



*Ocean Life*

Charlotte Mason Morning Time

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# What is Morning Time?

Morning time is a modern interpretation of Charlotte Mason's philosophy of providing a generous variety of short lessons with an emphasis on excellence of execution and focused attention.

It is a lovely daily ritual in which you gather your whole family together to partake of the richness of God's Word, as well as the beautiful subjects that you don't want to get pushed aside by traditional school subjects.

And it is a perfect choice for helping you avoid the overwhelming feeling of trying to fit it all in by looping through all the delightful extras you want to enjoy!

## About this Curriculum:

Homeschooling mother Lara Molettiere originally created this curriculum as *The Homeschool Garden* in 2018. Her love of music, literature, fine arts, and Charlotte Mason's method led her to create a delightful and simple-to-follow morning time curriculum for her family.

Each volume is rich with the truth, beauty, and goodness that Miss Mason encouraged, and provides a generous and varied education all planned out for your family — from elementary to high school.

In over 19 years of homeschooling utilizing the Charlotte Mason method, I can attest to the beauty of this lifestyle of learning. In fact, it completely shaped and formed who my children are today — artists, writers, musicians, and lovers of literature, poetry, and nature.

That's why I am thrilled to be taking Lara's beautiful curriculum, rebranding it as **Charlotte Mason Morning Time™**, and building a delight-filled community around it so that other families can experience the joy it brings!

*Aligha*

# How to Use These Plans

If you love the Charlotte Mason style of learning, then you'll absolutely *adore* these morning time sessions! Not only are they rich with all the beauty you want your family to enjoy — scriptures, poetry, Shakespeare, picture study, art lessons, music, nature study, and more — they are all planned out and gathered together for you!

There is no need to hunt down the various elements you want to include or go digging around the internet in search of art, music, or poetry to complement your studies. You don't even have to purchase additional resources because we include them all here: art pieces for your picture study, sheet music and links to hymns and folk songs to sing along with, links to classical pieces to listen to, copywork printables for manuscript and cursive practice, and much, much more!

We offer a generous feast, but please remember that you don't have to partake of everything that's on the table, nor do you even have to clean your plate!

Adapt these plans to suit your family's unique needs and schedule. If you only school four days a week, either skip the fifth day, or add one item from the scheduled fifth day to each of your four school days.

Don't stress if you can't fit something in, you can always circle back around to it later. Pick and choose what you want to do depending on which season of life you're in.

Simply print out the schedule (and any parts of the curriculum you need), bring all your kids and teens together each morning, and enjoy that day's scheduled lessons and recommended read-alouds.

Don't forget we've included an art lesson, a handicraft lesson, nature studies, and tea time recipes with each session. These would be delightful "afternoon occupations" if you can't fit them into your morning time.

Each day's scheduled activities should only take around an hour or so to complete (excluding the art and handicraft lessons).

# Features

Essential features of ***Charlotte Mason Morning Time™*** curriculum are:

- Prayer & scripture memorization
- Poetry memorization & recitation
- Copywork pages for elementary through high school
- Artist biography & picture study
- Composer biography & classical selections
- Hymn study & singing
- Folk song
- Literature recommendations
- Handicraft lesson
- Art lesson
- Nature study
- Teatime recipes
- Teatime selections to read aloud including:
  - Poetry
  - Short stories or
  - Fairy tales or tall tales
  - Mythological tales
  - Fables
- Shakespeare selections
- Plutarch (in some volumes)
- History (in some volumes)
- Geography (in some volumes)

Each of these subjects are planned out on a 4-week or 6-week (depending on the session) calendar, and looped throughout the days and weeks.

Now, you will never feel overwhelmed trying to fit "everything" in because it's already simply and beautifully planned out for you on the calendar on the following pages.

**Please Note:** The "Recommended Reading List" is not required. Pick and choose the books you want your family to enjoy, or continue with the family read-aloud you're already immersed in.

# Week 1 Schedule



Subject	Day 1	Day 2	Day 3	Day 4	Day 5
<i>Prayer</i>	Psalm 93				
<i>Bible</i>	Jonah 1	Jonah 2	Jonah 3	Jonah 4	Micah 1
<i>Memory Work</i>	Scripture	Poetry	Scripture	Poetry	Review previous memory work
<i>Beauty &amp; Nature Loop</i>	Hymn Study: Eternal Father, Strong to Save	Art Selection 1: Storm on the Sea Of Galilee, Read: Rembrandt bio	Folk Song: Fish in the Sea	Listen to: La Mer	Nature Study 1
<i>History / Geography</i>					Elementary Geography Lesson XXXIX: The Waters of the Earth Pt. 1
<i>Language Arts / Citizenship</i>	Read: "Sea Fever" poem	Psalm 93 Prayer Copywork	Read: "After the Sea-Ship" poem	Mark 4:35-41 Copywork	
<i>Read Aloud</i>	*Lower Grades: Burgess Seashore Book Ch. 1-2, *High School: Twenty Thousand Leagues Under the Sea, Ch. 1-2	*Seashore Book Ch. 3-4, *Twenty Thousand Leagues Ch. 3-4	*Seashore Book Ch. 5-6, *Twenty Thousand Leagues Ch. 5-6	*Seashore Book Ch. 7-8, *Twenty Thousand Leagues Ch. 7-8	*Seashore Book Ch. 9-10, *Twenty Thousand Leagues Ch. 9-10
<i>Afternoon Occupations</i>	Bake: Shark Cheesecake Read: Twenty Thousand Leagues Under the Sea Ch. XV				Nature journal* Nature walk*

