

Information for Group Leaders

Reflection

Writing in a journal is an example of introspection. To write in a journal means to write in a purely personal dialogue. This is where many writers do more than record daily activities. They let their feelings as well as their thoughts interact on the paper, without restricting their flow.

There are 10 minutes allotted for reflection. Groups stay at their final station. The leader recalls the day with students, reads an inspirational quote, and then students find their own place to sit for their self reflection. Have the students find a place to sit alone and reflect for a few minutes and write or draw on these feelings on the last page of their notebooks.

Quote: *Love the world as your own self, then you can truly care for all things.*

Lao Tsu

Background Notes on Group Names

Purple Shore Crab: This is an abundant shore crab, up to 5.6 cm wide. It feeds at nights on sea lettuce and hides in a moist and dark place during the daylight hours. Male and female crabs can be distinguished from one another. Look on their undersides. Males have a long pointy shaped piece of carapace, while females have a shorter, wider piece.

Acorn Barnacle: Barnacle larvae start out in life as a very small zooplankton being moved around in the water by currents. All this before it lands and attaches to something like a log or a rock or pilings and creates its house that we are most familiar with. The larva actually attaches head first, with its legs used for feeding. Barnacles eat plankton (very small plants and animals) by sweeping it up with their legs.

Moon Snail: Moon snails burrow into the mud where they are a voracious predator feeding on clams buried deep in the sand or mud. They have a raspy tongue called a radula that they use to scrape at the clam's shell and drill into it in a perfect circle. Then the moon snail sucks out the clam animal inside the shell. Moon snails lay their eggs in a sand collar, where the eggs are in a jelly layer between sand layers.

Butter Clam: This clam is considered the best tasting for making clam chowder (as long as there is no PSP). This clam supported First Nations, recreational and commercial fisheries. Many canneries along the coast processed this species, from the late 1800s to the 1950s. Paralytic Shellfish Poisoning is a condition that kills people who eat shellfish contaminated by a toxin the clams ingest from plankton they eat. Red tide refers to the plankton bloom that has the toxin. The toxin doesn't harm the clam, but it is deadly poisonous to people.