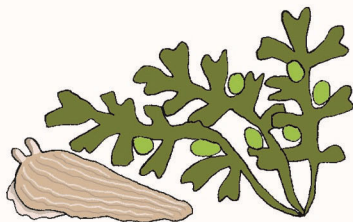


Have a great rockpooling adventure

- Look through a magnifying glass or camera to help get a better view of the small and interesting animals and seaweeds that live on the shore.



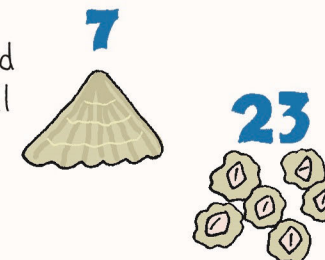
- Turn over and feel along fronds of seaweed, because animals like sea slugs can be living there. What can you find there?



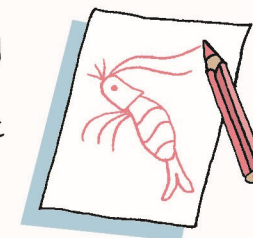
- Take some time to sit next to a rock pool and look inside for ten minutes, you never know what you might see. This can also be a great mindfulness exercise.



- Count the number of limpets and barnacles you find but don't pull these animals from their rocky homes.



- Keep a note or do a quick drawing of the animals you see – this will make them easier to identify next time!



Top tips

- The best time to go rockpooling is a couple of hours before low tide, so the pools are revealed as you explore.
- Always handle creatures with care.
- Take time to return wildlife and carefully replace stones or rocks back to where you found them.