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DISCOVERING MARINE LIFE

About this 'Discovering Marine Life' kit

This **kit** was created to assist you or your group in completing the 'Discovering Marine Life' patch program.

Kits are books written to specifically meet the requirements for the patch program and help individuals earn the associated patch.

All of the information has been researched for you already and collected into one place.

Included are crafts, reci-

pes, coloring sheets, and other educational information. These materials can be reproduced and distributed to the individuals completing the program.

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If you have any questions, please feel free to contact Patchwork Designs, Inc. using any of the methods listed below. Updates and revisions by: Ariel Lynn



Written by: Cheryle Oandasan

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After completing the 'Discovering Marine Life Patch Program', you may order the patch through Patchwork Designs, Incorporated. You may place your order in one of the following ways:

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Online Store

Effective November 2006, customers may also order online through Patchwork Designs' website at: www.patchworkdesigns.net

All information is secure.

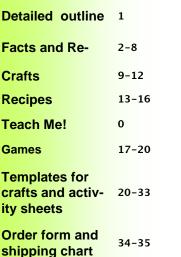


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Requirements for Discovering Marine Life

1. Dolphins are mammals, that means they breathe air and their young are born alive. Learn about one marine life creature that is a mammal. Find out if they have any unique qualities, the color of their skin, and where they live. Examples are manatees, otters, porpoises, wal-ruses, sea lions, polar bears and whales.

Manatees or sea cows—gentle, slow moving, enjoy living in warm shallow (waters. They eat seaweed and have gray to brown wrinkled skin

Sea otters- live along coasts, kelp beds or bays, primarily found in California or Alaska. Sleek dark brown fur

Walruses- live in the arctic sea or ice sheets, enjoys sunbathing on the beach. large, noisy mammal with 2 long tusks and whiskers, reddish brown skin

Harp Seals- cold water and on the ice. whiskers, short thick white fur with black patches and a black face. California Sea Lion is black and the Harbor seal is brown

Dolphins– They use echolocation, sound waves that bounce off things in the ocean. Based on the echo that they hear, they can tell where and what things are. They have been recorded swimming up to 25 mph. Dolphins are commonly black, brown, or gray in color and are often marked with patterns of white or other light colors. They live throughout the world. Rough-toothed dolphins inhabit the warm waters in the Gulf of Mexico. Hourglass dolphins live in the frigid waters around Antarctica.

Porpoises- smaller than dolphins, cone like heads, lack the dolphin's characteristic beak. They are usually bluish-black on top and sometimes whitish below. Live in cool and cold waters of the north coast, especially where the oceans meet rivers, estuaries and inlets of large rivers.

2. There are a large variety of fish in the ocean. They can be found in a variety of sizes, shapes and colors. Choose one fish to learn more about. What do they eat, where do they live, and what do they look like? Examples: Seahorse, clown fish, salmon, or sting rays.

Seahorses- Seahorses eat small shrimp and fish. They can be found in seaweeds in near the shore and warm water seas. They have a head resembling that of a horse, a long tail, and a snout. It's body is covered in bony plates with a series of spines.

Salmon- Salmon eat smaller fishes, crustaceans, and insects. They live in the north, cold, fresh and salt waters. They are usually pink or gray.

Sting Rays- Sting rays eat mollusks and crustaceans. They live in warm, shallow water in almost all seas. They have broad, flattened bodies that can camouflage (change colors to hide themselves).

Angler- An angler can eat other fish as big as itself. They live deep on the dark ocean floor along the coasts of Europe and North America. About 5 ft long, parts of it's body looks like fishing rods or lures that glow. They use these to trick fish into coming closer.











3. Did you know that if a starfish lost an arm it would grow a new one? This species of marine life is called an echinoderm, a spiny skinned invertebrate. Choose one to learn more about by visiting an aquarium, reading a book, or viewing the internet. Examples include sea urchins, brittle stars, sea stars, sand dollars and sea cucumbers. For extra, you may wish to create an art project.

Sea Urchins- Sea Urchins have rigid, circle-shaped shells, or *tests,* made up of bony plates that are close together. They move about by using their spines as legs. Sea urchins protect themselves with spines that make them difficult to eat. They have a mouth at the end of one of it's spines. Some are poisonous.

Brittle Stars- Brittle Stars live mostly in the tropic, warm waters, but can be found everywhere. They have flat, rounded bodies with five flexible arms that can be easily broken but always grow back. They eat small organisms such as plankton.

Sand Dollars- The sand dollar has a white, flat, circle-shaped shell. It has many small dots that make a flower design on top. The shell has many small, brown spines on the bottom. This gives enables the animal to move about. Sand dollars obtain food by swallowing sand and filtering out little plants and animals, through a small hole under their shell. They are about the size of a baseball.

Sea Cucumbers- Sea Cucumbers are about five inches long. They have soft, tube-shaped bodies that resemble a cucumber. They eat microscopic organisms, which they sense and sweep up from the bottom of the ocean tentacles that branch out from the mouth. They move around like a slug.

4. Coral Reefs are ecosystems created with coral, algae, and tiny animals. They are usually located in shallow warm water near land. Find out two things that live in a coral reef. Observe their shape, color and where they live. You may also wish to create a drawing of a coral reef, visit an aquarium, or create an art project.



Coral Reefs- Coral reefs are the most complex ecosystem in the water. The largest group of coral reefs is found in the western part of oceans. There are two categories of coral reefs: shelf reefs and oceanic reefs. Shelf reefs include fringing reefs, platform reefs, bank reefs, and barrier reefs and are located on the continental shelf, while oceanic reefs are found off the continental shelf growing around the margins of volcanic islands. Coral reefs support greater numbers of fish and invertebrate species than any other ecosystem in the ocean.

5. Jellyfish are 98% water, and they can sting and glow in the dark. Choose one marine life animal that sting or poison their enemy to protect themselves. How do they protect themselves? Examples are octopi, stingrays, puffer fish, anemone, and eels.

Octopi- The octopus has a soft body with eight arms that have two rows of suckers each. Colors range from red to brown or gray. Some have white spots. (It often lures its victim by wiggling the tip of an arm like a worm; or it glides near and pounces, sinking its beak into the shell and injecting a poison that kills; the poison of a very few species is dangerous to humans. When an octopus is attacked, it draws water into its mantle cavity and pushes it with great force through a funnel. The result is a jet-propelled exit, usually behind a cloud of "ink," a dark substance the octopus ejects for defense. The ink of some species seems to have a paralyzing effect on the predator.)





Stingrays- Stingrays have broad, flat fins that give them a diamond shape. A long, finless, whip-like tail has one or more large, sharp spines at its base. They can change colors to camouflage themselves.

Puffer Fish- Their bodies are covered by spines; they are named for their habit of inflating themselves with water or air when threatened. The skin is usually spotted.

Sea Anemone- It has a vase-like body attached to rocks or coral at one end and at the other has a central mouth surrounded by tentacles armed with nematocysts (These tentacles have nematocysts cells that paralyze and entangle the small fish and marine animals it eats). Sea anemones are much like the polyps that make coral reefs, so they are a common site in this environment.

Eels and Electric Eels- Eels look like underwater snakes, and are protected by a layer of slippery mucus instead of scales. Most are about a meter long. Some young eels have a yellow color, while the colors of adults are black and silver. Electric eels are not true eels because they are in a different order. They are ca-

pable of emitting a discharge of 450 to 600 V from a concentrated bunch of nerve cells in their tail. They use it for catching prey or self defense.

6. Many people collect sea shells. They are pretty, shiny and great for art projects. Did you know that animals live in shells? Learn about one marine animal that have a shell, what it looks like, and its color OR create an art project with shells. Examples include oysters, clams, scallops, conch, and mussels.

Oysters- Oyster shells are oval shaped and made of a top and a bottom shell. These shells are connected by an elastic muscle that acts like a hinge. Many shells are four inches long.

Clams- Clams burrow into sand or mud using a muscle foot. Clams are eaten throughout the world. The giant clam may weigh as much as 500 lb, including the shell, and it may yield about 20 lb. of edible flesh. Most clams are much smaller, approximately the size of oysters.

Scallops- Scallops bear ridged shells, about 2 in long. The edges of the shell are sharp and scalloped, giving these animals their common name, and the shell is broad and flattened at the hinge.

Conches- The covering of the shell opening is a claw-like structure, having spikes that stick out and are useful for movement. The largest conch, the Queen Conch, can reach three feet in length.

Mussels- Mussels are small mollusks with thin oval shells about three inches long, and usually black. They have soft bodies inside that can be eaten like clams or scallops.

7. Public aquariums offer exhibits, hands on activities, educational sessions, and signs describing the marine life. Visit an aquarium, seashore, or marine life exhibit. You may also discover information by surfing the internet or books. Learn about at least three species of marine life.

See the journal in the back of the manual to complete flip books about different marine life animals.













8. Cookie cutter sharks are small sharks. They have no bones and are considered fish. Find out how it got its name OR learn about one other type of shark, their size, and color. Examples: Tiger shark, blue shark, hammerhead, lemon, angel shark, whale shark, and mega mouth.

The Cookie-Cutter Shark's Name- They have round jaws with small upper teeth and many rows of large, triangular lower teeth. When it attacks it's prey, it takes a cookie shaped bite!

Tiger Sharks- It has identified by sickle-shaped teeth that have serrated edges. Although most reach 20 feet, they have been recorded as big as 30 feet. They have tough, leathery skin, tiger like markings on a dark back; whitish underbelly.

