



Acting Out Tides



FUN FACT

Tides in San Francisco Bay generate currents. At several locations in the Bay, currents can be as strong as six knots. As a recreational paddler, you paddle about three knots—four if racing or terrified.

1. You need at least two people to play this game. To start, pick a person to be the Moon. Take turns playing the Moon.
2. The rest of the family plays the Earth. If only two people are playing, stand across from each other. If your group is bigger, everyone who is playing the Earth holds hands in a circle.
3. The Moon stands outside of the circle, and begins by slowly moving around the circle.
4. As the Moon walks around, the person closest to the Moon leans backward towards the Moon. Since everyone is holding hands the other people on the opposite side are pulled toward the Moon too. As the Moon moves away from each person, the next person leans backwards towards the Moon, pulling the rest of the circle in a new direction.
5. What's happening here? The moon affects the tides by creating a gravitational pull. The water swells towards the pull of the moon and that's when a high tide occurs. When we have a high tide, another side of the planet has a low tide. Each day we have four tides: two high ones and two low ones.

Picture water in a bowl - if you tip the bowl to the right, the water tends to pile up on one side of the bowl. Tip the bowl back to the left, and it piles up on the other side of the bowl. The same idea happens with the oceans.

6. When the Moon walks around the Earth completely, a month of time has passed.
7. This game is a lot of fun with large groups of people holding hands. When it's safe for everyone to get back outside, you can try to get a bunch of friends and family on the beach and play this game.

