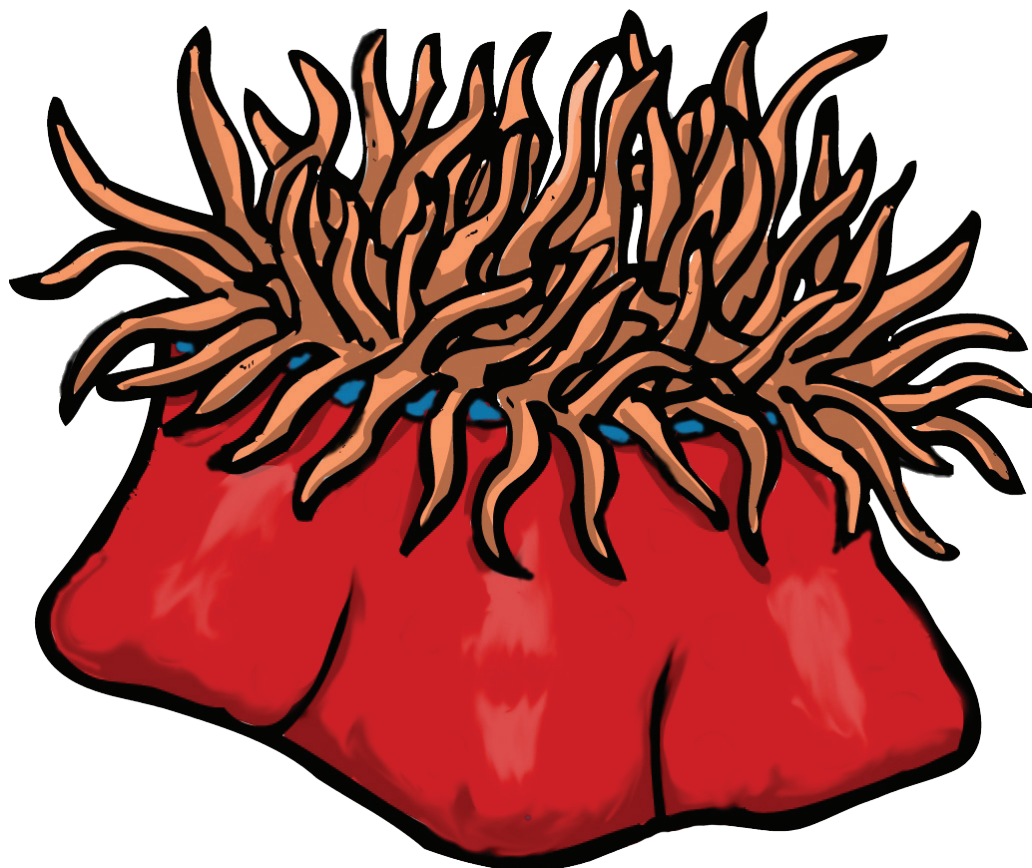


BE AN ANEMONE!

This activity introduces the life of sea anemones and how they are adapted to life on the shore through movement.

1. Ask each child to sit in a space. Ask them to imagine that they are a beadlet anemone, living attached to a rock on the Exmoor seashore using their tentacles to catch food. Pretend the tide is in and they are all underwater. Children should close their eyes (anemones cannot see) and imagine that their arms are tentacles, waving through the water.
2. Tell the children the tide is going out. As it does, they will be washed around by the waves and will need to cling on tight! At the same time, they will become exposed to the air and sun and so will dry out if they keep their tentacles extended. Ask the children to curl up, tucking their arms in and imagine they have to stay like this until the tide comes in!
3. After a while the tide can come back in again and the children can uncurl, and wave their 'tentacles' around again.



Extension activity: Discuss the challenges this behaviour might create for the anemone.

Can anemones feed while their tentacles are retracted?

What might happen if an anemone is disturbed while it is exposed to the air (particularly if it is poked!)?

Discuss how the tide's rise and fall influences the behaviour of other animals.

Blow some bubbles and see if the children are able to catch the bubbles with their tentacles as they pass.

Follow this activity up with the Anemone Game!