Blue Sharks- Their teeth are pointed and serrated. They are found in open waters worldwide. These sharks are among the fastest swimming sharks and can even leap out of the water. The blue shark has an indigo colored shark about 12 and a half feet in length.

Hammerheads- The great hammerhead shark has a wide, thick head with eyes on the side. The head is indented at the center of the "hammer," which is almost rectangular in shape. This shark is gray-brown above with an off-white belly.

Lemon Sharks- The lemon shark's back is deep yellow and its belly is off-white. They average about 8 to 10 feet; the largest recorded length was 12 feet.

Angel Sharks- The angel sharks are flat-bodied sharks, with a body similar to a stingray. They like to bury themselves in the sand to camouflage them from predators. They have long, wide fins that look like wings, giving it its name. It reaches the length of 6.5 feet.

Whale Sharks- The whale shark is a the biggest shark and the biggest fish, but is not a whale. It has a huge mouth and a rounded snout. The whale shark has distinctive light-yellow markings (random stripes and dots) on its very thick dark gray skin. Its skin is up to 4 inches thick. It reaches lengths of 46 feet and weights of 15 tons.

Megamouth Sharks- The megamouth shark is a large, slow-swimming, timid shark that considered one of the rarest species of sharks alive. They have a huge head and a large mouth. Its color varies from gray to bluish-black above and is pale gray below. The tips of most of the fins are usually white. They reach lengths of 16 ft.

9. Did you know that crabs walk sideways? They are called crustaceans because they have a hard shell and no back bone, or invertebrate. Some examples include hermit crab, lobster, krill, and shrimp. Discover one species. Find out where they live, what they eat and what color they are.

Hermit Crabs- 18 inches, predominately red bodies. In the wild hermit crabs will eat almost anything. As a pet, they will eat anything from peanut butter to cat or dog food. They occupy the empty shells of periwinkles, whelks, and other mollusks. When the hermit crab grows out of one shell it seeks a larger one.

Lobsters- 10 inches, light brown. They inhabit shallow near shore rocky or reef environments. They hide in rock crevices during the day and come out at night to scavenge for bits of food. Their diet consists of organic debris on the ocean floor.









Krill- Krill eat phytoplankton, microscopic plants that float near the surface of the water. Some krill eat zooplankton, tiny one-celled animals. They have transparent bodies so you can see their insides, the back half of their body is sometimes blue while the front, where their long antennae are, is red. Some types of krill give off a blue-green light. Krill inhabit open seas.

Shrimp- Shrimp live in both salt- and freshwater, most at shallow depths near shore, but some may go as deep as three miles. Many are transparent like krill, others are green or brown in color. They eat tiny plants and animals.

10. Plankton is microscopic plantlike organism that drifts in the water. Animals that eat plankton are baleen whales, crustaceans, squid and fish. Learn about one animal that enjoy plankton OR look at plankton in a microscope, book or online. For extra create a food chain of marine life animals. (Crustaceans" and "Fish" are categories too broad to give an effective, concise summary.)

Basking Sharks- Basking sharks enjoy great amounts of specific types of zooplankton. The sulfide that zooplankton emit is easily picked up by basking sharks, and that's how the basking sharks find the plankton. In one hour, a basking shark can filter 330,000 gallons of water.

Blue Whale- The blue whale is the largest whale, and the largest creature ever to live on earth. The skin has a light-gray-and-white mottled pattern, which appears light blue when the whale is just below the surface of the water on a sunny day. The mottled pattern, which is unique to each animal, has been used by researchers to identify individual whales.

Blue whales feed by opening their mouth into groups of small sea creatures such as krill or fish. They have fringed baleen plates that hang from the roof of the mouth. The plates act as a sieve, catching food inside the fringes.

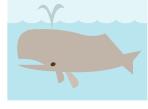
How does a whale eat? Experiment with a toothbrush in water. Place small particles of paper and crumbs in a dish of water. Move the toothbrush through

the particles and then look at the toothbrush. That is the small food that the whale gathered when they were eating.

Squid- The squid has a large head and a relatively large brain. It's body is cigar-shaped, with two lateral fins. The tentacles are used to seize prey. Squid can swim faster than any other invertebrate by rapidly expelling water. Many deep-sea squid are bioluminescent, which means they shoot out a cloud of dark ink when pursued by enemies. Squid species vary greatly in size. The common squid is about 12 to 18 inches long. The giant squid is 60 ft long. It is the largest aquatic invertebrate and lives at deep depths of the sea.

11.The study of oceans and marine life is called oceanography. Learn one about a job or career that uses the ocean or marine animals. Such as aquarium, scuba diver, surf instructor, etc.

Oceanographers can specialize in several areas: physical oceanographers study the ocean currents, tides and circulation; geological oceanographers study the landforms, rocks and sediment beneath the ocean; biological oceanographers study marine life; marine scientists study the chemistry of the ocean and how the atmosphere and ocean affect each other.









12. Sea Turtles are large turtles that spend most of their lives in the seas. They are fast swimmers and vary in color. Find out more about the sea turtle OR create an art project about sea turtles.

Sea Turtles- Sea Turtles four flipper-like legs and a shell. They vary in color from shades of brown to green to black. They range in size from 2 to 6 feet and weighing 78 to 1900 pounds. When they are swimming a lot they need to go to the sea's surface every few minutes in order to breathe air. They always return to the place

they were born to lay their eggs. The eggs must remain undisturbed in the warm sand for about 55 days before hatching. If the temperature goes above 28 degrees C the eggs will hatch as females, below this temperature males will hatch.

Together, the hatchlings dig their way out of the nest. Usually emerging at night, the group makes its way down the beach and enters the sea. They race to the sea to escape predators, then they begin to feed food in the water. It is believed that they drift with the currents,

13. Have a themed event or fun with your family. Create marine life themed food, drinks or decorations.

Refer to the 'Recipe and Craft' section in the back of this manual.

14. Let's have fun with marine life. Play a game, practice tongue twisters, create a craft or enjoy a party with a marine life theme. Some suggestions are crab walk, "Who am I?," charades, sand art, and sea shell art.

Refer to the 'Games' section in the back of this manual.

15. Be creative and make something that has a marine life or ocean theme. Examples include ocean in a bottle, seashell magnet, walrus puppet.

Refer to the 'Crafts' section in the back of this manual.

16. Research a map showing the oceans of the world. Choose an animal and find what ocean it lives by.

There are four oceans in the world. The Pacific, Atlantic, Indian, and Arctic.

17. Some marine life animals are endangered. Choose one to learn more about and why it is endangered.

18. Watch a movie or read a book about marine life or ocean related items.





19. The brown pelican is a large bird that lives along the coast of oceans. What is a pouch and how do they use it to catch fish? Learn about one bird that lives near the ocean or sea. Examples: Seagull, puffin, penguin, or egret.

What is a Pouch? The brown pelican has a long, large, flattened bill, the upper mandible terminated by a strong hook that curves over the tip of the lower one. They can store fish that they caught in their pouch until they want to eat it. The pelican catches the fish by diving or plunging into the water with its mouth open.

Sea Gulls- This bird varies from pale gray to black on top, and from white to gray underneath They search for food along the seashore and in shallow water.

Puffins- Puffins have large, triangular, flat bills. The Atlantic puffin is black above and white below, with the bill patterned in red, yellow, and bluish gray.

Penguins- Penguins cannot fly but are excellent swimmers. Most penguins have a white breast and a black back and head. Many species exhibit red, orange, or yellow patches on the head and neck. Because their short legs are placed far back on their bodies, penguins usually stand. They live in the arctic and have thick layers of fat to keep them warm.

Egrets- Egrets are a species of heron, and have white feathers and long soft feathers on the lower part of their backs during the breeding season.

Resources

Websites:

Microsoft® Encarta® 98 Encyclopedia. © 1993-1997 Microsoft Corporation.

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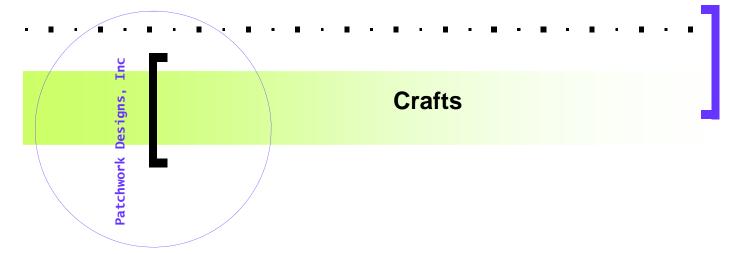
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Secret Treasure Chest

Create Your Own Seashell

Beachy Wind Chime

Ocean in a bag

Recycled Turtle

Sea Urchins

Flowing Octopus

Breezy Jellyfish

Sand Shapes

Beach in a Bottle

Secret Treasure Chest– Store your treasures you find at the sea in this treasure chest.

Empty egg carton Cotton Balls Acrylic paint Hot glue gun with sticks or white craft glue Seashells, rocks, and/or sea glass you've found or collect Permanent markers, glitter, rhinestones, sand, etc. for decorating Paper (optional)

Paint your egg carton any color you wish. Decorate with the things listed above. You can write your name, your collection name, or anything on here. Let dry. Glue the cotton balls in the holes where the eggs used to be. Place your collection on top of each cotton ball to display. If you want to, you can label where, when, and how you found it on a little piece of paper like at the museums!

