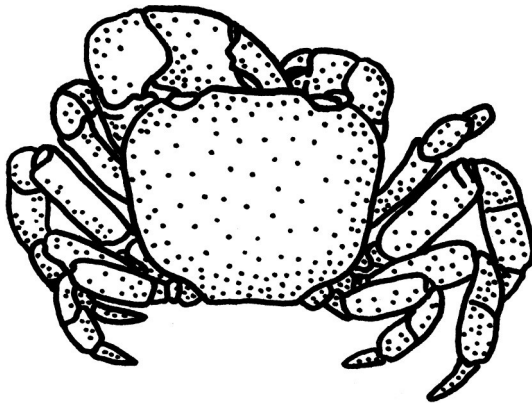
I eat/Waxaan cunay

Aggregating Sea Anemone



I eat/Waxaan cunay

Shore Crab



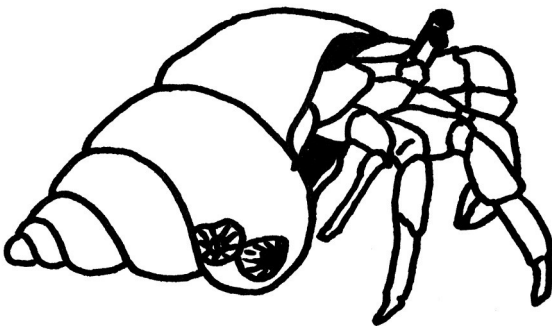
I eat/Waxaan cunay

Red Rock Crab



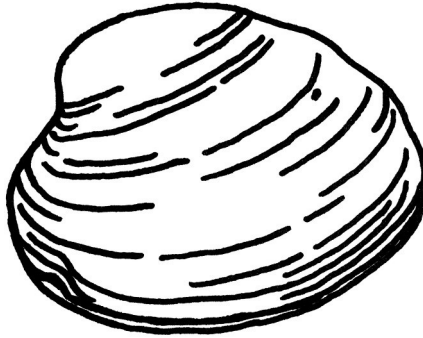
I eat/Waxaan cunay

Hermit Crab



I eat/Waxaan cunay

Butter Clam



I eat/Waxaan cunay

Moon Snail



I eat/Waxaan cunay

Design Your Own Beach Animal

Use what you know about beach animals to design a new animal! You get to decide how many arms and legs it has, whether it has a shell or not, and everything else!

Draw or describe your animal:

What does your animal eat?

What adaptations help your animal eat? What adaptations help your animal stay safe?

Habee Xeebta Xayawaankaaga u gaarka ah

Isticmaal waxa aad ka ogtahay xayawaanka xeebta si aad u naqshadayso xayawaan cusub! Waxaad go'aansan kartaa inta gacmaha iyo lugaha uu leeyahay, inuu qolof leeyahay iyo in kale, iyo wax kasta oo kale!

Sawir ama sharax xayawaankaaga:

Muxuu xayawaankaagu cunaa?

Waa maxay la qabsiga ayaa ka caawiya xayawaanka inu cuno? Waa maxay la qabsiga ayaa ka caawiya xayawaanka inay badqabaan?

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

Kormeeritaanada Xeebta



Isticmaal bogogan inaad wax ku sawirto oo aad ku qorto kormeeritaanada iyo su'aalaha inta lagu jiro safarkaaga kormeeritaanka xeebta.

- Maxaad aragtay?
- Maxaad maqashay?
- Maxaa su'aalo ah oo aad qabta?

Erayada laga yaabo inaad u isticmaasho kormeeritaanada:

- | | |
|--|---|
| • Dhagax | • Ugaar iyo ugaarsadaha |
| • Sheel | • Deegaan |
| • Tirada qeybta dhulka iyo xeebta ka kulmaan | • Xayawaanka midabada u badelada deegaankiisa |

