

To help you complete this worksheet, use the Nature's Patterns book.



# Tides

Tides are the rising and falling of the waters of the \_\_\_\_\_ . There are low tides and \_\_\_\_\_ tides. In most places, the tides come \_\_\_\_\_ a day.

At \_\_\_\_\_ ,  
much of the  
beach can be  
seen.

Low tide leaves  
a \_\_\_\_\_  
on the beach  
and on rocks.

At \_\_\_\_\_ ,  
most of the beach  
is covered by  
ocean water.



**It's a fact!**  
In some places,  
the ocean climbs by  
50 feet (15 meters)  
during high tide.  
That's as tall as  
eight grown-ups!



Tide pools are often filled with many sea creatures. When the tide comes in, the animals drift back into the sea.

People harvest  
\_\_\_\_\_ and other  
ocean life during low  
tide.

The water leaves behind  
\_\_\_\_\_ . Ocean life  
waits in the pools for the  
water to return.