Create Your Own Seashell

Seashells (ones with bumps and ridges work best) Modeling dough or clay that doesn't get hard A clean tub (like an ice cream tub) An empty shoebox Plaster of Paris and a stirring stick Watercolors, paint, markers, or crayons (optional)



Knead the clay with your hands until it is pliable. Make it into a small, votive/cup shape and place in the shoebox. Mix your Plaster of Paris up in your tub with a stirring stick (found at paint stores). Place your shell in the little hole or bottom of the votive shape and gently press so it becomes engraved in the clay. Make sure it doesn't go through the bottom of the clay lump or else this won't work. Remove your seashell once you are satisfied with the shape that was imprinted inside of it. Then, pour the Plaster of Paris into the shell mold you had just made and fill it up all the way. Let the plaster dry for overnight. The next day, carefully pull the clay away from the Plaster of Paris. Now you have your very own shell! If you want to, make your shell colorful with the above options.

Beachy Wind Chime--A lot of seashells have holes in them because snails and oysters dig holes into the shell. You can use these types of shells for wind chimes. If you can't find shells with holes in them, then hot glue them to the string.

12 feet of sturdy string Scissors Lots of seashells, each with a hole in it Hot glue gun with sticks A piece of drift wood, or a thick stick

Cut your string into various lengths and hot glue the shells to the string. You can also use more string to tie the shells to it for more support. Make sure to tie a piece of string to the top of the stick to be able to hang it from something. Tie all the strings with the seashells on them to the stick to create a unique wind chime to hang inside your room or outside your house.



Ocean in a bag

Two Ziploc bags of the same size Fish foam shapes White or pastel-colored plastic beads Blue hair gel or aloe vera Small seashells Clear packaging tape Glitter, confetti, or fake leaves/stems for seaweed (optional)

Fill on of the bags with blue hair gel/aloe vera and flatten it so it is about 1/4 to 1/2 inch (about 1 cm). Place your fish foam shapes in the bag. Add in some seashells and add some plastic beads for bubbles. At this time you can add the optional items listed above or your own creative ones. Squeeze as much air as possible out of the bag. Place the bag inside of another bag of the same size, but make sure the seals are on the opposite ends of another. Seal the ends of the bags with clear tape.

Recycled Turtle

Two shoulder pads (found at your fabric stores in the button section) An old glove Scissors White craft glue or hot glue gun with sticks Two googly eyes Permanent markers, glitter glue, puffy paint, sequins, etc. or decorated paper for decoration

Cut all of the fingers off of your glove. Turn the shoulder pad to the back and glue the fingers for the legs and tail, leaving the biggest one, the thumb, for its head. Glue the other shoulder pad on top of this, making sure the fluffy side is up, and hold it down for it to stay. You can choose to decorate its shell with whatever you like. Finish with googly eyes its head.

Sea Urchins

Three 2-inch Styrofoam balls Toothpicks (about 25 per person) Acrylic paint Paintbrush Glitter glue Paper plates/newspaper for setting up

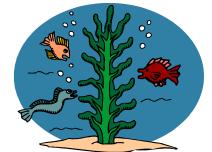
Cover your station with newspaper or old magazine pages. Place your paint in the paper plates and paint the Styrofoam ball any color you like, then paint with glitter glue near the same color or silver or gold. Let dry and paint your toothpicks the same color. Let dry again. Insert the toothpicks to look like a sea urchin and display!

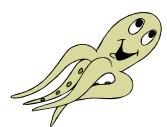
Flowing Octopus

Paper plate for each person Black permanent marker Acrylic paint or washable markers Crepe paper or streamers Scissors White craft glue

Cut all of the rims off the paper plate except one side. Cut the side angled in to create its neck. Paint or color with markers and let dry. Draw the eyes and smile on with the black permanent marker. Cut the streamers into 8 pieces, since octopi have 8 tentacles. They can be same color as its head or you can be creative and do a different color. Attach with white craft glue to its head. You can punch a hole through its head and hang it with string if you want to.

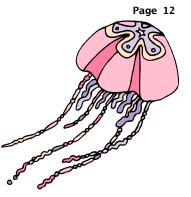






Breezy Jellyfish

Two clear or white trash bags Rubber band String Black permanent marker Scissors Fish foam shapes (optional)



Make one of the trash bags into a medium sized ball for its head. Place this inside of the other trash bag and push all the way to the top left corner. Place the rubber band around

the bottom of the head inside to form to head, leaving the excess trash bag at the other end of the rubber band. Using your scissors, cut the rest of the outside trash bag into strips for its tentacles. Make two holes with your scissors at the back of his head and tie the string through it to hang it by. Make a face on him with the permanent marker. Place fish foam shapes into its tentacles if desired. The best part of this windsock is that it's waterproof so you can hang it outside!

Sand Shapes

Fine sand Water Bowls Aluminum foil pie pan Marine animal cookie cutters or seashells Plaster of Paris String or wire



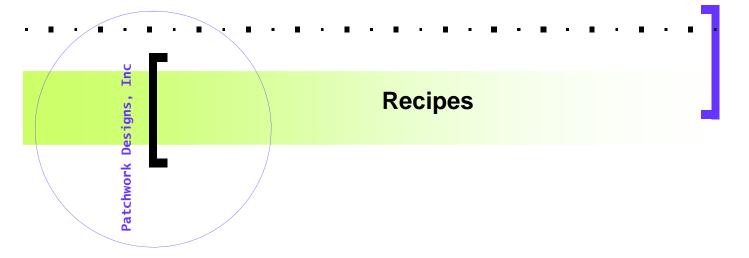
Mix sand with water to make it wet and clump together, but not soupy. Fill the pie pan halfway full and press the sand down so it is even. Press your shapes into the sand and let sit for a couple of minutes so the shape is imprinted deeply. Mix a ratio of 1 1/2 parts plaster of Paris to 1 part water, gradually pour the plaster into the water and stir until smooth. Slowly pour the mixture into your sand mold. Make a loop with the string or wire for a picture hook and gently poke the ends into the plaster. Let plaster dry overnight. Peel one side of the box away and life the sand cast out. Let your casting dry for another hour; then gently brush off excess sand.

Beach in a bottle

Sand Resalable sandwich bags Large clear plastic or glass bottle with a cork lid Funnel

Collect many different kinds, colors, or textures of sand from different beaches you visit and keep them in separate sandwich bags. Carefully funnel one kind of sand into a large bottle, tipping it every now and then to make the layers look wavy. Then funnel in another colored or textured sand to make the next layer. Alternate sands until you get to the very top of the bottle, and then put a cork in it and screw the lid on. Be careful not to shake the bottle too much or you will mix up all of the layers.





Baked Bananas By the Sea Under the Sea Crunch Chips Honu Cookies Seashore Fruit Smoothie Creamy Pineapple Fruit Dip Paradise Crunch Trail Mix Rainbow Koi Fish Cup Sea Foam Spritzer Lemonade Lagoon Drink **Sweet and Sour Slurpees Blue Bay Milkshake**

Baked Bananas By the Sea

2 cups crushed corn flakes
1 teaspoon cinnamon
4 slightly green bananas
2 to 3 tablespoons honey
Frozen vanilla yogurt (optional)
Assorted fresh berries (optional)
1/4 cup powdered sugar (optional)
2 gallon sized Ziploc bags



Preheat oven to 350 F. Line a cookie sheet with foil and spray with non-stick spray and set aside. Pour corn flakes and cinnamon into a Ziploc bag and place inside of the second one. Seal them both shut. Crush mixture with your hands. Set aside. Peel your bananas and cut in half lengthwise. Place them on prepared cookie sheet. With a small spatula or pastry brush, spread honey halfway up each banana. Using a fork, pick up a banana and put it into the corn flake mixture. Seal the bag again and shake gently to coat. Place the banana onto the cookie sheet and repeat with all of your bananas. Sprinkle any leftover corn flake mixture evenly over them. Bake for ten minutes. Garnish bananas with vanilla frozen yogurt, berries, and powdered sugar for a finishing touch. Serve immediately. Makes 6-8 servings.

Under the Sea Crunch Chips

6 mini bagels 1/2 cup colored sugar 1 teaspoon cinnamon 1 tablespoon butter



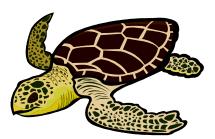
Preheat oven to 325 F. Line a cookie sheet with parchment paper and spray with non-stick cooking spray. Set aside. Slice the bagels in half, then slice in half lengthwise to make thinner circles. Combine sugar and cinnamon in a measuring cup and mix. Set aside. With a small spatula or pastry brush, brush the top of the bagel with softened butter and sprinkle evenly with sugar mixture. Place bagels on prepared cookie sheet and bake for 15 to 20 minutes, or until lightly browned. Cool for 5 minutes and place on the cooling rack for 10 minutes. The chips will become crispier as they cool. When completely cooled, store in an plastic, airtight container with a lid for up to 2 days. Makes 24 "chips."

Honu Cookies

Honu is the Hawai'ian name for turtle. They are said to bring good luck and friendship if you see one wild.

1 1/2 cups pecan halves
 24 caramel candies
 1 cup milk chocolate chips
 Assorted candy decorations

Preheat oven to 325 F. Line a cookie sheet with foil and spray with a non-stick cooking spray. Set aside. Break pecan halves into 5 thin pieces lengthwise to create 4 legs and a tail for each *honu* cookie, but use a whole pecan half for its head. Arrange thin pecan slices, flat side down, on prepared cookie sheet, in clusters of 5 to form the *honu's* four legs and tail, then the head. Put a caramel candy on top of each group of pecans. Place the *honus* in the oven and heat until caramels soften, about 5 minutes. Cool them on the pan for 10 minutes. Melt your chocolate chips according to the package directions—melted but not burnt. Spoon about 1/2 teaspoon of melted chocolate onto each *honu* and sprinkle with sprinkles, non pereils, chocolate chips, etc. Place in refrigerator to chill for 15 minutes and serve. Makes 24 cookies.



