**THE INTERTIDAL CHALLENGE**

**Waves** are constantly beating against the beach. Sometimes the waves are small and gentle and sometimes the waves are large and strong.

**Tides** cause the level of the ocean to rise and fall twice a day. This means that depending where you are on the beach, you may spend part of the day living above the water and part of the day living under the water.

**The temperature** of ocean water, rocks and sand, and air can change a lot during the day and throughout the year. This means you may need to survive both warm and dry conditions, and cold and wet conditions.

**Food** can be difficult for you to find and eat because different types of prey can hide or defend themselves well from you. The constantly changing environment can move you away from your food sources (or food sources away from you).

It may be hard to **avoid becoming food** because predators may be able to hunt well and find and capture you. The constantly changing environment may expose you to your predators.