



Session 1 – Our Ocean – Habitats of the Sussex Bay Follow Up Activity - Coastal Habitat Explorer (60 Minutes)

Equipment Needed - Pencil and clipboard or field journal, Optional: phone or tablet for photos, 1m string/rope square or measuring tape (for microhabitat study)

This session will help you become a Coastal Habitat Explorer as you learn to observe, describe, and understand the unique features of these environments.

Learning Goals

- Understand the different types of coastal habitats and their characteristics.
- Observe and describe the sights, sounds, and smells of the environment.
- Develop your skills in documenting and analyzing habitats.

Name: _____ Date: _____ Location: _____

1. Habitat Snapshot

Type of habitat: _____ (e.g. sandy beach, shingle, dunes, mudflat)

Describe your surroundings (at least 3 sentences):

- 1) _____
- 2) _____
- 3) _____

What can you hear, smell, and see?

Hear - _____

Smell - _____

See - _____

2. Signs of Human Impact (10 mins)

What evidence of human activity can you see? (Write or sketch two examples)

1. _____

► Is it helpful, harmful, or neutral? _____

2. _____

► Is it helpful, harmful, or neutral? _____

3. Observation & Sketching

Sketch 3 natural features you find (e.g. rocks, seaweed, driftwood, sand ripples). Write a few words about each one's shape, texture, or colour.

Sketch/Description	Notes (shape, texture, colour)	Location (e.g. near water, dunes)

4. Microhabitat Study (10 mins)

Choose a small 1m x 1m square area to focus on.

Describe what you see in detail: objects, materials, colours, patterns, moisture, light.

What does this tell you about how life might exist or survive here?

5. Reflect & Record (10 mins)

1. What surprised you today?

2. What makes this place special?

3. What's one simple way we could help protect this place?

You're standing on a coastline that is home to some of the UK's most important marine habitats. What's being done to protect it?

Use your phone (or a public info board if nearby) to find one local marine conservation effort in Sussex.

What is the name of the project or organisation you found?

➤ _____

What marine habitat or species are they protecting or restoring?

➤ _____

Where are they working (specific beach, harbour, or area)?

➤ _____

Why is this work important for the environment or the local community?

➤ _____

Can someone your age get involved? If so, how?

➤ _____