Quadrat Survey Data Collection

Aruurinta xogta Sahanka Xaya- waanka Afarta lugeed leh

Date/Taariikhda: _____

Weather/Cimilada: _____

Low Tide/Qeybta ee dhulka iyo Xeebta ku kul-
maan ee hoose: _____

Naturalists/Khabiirada goobaha dabiiciga
ah: _____

Time started/Wakhtiga la bilaabay: _____

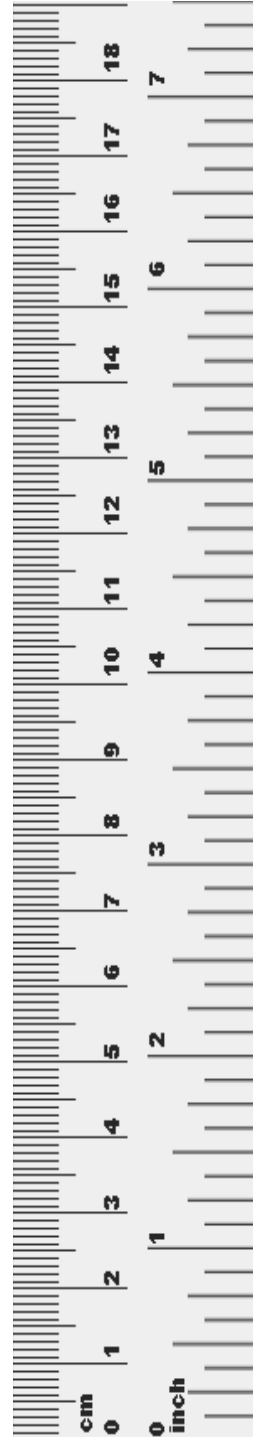
Time ended/Wakhtiga la dhameeyay: _____

Notes/Fiiroyin gaar ah:

| Animal | V Location/ Goobta: ____m | V Location/ Goobta: ____m |
|---------------------|---------------------------------|---------------------------------|
| Acorn Barnacle | | |
| Shore Crab | | |
| Pacific Blue Mussel | | |
| Hermit Crab | | |
| Chiton | | |
| Dog Whelk | | |
| Clam | | |
| Anemone | | |
| Red Rock Crab | | |
| Purple Sea Star | | |
| Orange Sea Cucumber | | |
| Moon Snail | | |

Field Illustration
sawirka goob bey'ad ah

**How big is the animal?
Use this ruler to measure.
Intee ayuu la'eg yahay xajmiga
xayawaanka?
Isticmaal mastaradan si aad u
cabirto**



Field Illustration

Sawirka goob bey'ad ah

| Species List | Date/Taariikhda | Date/Taariikhda | Date/Taariikhda | Date/Taariikhda |
|---------------------|-----------------|-----------------|-----------------|-----------------|
| Barnacle | | | | |
| Shore Crab | | | | |
| Mussel | | | | |
| Hermit Crab | | | | |
| Chiton | | | | |
| Dog Whelk | | | | |
| Clam | | | | |
| Anemone | | | | |
| Red Rock Crab | | | | |
| Purple Sea Star | | | | |
| Orange Sea Cucumber | | | | |
| Moon Snail | | | | |
| | | | | |
| | | | | |
| | | | | |

Continue Your Beach Connections!

Sii wad xiriirada xeebta

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 page 23 to count the number of organisms you find each time you visit the beach.

Xeebta Seahurst waa beer nasasho dadweyne, taasoo ka micnaysan inay lacag la'aan tahay in la booqdo! Waxaan kugu dhiirigelinaynaa inaad la timaado asxaabtaada iyo qoyskaaga. Waxaad isticmaali kartaa liistada bogan si aad u tiriso tirada noolaha ee aad hesho mar kasta oo aad booqato xeebta.

**When you visit the beach,
remember to be STARS (page 3)!**

***Markaad booqato xeebta, xasuuso inaad
ahaato STARS! (bogga 2)***

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!

Hambalyo! Hadda waxaad tahay Halyey Xeebeedka Rasmiga ah. Waxaad hoos ka jari kartaa calaamaddaada Halyeyga Xeebta. Waxaa jira laba dhinac oo calaamadda. Hubi inaad ku saxeeexo dhinaca dambe magacaaga!