Page 14

Seashore Fruit Smoothie

cup non-fat vanilla yogurt
 tablespoons orange juice
 cup sliced fresh strawberries
 to 2 tablespoons honey
 cup raspberries
 cup blueberries
 kiwi, sliced

Mix all ingredients together in a blender. To serve, pour equally into 4 cups or bowls and garnish with a tropical umbrella, extra fruit, ice cream, or whipped cream.

Creamy Pineapple Fruit Dip

1 (8-ounce) package cream cheese

1 cup non-fat strawberry yogurt

1/4 cup honey

1 teaspoon vanilla extract

1 (8-ounce) can crushed pineapple, drained

Soften the cream cheese by microwaving or leaving out for a couple of minutes. With an electric mixer, beat cream cheese, yogurt, honey, and vanilla until light and fluffy. Fold in pineapple pieces. Move into a medium sized bowl and store covered in the refrigerator for up to 8 hours. Serve with Under the Sea Crunch Chips, mini carrots, chips, pretzels, and celery sticks. Makes 3 cups.

Paradise Crunch Trail Mix

1/4 cup macadamia nuts
1/4 cup roasted soy nuts
1/4 cup pretzel sticks
1/4 cup each dried pineapple chunks, dried mango, and dried cherries
1/4 cup dried banana chips
1/4 cup white chocolate chips
Makes 2 cups

Pour all ingredients into a large Ziploc bag. Mix well and enjoy!

Rainbow Koi Fish Cup

24 vanilla wafers, finely crushed 1 quart of rainbow sherbet Gummy fish or any chewy fruit sea creature candy



Place vanilla wafers in a Ziploc bag and seal shut. Crush cookies with your hands until completely crumbled. Place scoops or sherbet into ice cream dishes. Press sherbet down to flatten out top and cover each with equal amounts of cookie crumb mixture. Garnish with gummy fish or sea creature candy. Makes 8.





Tropical Fruit Drinks

Sea Foam Spritzer

1 liter lemon-lime soda, chilled

1 pint raspberry or lemon sherbet

1 can whipped cream topping

Fresh raspberries or blueberries

Pour lemon-lime soda 3/4 full into 8 glasses. Place two scoops sherbet in each glass of soda. Garnish whipped cream topping and fresh raspberries/blueberries. Serve immediately. Makes 8 servings.



6 lemons, juiced 1/2 cup sugar 2 quarts apple juice, chilled Blueberries for garnish and/or blue food coloring, if desired Pineapple or strawberry chunks for garnish

In a large pitcher or punch bowl, combine lemon juice and sugar. Stir until sugar has completely dissolved. Add apple juice. Stir in 2 to 4 cups of ice and/or blue food coloring and garnish with fruit as desired. Serve immediately.

Sweet and Sour Slurpees

3 cups fresh, seedless watermelon

1 cup crushed ice

4 teaspoons lime juice

1 cup raspberry sorbet Granny Smith apple cubes for garnish

Cut the watermelon into bite-sized cubes, making sure there are no seeds. If watermelon is not in season, try watermelon juice and thicken with ice, ice cream, or yogurt. In a blender, combine watermelon, ice, and lime juice. Add raspberry sorbet and blend until smooth. Divide mixture equally between cups. Garnish with apples and serve immediately.

<u>Blue Bay Milkshake</u>

2 1/2 cups frozen blueberries
1 1/4 cups apple juice or white grape juice
1 cup vanilla frozen yogurt
1/4 cup milk
1/2 teaspoon almond extract
1/2 teaspoon cinnamon
1/2 cup fresh blueberries for garnish

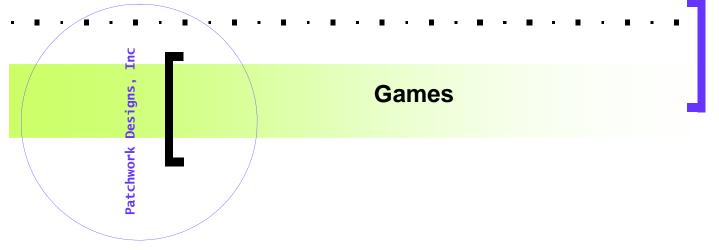


Combine all ingredients in a blender. Top with fresh blueberries and whipped topping sired. Makes 2 servings.

for garnish and/or blue food coloring, if r strawberry chunks for garnish tcher or punch bowl, combine lemon ju dd apple juice. Stir in 2 to 4 cups of ice



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Mermaids and Humans

Going Fishing

Whale and Krill

Changing Whale

Timed Treasure

Sea Urchin Toss

Activities for the Beach

Sand Bucket Race

Creative Ball

Sand Packing Relay

Challenge

Piranhas

Sink the Triangle



Mermaids and Humans

6 or more players

One or two people are chosen to be the humans. The other players are the mermaids. You can choose to reverse the number so there are less mermaids and more humans if you like. The purpose of this game is that the humans want to catch the mermaids. The mermaids are not allowed to leave the water, but one of the corners of the swimming pool could be a safe spot. Once the mermaids are caught, they will become a human.

<u>Going Fishing</u>

Best played with 10 or more players



Choose one player to be the fisherman. They will stand or tread water in the middle of the

pool. This game can also be played in a field and the middle of the field could be a sprinkler or set off with cones. The other players (the fish), line up on any end. When the fisherman says, "I'm going fishing!" - the fish must try to swim or run, depending on the area where you are playing, to the other end without being caught by the fisherman. Anyone tagged before reaching the other end must join hands with each other to become the fisherman's net and join him/her in the middle of the pool/field. The fisherman is still free to roam the swim area and catch those who swim around his net, but the new players that join him cannot. The game ends when the last player is caught.



Whale and Krill

5 or more players

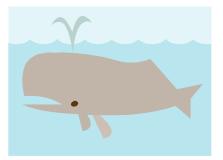
Choose one player to be the whale and the rest of the players will automatically be part of the group of krill. The whale stands at the end of the pool, while the krill are at the other end. The krill have to stay connected at all times by holding hands or putting their

hands on each others shoulders. When the signal starts, the whale tries to tag the last krill in line. The line of krill can twist, turn, and move faster to get out of the way of the whale, but they cannot be disconnected. Once the whale catches the last krill on the line, s/he can either become a whale or the that krill becomes the new whale. This game can also be played on a field marked off with cones.

Changing Whale

6 or more players

Choose a person to be the "whale" (or "It") and the rest being fish. The whale has two sides—black and white. When the whale is black, s/he has to be floating on their back and the fish have to be in the middle of the pool, next to the whale. BUT, whenever the whale decides, she/him can shout out "transformation!" and become the white whale and start swimming again. Once the whale is in its white stage, s/he can tag players and the fish are only safe when touching the borders of the pool (the shore of the ocean) and once they are tagged, they also become whales. The whale can turn back to the black whale whenever they want and start floating.



Timed Treasure

6 or more players

Brightly colored object that does not float (examples: goggles, water Frisbee, weighted water stick, plastic coins/jewelry, etc.) Stopwatch

Pencil and paper to record times

Divide the players up into teams at the deep end of the pool. The person with the stopwatch throws one of the treasure items in and starts the stopwatch as one of the players from the first team dives to get it. Every time the person surfaces, the stopwatch is stopped, then started again once they go under the water again. Once the item is retrieved, the time is written down. If you want, if they take longer than 2 minutes, that can be their time. The first person from the next team goes and the same circumstances occur. Once all of the players have gone from both teams, the scores are added up and the team that wins is the lowest combined score. The prize could be keeping one of the items they dove for.

Sea Urchin Toss

6 or more players

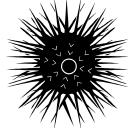
12 or more light floatable balls (tennis, waffle, table tennis, beach balls) Stopwatch

Divide the players into teams and meet in the middle of the pool with space in between them, creating an invisible line. This game can also be played across a volleyball net or a field marked off in cones. Have a player that is standing outside of the pool with a stopwatch be the keeper of the balls (sea urchins). Have the ball keeper put 6 balls on each side of the pool/area you're playing in. As soon as this is done, the timer is started for 10 minutes. The participants in the pool/playing area have to try to get the sea urchins not to touch them or their side. They can use any obstacles to get the sea urchins to the opposite side, as long as its not violent. After 10 minutes, the team with the least amount of sea urchins on their side are the winners.

Activities for the Beach

- Dig a channel to the sea.
- Make a dam (use sand, pebbles and other beach finds).
- Dig a hole and try to fill it up with water!
- Create a sand sculpture. Mold it with your hands or sand buckets.
- Search for driftwood, shells, seaweed, crabs, sea glass etc.
- See if you can find a pebble or shell with a ready-made hole in it, to string on a cord for a necklace.
- Collect pebbles, shells, seaweed and other "found" objects and make them into picture frame.
- Have a treasure hunt with your group or family. Award a prize for the most interesting "treasure found."
- Dig a hole in the sand and create a boat or a car big enough to sit in. Go on an imaginary journey.
- Draw pictures, words and puzzles in the sand with a stick.
- Design pictures using pebbles, rocks, seaweed, shells or other items along the seashore.









