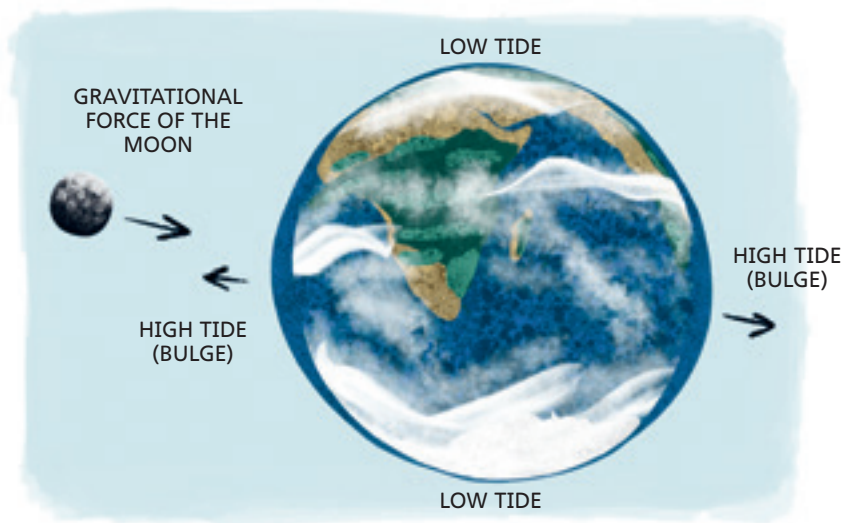


# THE TIDE

If you have ever visited the beach, you probably noticed the water level moving toward or away from you throughout the day. The movement of water inland and then back out is the tide. Twice each day, seashores experience high tides and low tides.



As the Moon revolves around Earth, its gravitational pull moves water toward it. The ocean water bulges toward the Moon on both the side of the Earth closest to the Moon and the opposite side, which causes high tides in those areas.

## FUN FACT

As Earth rotates, different regions of the planet are affected by the tide.

## Tidal Zones

Tides are important to seashore ecosystems because animals make their homes in the intertidal zone between the high and low tide points.

The **SPLASH ZONE** only receives some salty spray during high tide.

In the **LOW TIDE AREA** at the bottom of the intertidal zone, plants and animals must be adapted to living underwater nearly constantly.

**HIGH TIDE AREA** at the top of the intertidal zone is covered in water only twice a day.

More plants and animals live in the **MID-INTERTIDAL ZONE** because it is covered in water for a good part of the day.

The **SUBTIDAL ZONE** sits below the low tide line. Marine plants grow in this zone where sunlight filters through the water.