Boredom Busters: Day at the Beach

“Explore outdoors, the parks are yours!”
This booklet will help you have a wonderful experience whether you spend one day at the beach or multiple. Bring this with you on your adventure and follow these quick steps to make your visit fun and easy! Also, don’t forget to use the amazing beach day activities found in this booklet that your whole family will enjoy.

**Use this Booklet to:**

- Have a fun, safe beach adventure
- Participate in new exciting outdoor activities
- Learn quick and easy tips, tricks, and guided activities to enhance your trip
- Enjoy the beauty your chosen beach

**Before you go to the beach:**

Call the beach’s visitor center or visit the website and ask what is available.

- Playground?
- Sports fields?
- Rentals?

Decide how much time you can spend at the beach and pick your adventure.

**Make sure you pack:**

- Buddy Bison or BB coloring page
- Healthy snacks and water
- The proper clothing, footwear, sunscreen, hat, and sunglasses
- Sporting equipment and/or outdoor recreation materials

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Procedure

1. Introduce the tidal zones. Take your children on a “tour” of the beach and talk about what life in each of the zones is like. Ask what an animal might need to survive in each of these zones and ask for examples. OPTIONAL: Play “Tidal Zone Tag.” Remember to stay off the dunes!

2. If there are multiple children, put them in teams of 2-4 and assign each one a zone. Otherwise, just do each zone one at a time. Design a creature using only things you can safely collect at the beach that can survive in your zone of choice. Consider how that animal will obtain food, water, and shelter, and how it will deal with the hardships of its zone. For example, an animal in the intertidal zone will need to be able to move around both in water and on land, as well as deal with pounding waves. Remember to give your animal a name!

3. Ask kids to share about their creatures. Point out its adaptations and explain how they help the organism survive in its habitat.

Questions for Discussion

Subtidal Zone: What kind of animals live in the subtidal zone?

Intertidal Zone: Why would it be advantageous to burrow oneself into the sand if you lived in an intertidal zone?

Supratidal Zone: Which tidal zone might be the best to build a sand castle?

*For more information about tidal zones visit www.beachapedia.org or oregontidepools.org.
You just got to the beach and you need some ideas to get your kids excited and engaged. Try out these boredom busters to keep the fun going all day long.

**Objective:**
List and describe different ways that algae can be beneficial to humans, wildlife, and the environment.

**Method:**
Children research and observe algae in its habitat.

**Age Level:**
9 - 14 years old

**Duration:**
Approximately 60 minutes

**Group Size:**
Groups of two or more

**Materials:**
References

**Other Information:**
Algae can be found in a wild range of conditions from damp places to deep below the water’s surface. Algae produce much of Earth’s oxygen. Some algae, such as seaweed, look like plants. However, algae are actually neither plants nor animals. Instead they belong to a group of living things called protists.

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**Algae Alley**

**Procedure**
Prior to visiting the beach —
1. Divide children into groups of two or more. Assign topics to research such as the following related to kelp:
   - different types of algae
   - algin
   - invasive algae
   - algae as a habitat for wildlife
   - medicinal uses of algae
   - commercial uses of algae
   - aquatic weeds of the world (both marine and freshwater)
   - algae and the oceanic food web
   - sea otters
   - sea urchins

2. Once the research is finished, have each group present their findings.

At the Beach —
3. Pick one type of algae found in the ocean (green algae, blue algae, red algae, brown algae) to observe at the beach. Algae that are visible at the surface of the oceans are commonly called “seaweed.”

4. Visit a beach where surface algae can be found. Observe the algae. Identify its parts. Identify animals and organisms that feed off or live in it.

5. End the activity with a discussion of the benefits and importance of algae to plants, animals, and humans.

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*This activity requires some preparation before getting to the park. Younger children may need assistance of a parent or guardian.*
Boredom Busters

You just got to the beach and you need some ideas to get your kids excited and engaged. Check out our to-do list for quick and easy suggestions to make your beach trip fun!

To do at the beach

1. Build a sandcastle or a drip castle
   Materials: bucket, shovel, and a sharp edged tool.
   Demonstrate your creativity by creating intricate sand or drip castles.

2. Paint shells
   Materials: seashells and paint.
   Painting shells is a fun and easy activity the whole family can take part in. Try washable paint for easy clean up.

3. Make necklace out of shells
   Materials: seashells and string or fishing line.
   String shells together to make your own jewelry. Try painting the shells before stringing them together for colorful jewelry.

4. Hunt for buried treasure
   Exercise your kid’s imagination with a fun pirate game.

5. Jump over waves
   Don’t go too deep.

6. Play catch or throw a frisbee
   Bring a ball or frisbee for easy fun.

7. Explore tide pools
   When the tide retreats, seawater trapped in depressions in the rocks forms tide pools. These pools are often full of animals and plants. Remember: Be careful not to harm any animals.

   If there aren’t any tide pools, explore the waterline for hermit and mole crabs. Watch out for sandpipers and other animals that eat these critters!

8. Take a walk and skim shells or pebbles
   Just like skimming rocks! Find a smooth shell and try to skim it over the shallow water between waves.

9. Make Art
   Collect seashells and pebbles to make your own art on the beach.

10. Fly kites
    Materials: kite
    Put your back to the wind and watch your kite soar.
Haven’t you always wanted to see underwater? Well now you can. Follow these easy steps:
1) Cut the bottom and top off of an empty coffee or juice can using a can opener (ask an adult to help)
2) Cover one end of the can with clear plastic wrap and secure it with the tape and/or rubber band
3) Put only the plastic covered end into the water and look through the can

You Need:
• empty coffee, soup, or juice can
• clear plastic wrap
• rubber band or duct tape

Draw what you see underwater!
You just got to the beach and you need some ideas to get your kids excited and engaged. Try our beach friendly scavenger hunt to explore your surroundings in a controlled setting!

Scavenger Hunt

Compete in small teams or individually to find the most items on the list. Check each item off as you go. Some items you may not be able to move or take with you. Take a picture instead! Remember: Be careful not to disturb any animals or wildlife during your hunt.

- Seaweed
- Coral
- Shovel
- Seagull
- Sandcastle
- Crab
- Dolphin
- Ship or Boat
- Seashell
- Starfish
- Sand Dollar
- Lifeguard Tower
- Single Feather
- Kite
- Driftwood
- Trash (throw it away)
- Something Shiny
- Beach Ball

Which treasure is your favorite? Write it here.
Draw what you see!

Keep your day at the beach fun going by designing your own Buddy Bison. Draw your environment around Buddy Bison.