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Sand Bucket Race

3 sand buckets, two of the same size (small) and one large one

Divide the players into equal teams and place the large bucket of water in the middle. You can also play this at the beach and you can just get the water from the ocean. The teams have to try to carry as much water as they can from the large bucket to their sand bucket at the end of the field. Once the bucket is filled or the time runs out, that team wins!

Creative Ball

A twist on volleyball—take your volleyball net and play volleyball with quirky rules. Pretend to be marine life animals, don't let the ball touch the ocean floor, don't let the ball touch you, only kick the ball, catch it only in your hat, if it gets too much sand in it, the other team get a point, or try not using your hands—be creative!

Sand Packing Relay

This works best at the beach. Have a relay of who can build something out of sand. Examples are, a moat, a bridge, a dolphin, mermaid fin, a tower of a sand castle. Give prized to the best packed, most creative, fastest, etc. Make sure everyone gets one.

<u>Challenge</u>

Make your own challenging course that's creative with the sand and/or marine things. Time it and give away prizes again. Some examples you can do are: drawing hopscotch in the sand, throwing rings around a plastic dolphins neck, crawl underneath a net like a crab, draw your name in sand, bean bag toss, run through a sprinkler, take a drink of water, make a lemonade, hula hoop for 30 seconds, gather seashells in a bucket, and so much more!



Shark Attack

Colored bandanas for all the players, different colors for each team

The more players on your team, the better. Divide your players into equal teams. Hand out bandanas to each player, making sure the teams have the matching ones. Everyone is a shark and they are trying to eliminate the threats to them. Everyone tucks their bandana into the waist band of their shorts/pants/swimsuits. The object of this game is to grab the bandana from them when they're not looking. When your bandana is gone, you are out of the game. The last person left is the winner. For fun, you can give them multiple chances by giving them two bandanas, a safe zone, or you can make it like hide and go seek.

Sink the Triangle

Shovel Tennis Ball

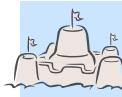
This game only works on the beach or if you cut this out of poster board/wood. Dig/cut a holes into a triangle or pyramid shape. A suggested amount would be five holes at the bottom, four on the next level, three holes, two, and then one for the point. The points will be according to which holes you roll the tennis ball in. The five holes one could be 15 points each, four holes to be 25, three holes to be 35, two holes to be 55, and the last, top hole to be 75 or 100. Set a time limit or amount of turns you can have. Once you have that settled, try to get the tennis ball into the hole and write down the points as you go. You can do this in teams or individually. The person or team with the most points wins.











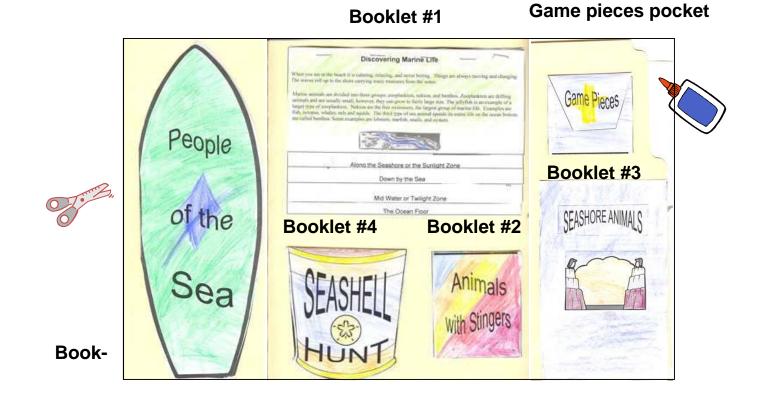
Create a book about Marine Life using a file folder. You will need a file folder, stapler, scissors, glue stick and markers.

<u>Step One: Prepare</u> Copy all the template and booklet pages for each participant. Have them color where needed and cut along the outside lines. Folding instructions are included on each page.

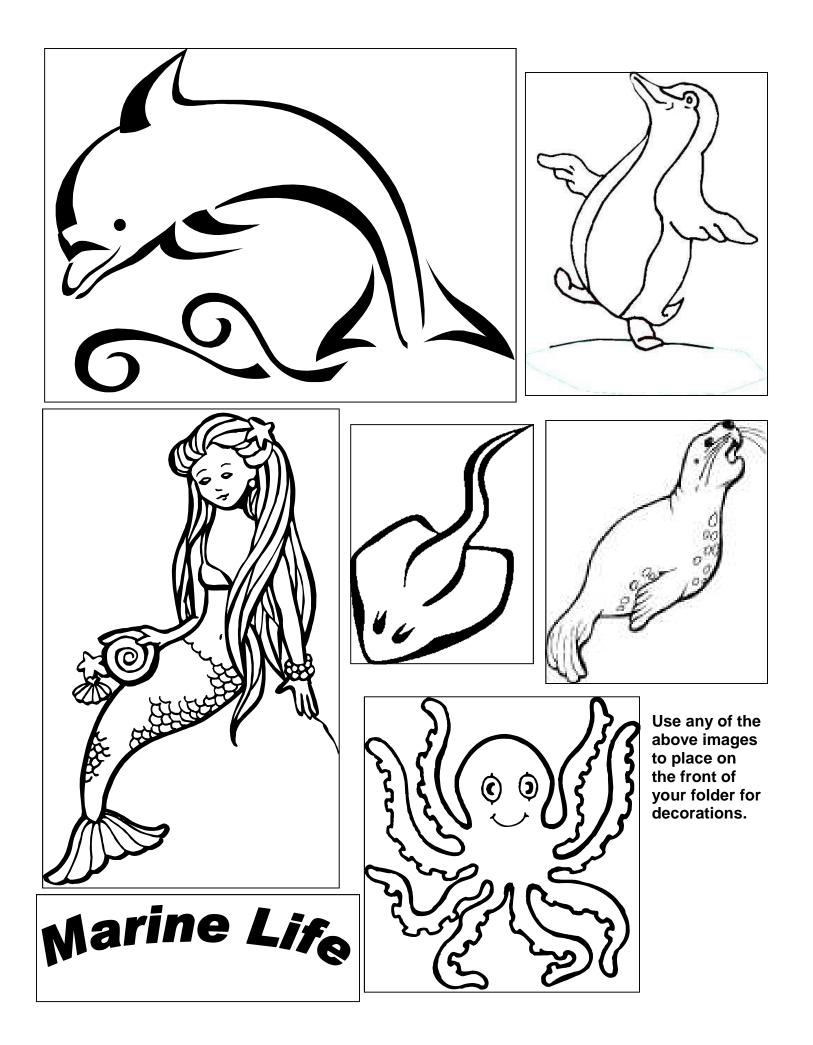
<u>Step Two: Gather your supplies</u> Participants will need glue sticks or glue to mount the templates or booklets to the file folder. A stapler will be needed to staple the Marine Life flip book together.

<u>Step Three: Create the front cover</u> Fold the file folder in to form a book. (shown below) Have them color or decorate the sky prior to gluing on the items. Using the template # 1, the front cover of the book. Place all the items together as shown below. Older participants may wish to draw fish, seashells, in the bottom portion of the outside folder.

Step Four: <u>Completing the inside</u> Distribute the booklet patterns for the inside of the book. Make sure they color all the areas prior to cutting them out. See the below picture for placement. The black line is where the folder creases.







blowhole

audiences.

the water

over hunting

I am sleek and furry

I have a long beaklike snout

I breathe through a single

I am gray and intelligent

I spend most of my time in

I rest on my back and live

along coasts in kelp beds.