BEACH HERO RASMIGA AH

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- * Step carefully (Si taxadir leh u talaabso)
- * Touch gently with two wet fingers (Aayar ugu taabo laba farood oo qoyan)
- * Animals stay where you find them (Xayawaanka waa in aan laga kaxaynin meesha laga heley)
- * Remove only trash (Kaliya qashinka ka gur)
- * Share what you learned!
(Dadka la wadaag waxa aad baratay)!



OFFICIAL BEACH HERO

ENVIRONMENTALSCIENCECENTER.ORG



ENVIRONMENTAL
SCIENCE CENTER

- * 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!

Halyeyga Xeebta ee rasmiga ah ahaan, waxaad wax badan ka baratay noolaha ku nool xeebta, iyo sida aan u noqon karno marki wanaagsan marka aan booqanno gurigooda!

Aqoonsigu waxa uu muujinayaa in aan balan qaaday:



Si aad u ilaaliso oo aad u qadariso cayawaanka ku nool bada xeeligeena inta aan baadhayo waxa ku nool.



Si loogu raaxaysto bada xeeligeeda iyada oo sidii dabiiciga ah iyo in aan kaga tago shayada sida aan u heley marka hore (qashinka marka laga tago!)



In aan wadaago waxa aan bartay...

Saxeexa

Taariikhda

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!)



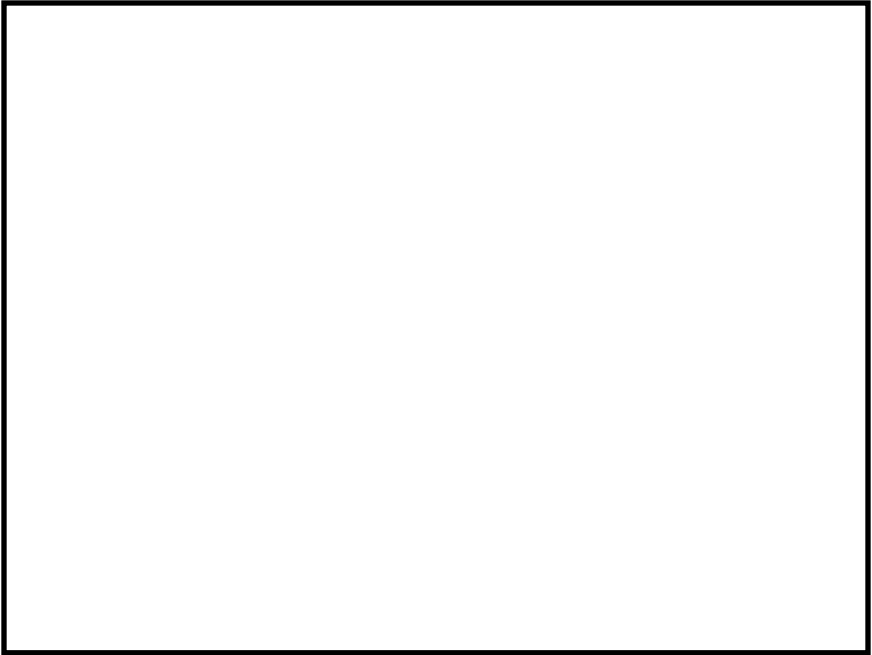
To share what I learned...

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.

*Qaybtee ka mid ah fariinta **STARS** ee ugu jeceshahay? Sawir adigoo ku samaynaya hoos! Midani waxay u ekaan kartaa in lagu taabto xayawaan laba farood leh, ama qashin ka soo qaadaya xeebta.*



Do you want to share your drawing?
Ma rabtaa inaad la wadaagto sawirkaaga?

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

Kala hadal macalinkaaga sida aad noola wadaagi karto fariintaada STARS si aan dhamaanteen u caawin karno dad badan inay noqdaan Halyay Xeebeed!

Beach Heroes is generously supported with funding from:
Beach Heroes waxaa si deeqsinimo leh loogu taageeraa maalgelinta:

The Puyallup Tribe



of Indians



KING COUNTY
FLOOD CONTROL
DISTRICT



Green / Duwamish & Central Puget Sound



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THE NORCLIFFE
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Horizons Foundation



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