I am protected because of

Sea Otter

I breathe using gills

I am a crustacean

I have a hard shell and

I walk sideways

people eat me

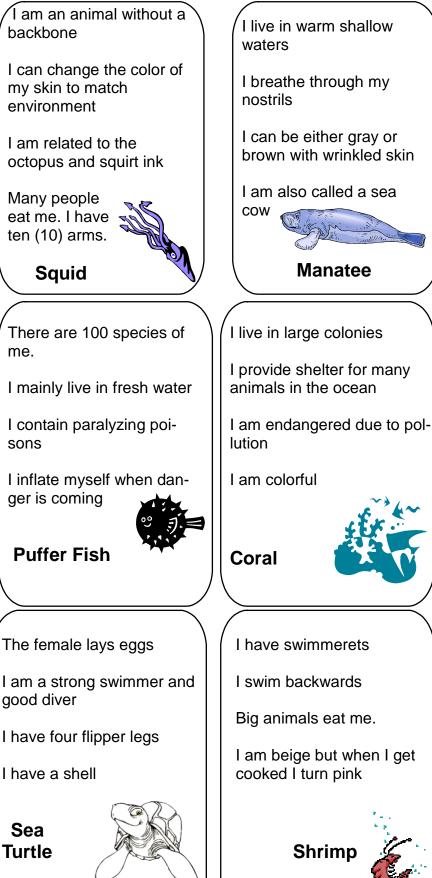
Crab

I perform for many

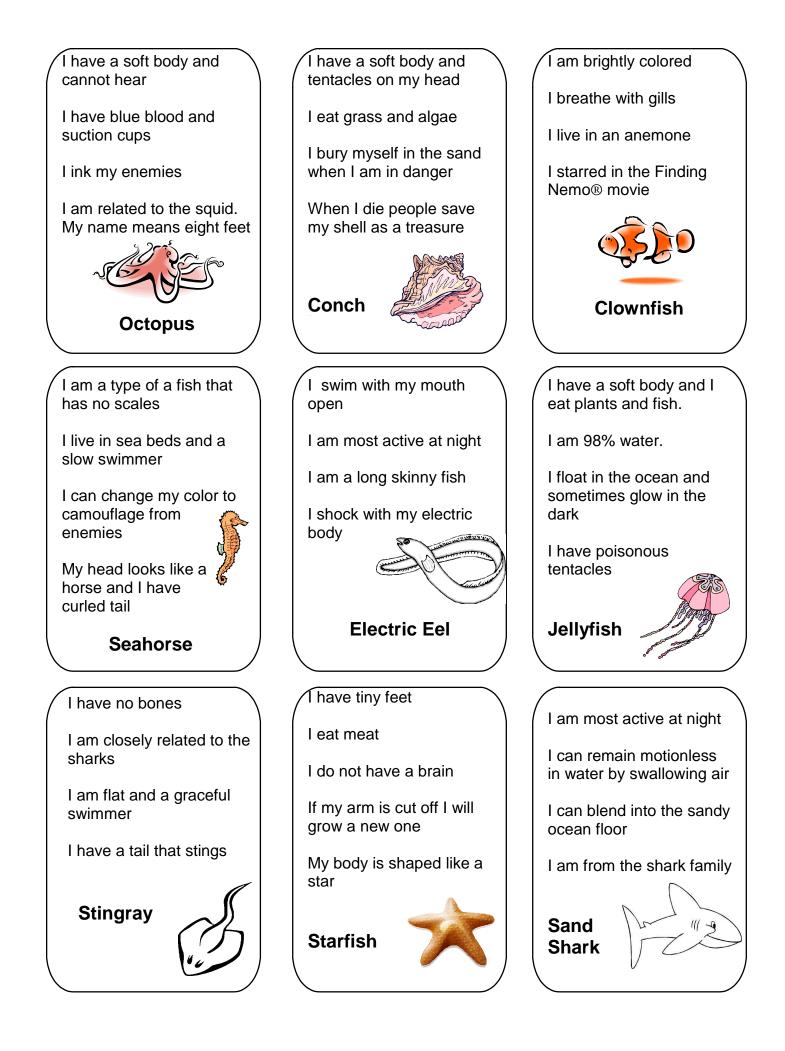
Dolphin

WHO AM I?

me.



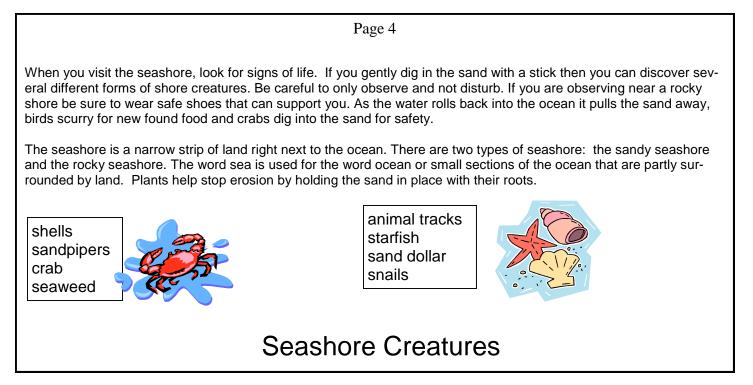
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When you are at the beach it is calming, relaxing, and never boring. Things are always moving and changing. The waves roll up to the shore carrying many treasures from the water including sometimes small marine life.

Marine life live on different layers of the ocean or along the seashore. The smallest is plankton. Plankton are tiny plants and animals that drift in the ocean currents and sometimes wash up on the seashore. Many animals rely on them for food.



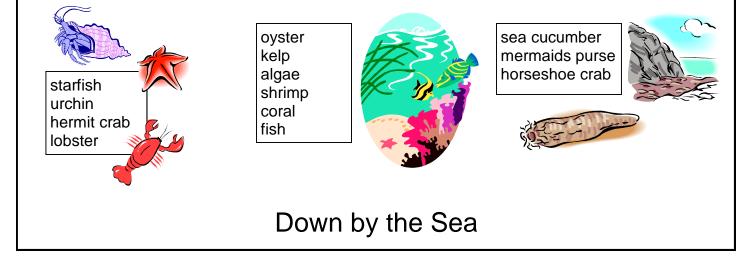


<u>Creating the Marine Life flip book:</u> First, have the participants color the three pages of cut outs prior to cutting them out. Cut along the lines around the box templates.

Starting with the bottom page, labeled page 1, stack each page on top of each other. Each layer gets shorter and shorter as it progresses to the top. After all the pages are layered upon each other, make sure they are straight and staple them together at the top three times to form a flip book.

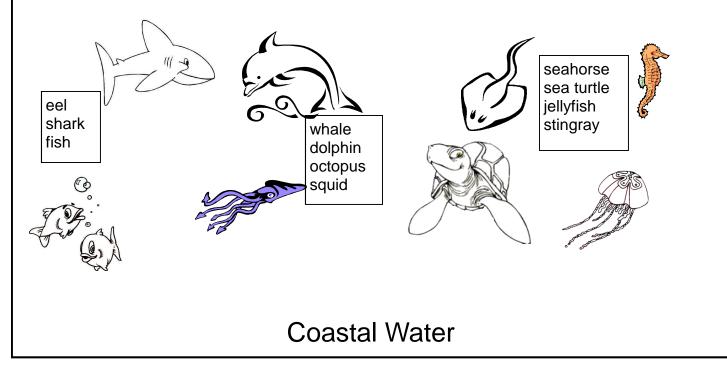
After the flip book is completed, you can place it the middle portion of your folder about 1/2 inch from the top. This should be adhered into the book with a glue stick. Make sure you have enough to secure it to the folder. The last page will not be numbered because it is on top.

Coastal waters are where the land ends and the sea begins. Within this area is a large variety of sea life. An easy way to observe this level of the sea is snorkeling or wading in knee deep water. Unique coves, tide pools, and reefs, located along the edge of shores, are an easy way to observe some of these marine life animals. Tide pools are trapped pools between rocks where many animals had made their homes.



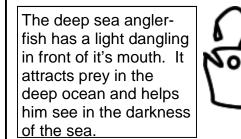
Page 2

The continental slope is the area where the coastal waters begin to slowly slope into the bottom of the ocean. Within this area, the majority of sea life resides, swims, or searches for food.

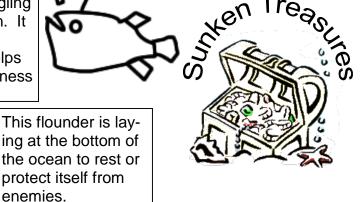


Page 1

Living at the bottom of the ocean is not an easy task. There is little food and it is dark and cold. Therefore it takes the marine life a long time to grow. Mainly the bottom dwellers are fish that are poor swimmers, angler fish, starfish, and sand burring animals. In some parts of the ocean the sea bed is not as deep and dark, within those areas more animals live along the sand or rocks. Some of these areas are called barrier reefs or seabed's and they are located closer to shore. By studying shipwrecks and their cargo on the seabed, divers and scientists learn a lot about how people lived long ago.



enemies.

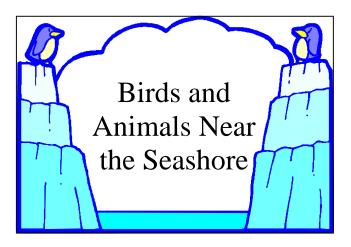


Barrier reefs or seabed's near shore include animals like:

Seahorses sponges starfish tropical fish anemone coral lobster

Ocean Floor

Cut out the below picture and glue it to the front of your seashore animal book. (Booklet #3) You can also decorate the outside with plants and other animals.

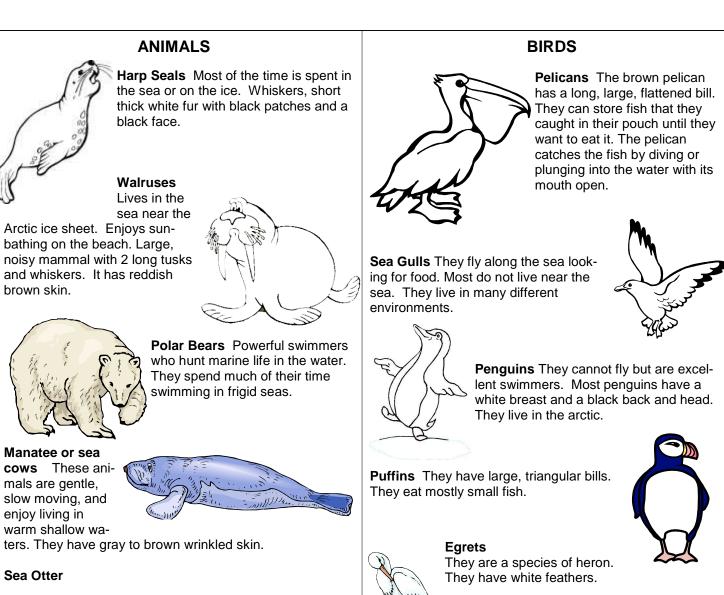


BOOKLET #3

These sleek furry animals live along the coastlines in bays and kelp beds. They spend most of their time in the water. They have webbed back feet which they use to

swim.

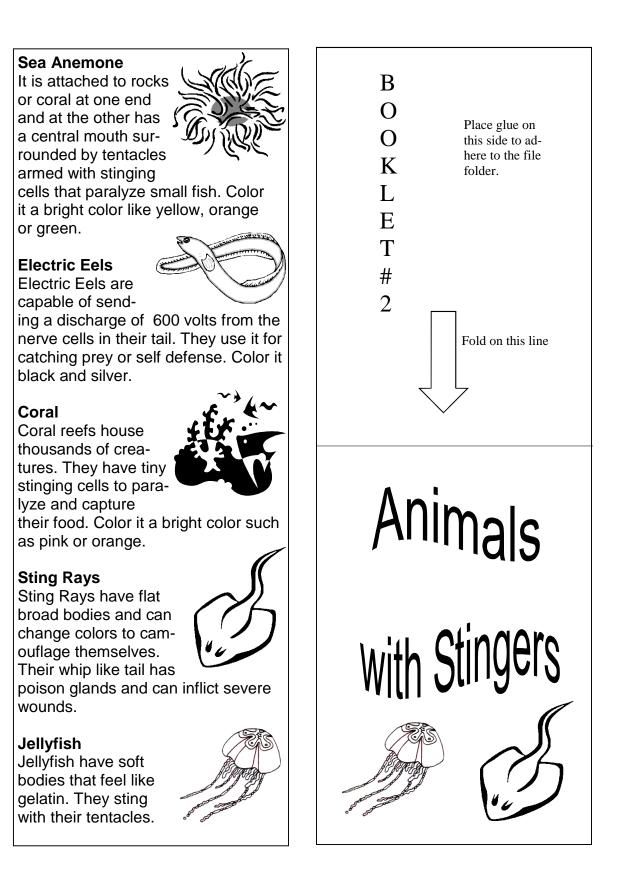
FOLD HE RE



Booklet #3 the book. Cut along the outside of the rectangle only. Fold along the center line. Glue the design on the front of

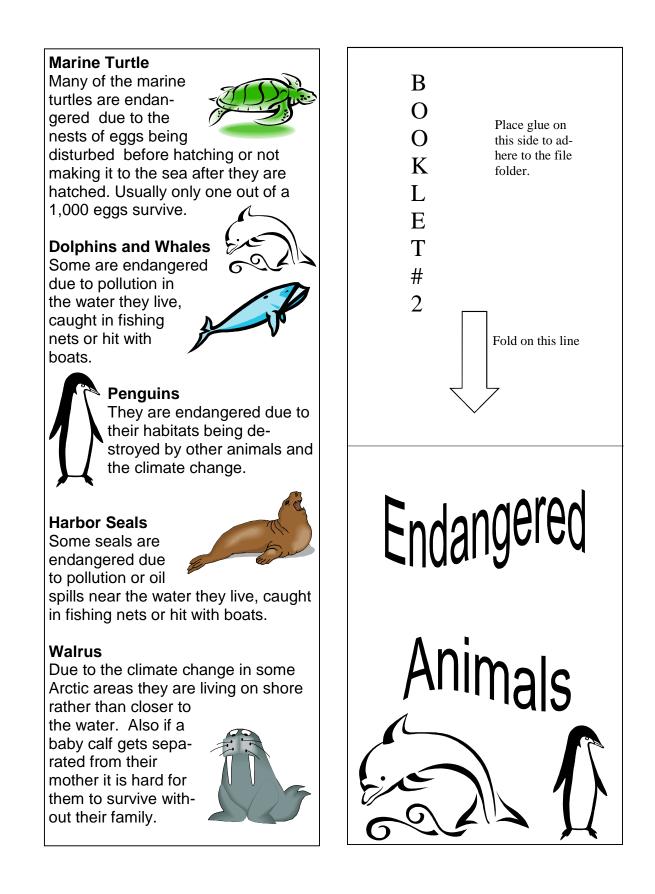
Page 28

Cut along the outside of the rectangles only. Glue the inside of the book (left side with wording) inside the booklet # 1 cover. Make sure it is glued in the correct direction, so that when you open the book, you can read the words. Fold it in half on the line and glue it inside your file folder. Color the items if desired.



B O K L E T # 2

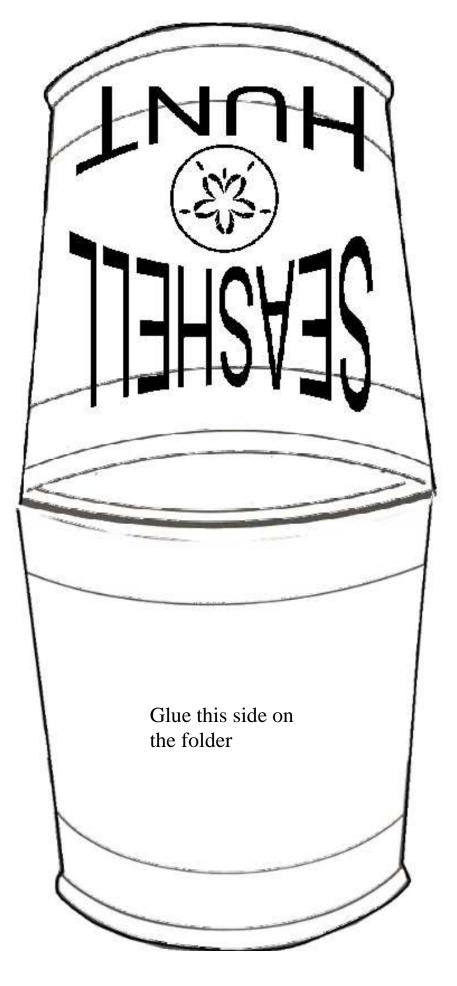
Cut along the outside of the rectangles only. Glue the inside of the book (left side with wording) inside the booklet # 1 cover. Make sure it is glued in the correct direction, so that when you open the book, you can read the words. Fold it in half on the line and glue it inside your file folder. Color the items if desired.

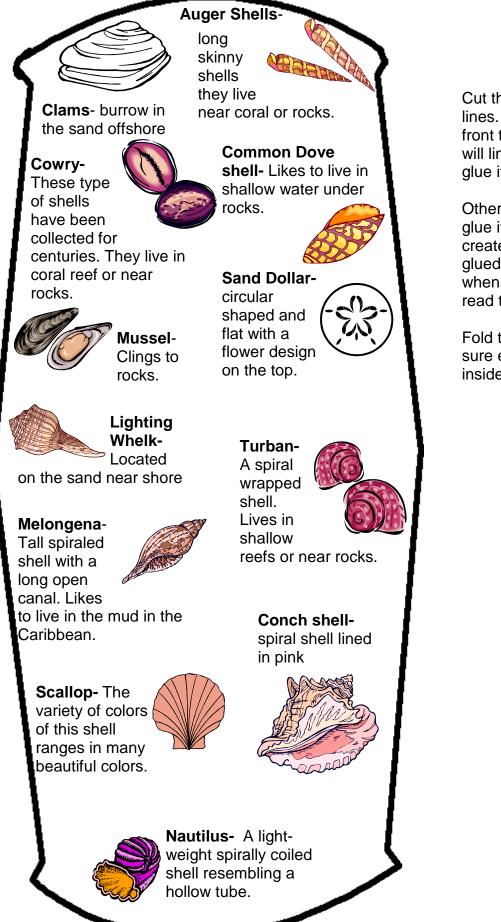


Cut this image out along the solid lines. If you print the sand bucket front to back on the copier then it will line up and you do not have to glue it together.

Otherwise, copy both pages and glue it inside the sand bucket to create booklet # 4. Make sure it is glued in the correct direction, so when you open the book you can read the words.

Fold the bucket in half making sure edges are even. Glue it inside your folder.





Cut this image out along the solid lines. If you print the sand bucket front to back on the copier then it will line up and you do not have to glue it together.

Otherwise, copy both pages and glue it inside the sand bucket to create booklet # 4. Make sure it is glued in the correct direction, so when you open the book you can read the words.

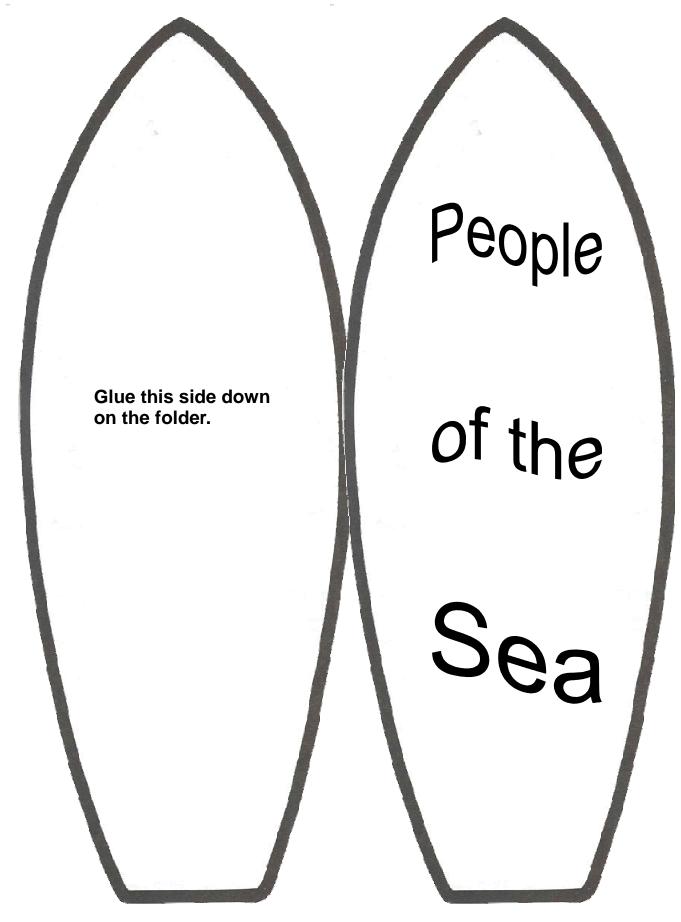
Fold the bucket in half making sure edges are even. Glue it inside your folder.

Page 33 Page 33

Color and decorate the inside of your surfboard. Cut along the solid lines except in the center where they are connected. Glue it inside the surfboard titled "People of the sea" Glue on the left flap of your book. **Do not cut the surf boards apart.**



Color and decorate the front of the surfboard. Cut along the solid lines Glue the inside of the surfboard on the reverse side. Place on the left flap of your book. **Do not cut the surf board apart.**



Rules of the Discovering Marine Life Game

Items you will need:

Dice

Individual markers for the players [Have the players choose a marine animal below to use as their game piece, some will not be used. You should only have 4-5 players per game] Crayons or markers to color in the game board [optional] Game board and Ocean Question Playing Cards [located in the back of this kit]

Landing on a blank space: If you land on a blank space then you don't do anything. Your turn is ended and it goes to the next person.

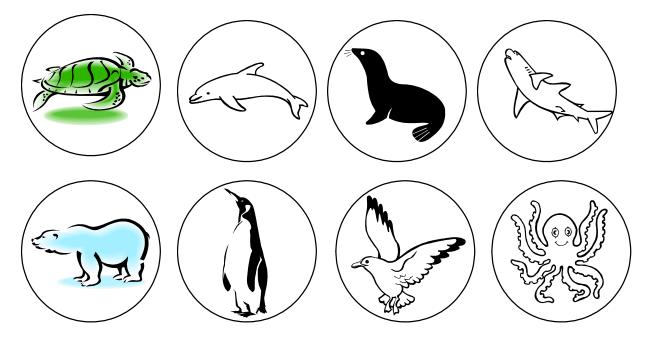
Ocean Game Cards: Copy the cards located in this kit for the game. After the person to the right of them has read the card they need to place it upside down on the bottom of the pile. For extra, you can copy the cards on cardstock for more durability.

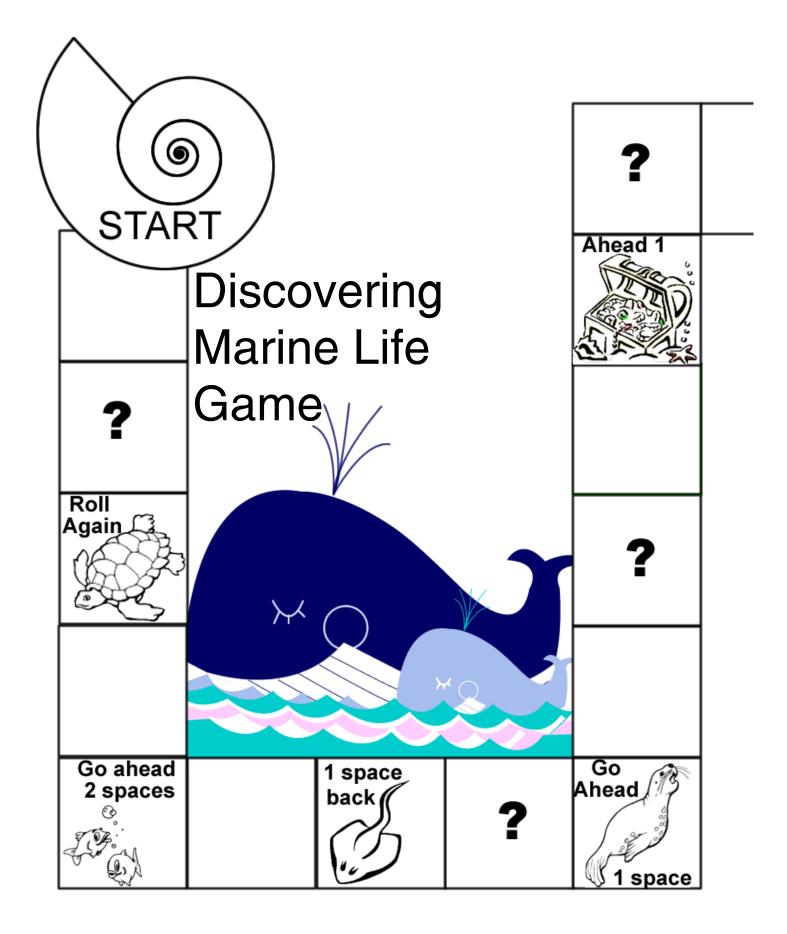
Landing on a ? space: If they land on a question mark they draw an ocean card from the stack of cards on the board. They will need to answer the question. If they do not answer correctly, they do nothing. If they answer correctly, they get to move to the next space.

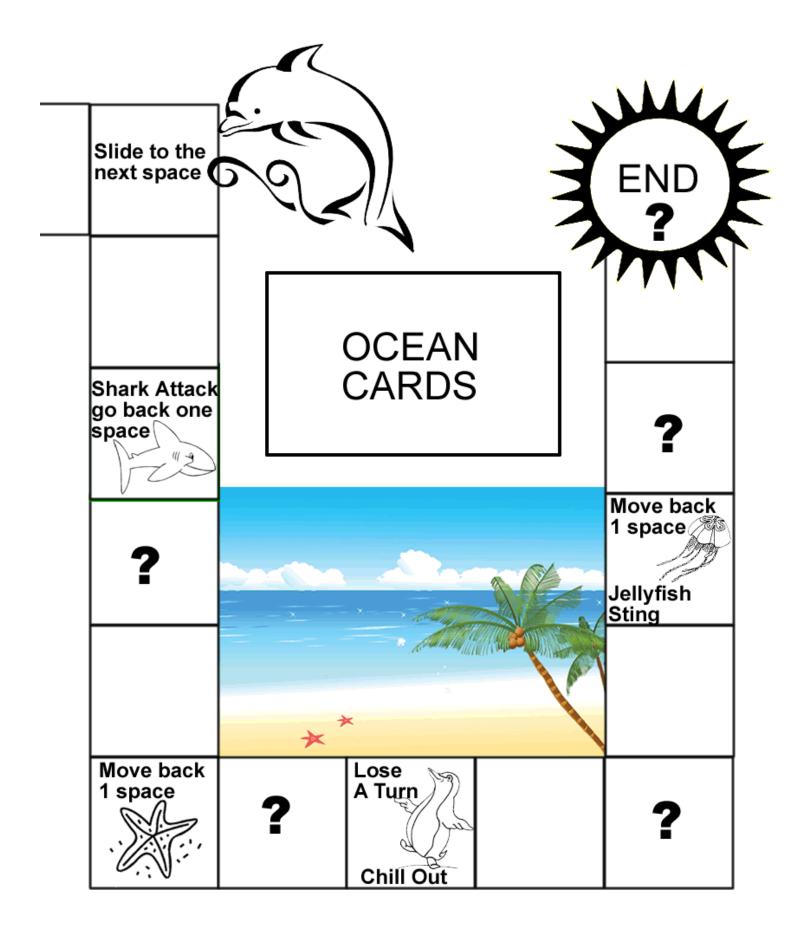
Set-up: The highest roll of the dice goes first and the turns are clockwise there after. Everyone places their markers on the "Start Here" space. Cut out the cards and place them on the card space.

Winning the game: The first person to reach the end spot and answer a question wins. They do not have roll the exact number to win but you have to roll a number large enough to reach the end spot. If only older participants are playing the game then you can raise the goals for older participants.

<u>Game Pieces</u> Cut out each game piece for the participants to choose as their marker. You will not use all the pieces during the game. The suggested number of players is no more than 5.







Ocean Playing Cards

Copy and cut out the below game cards. These cards will be placed on the board face down on the space that says OCEAN CARDS. If they answer incorrectly, then their turn ends and they roll their next turn. If they answer correctly, they can move to the next space. After the card is used it is placed on the bottom of the deck.

| Name a marine animal that can sting? <i>Jellyfish, sting ray, etc.</i> | Name an animal or bird that lives near the ocean. Seal, puffin, seagull, walrus, polar bear, etc. |
|---|--|
| Name something found on the ocean floor. <i>Treasure, starfish, etc.</i> | Name a job that takes uses the ocean or marine life. <i>Zoo, oceanographer,</i> <i>surf instructor, etc.</i> |
| Name a large marine animal. <i>Whale, dolphin, seal. etc.</i> | Name an activity for humans in the ocean. <i>Swim, snorkel, surf</i> |
| Name something found on the seashore. Sea shell, starfish, etc. | Name something found in a cove or reef. <i>Fish, turtle, coral, etc.</i> |

ORDER FORM

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Shipping Chart

If you would prefer Priority Mail, please add \$2.00 to the \$4.99 or above shipping category.

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| 31-50 | \$6.50 | | | |
| 51-70 | \$6.99 | | | |
| 71-100 | \$9.55 | | | |
| 101-150 | \$10.55 | | | |
| 151-200 | \$13.00 | | | |
| 201-400 | \$15.99 | | | |
| 401-500 | \$17.50 | | | |
| Over 500 | Contact us for pricing | | | |
| Kits or Manuals (shipped Priority Mail) | | | | |
| 1 | \$6.99 | | | |
| 2 | \$9.25 | | | |

\$10.75

\$12.75

\$15.75

\$22.25

\$24.00

Contact us for pricing

Kits and manuals range from 30 to 62 pages in length (except the Patch Program Book, that is over 100). Therefore if you are ordering more than 2 kits or manuals, please use the above shipping chart. Patches, bracelet kits, and stamps can be added to any order falling within that price range. Otherwise, use the highest shipping amount on the chart according to the items ordered.

3-5

6-8

10-12

13-20

21-23

Over 24