\* Indicates suggested, but optional activities

# Week 2 Schedule



Subject	Day 1	Day 2	Day 3	Day 4	Day 5
<i>Prayer</i>	Psalm 93				
<i>Bible</i>	Micah 2	Micah 3	Micah 4	Micah 5	Micah 6
<i>Memory Work</i>	Scripture	Poetry	Scripture	Poetry	Review previous memory work
<i>Beauty &amp; Nature Loop</i>	Hymn Study: Eternal Father, Strong to Save	Art Selection 2: Watson and the Shark, Read: Copley bio	Folk Song: Fish in the Sea	Listen to: The Sea	Nature Study 2
<i>History / Geography</i>					Elementary Geography Lesson XL: The Waters of the Earth Pt. 2
<i>Language Arts / Citizenship</i>		Psalm 107:23-30 Copywork	Read: "The Sound of the Sea" poem	Sea Fever Copywork	
<i>Read Aloud</i>	*Seashore Book Ch. 11-12, *Twenty Thousand Leagues Ch. 11-12	*Seashore Book Ch. 13-14, *Twenty Thousand Leagues Ch. 13-14	*Seashore Book Ch. 15-16, *Twenty Thousand Leagues Ch. 15-16	*Seashore Book Ch. 17-18, *Twenty Thousand Leagues Ch. 17-18	*Seashore Book Ch. 19-20, *Twenty Thousand Leagues Ch. 19-21
<i>Afternoon Occupations</i>	Bake: Fish M&M Cupcakes Read: The Fish-Girl			Art Lesson: Coral Reef	Nature journal* Nature walk*

\* Indicates suggested, but optional activities

# Week 3 Schedule



Subject	Day 1	Day 2	Day 3	Day 4	Day 5
<i>Prayer</i>	Psalm 93				
<i>Bible</i>	Micah 7	Nahum 1	Nahum 2	Nahum 3	Habakkuk 1
<i>Memory Work</i>	Scripture	Poetry	Scripture	Poetry	Review previous memory work
<i>Beauty &amp; Nature Loop</i>	Hymn Study: Eternal Father, Strong to Save	Art Selection 3: The Great Wave Off Kanagawa, Narrate: Hokusai bio	Folk Song: Fish in the Sea	Listen to: Calm Sea and Prosperous Voyage	Nature Study 3
<i>History / Geography</i>					Lesson XLI: The Oceans and Their Parts
<i>Language Arts / Citizenship</i>	Read: "The Tide Rises, The Tide Falls" poem	After the Sea-Ship Copywork	Read: "Calm at Sea" poem	The Sound of the Sea Copywork	
<i>Read Aloud</i>	*Seashore Book Ch. 21-22, *Twenty Thousand Leagues Ch. 22-24	*Seashore Book Ch. 23-24 *Twenty Thousand Leagues Ch. 25-26	*Seashore Book Ch. 25-26, *Twenty Thousand Leagues Ch. 27-29	*Seashore Book Ch. 27-28, *Twenty Thousand Leagues Ch. 30-31	*Seashore Book Ch. 29-30, *Twenty Thousand Leagues Ch. 32-34
<i>Afternoon Occupations</i>	Bake: Starfish Cookies Read: The Sea-King's Gift				Nature journal* Nature walk*

\* Indicates suggested, but optional activities

# Week 4 Schedule



Subject	Day 1	Day 2	Day 3	Day 4	Day 5
<i>Prayer</i>	Psalm 93				
<i>Bible</i>	Habakkuk 2	Habakkuk 3	Zephaniah 1	Zephaniah 2	Zephaniah 3
<i>Memory Work</i>	Scripture	Poetry	Scripture	Poetry	Review previous memory work
<i>Beauty &amp; Nature Loop</i>	Hymn Study: Eternal Father, Strong to Save	Art Selection 4: Waves Breaking Against the Wind, Discuss: J.M.W. Turner bio	Folk Song: Fish in the Sea	Listen to: A Sea Symphony	Nature Study 4
<i>History / Geography</i>					
<i>Language Arts / Citizenship</i>		The Tide Rises, The Tide Falls Copywork	Read: The Prosperous Voyage	The Tide Rises, the Tide Falls Copywork	
<i>Read Aloud</i>	*Seashore Book Ch. 31-32, *Twenty Thousand Leagues Ch. 35-37	*Seashore Book Ch. 33-34, *Twenty Thousand Leagues Ch. 38-39	*Seashore Book Ch. 35-36, *Twenty Thousand Leagues Ch. 40-42	*Seashore Book Ch. 37-38, *Twenty Thousand Leagues Ch. 43-44	*Seashore Book Ch. 39-40, *Twenty Thousand Leagues Ch. 45-46
<i>Afternoon Occupations</i>	Bake: Blue Crinkle Cookies Read: The Shipwrecked Man and the Sea			Handicraft: Seashell Trinket Dish	Nature journal* Nature walk*

\* Indicates suggested, but optional activities

# Ocean Life Recommended Reading List

## Picture Books

*Pagoo*, by Holling C. Holling  
*Seabird*, by Holling C. Holling  
*A House for Hermit Crab*, by Eric Carle  
*The Big Book of the Blue*, by Yuval Zommer  
*Mrs. Peanuckle's Ocean Alphabet*, by Mrs. Peanuckle and Jessie Ford  
*Above and Below: Sea and Shore*, by Hannah Bailey  
*Creature Features: Ocean*, by Big Picture Press and Natasha Durley  
*Swimmy*, by Leo Lionni  
*Inky the Octopus*, by Erin Guendelsberger and David Leonard  
*5-Minute Ocean Stories*, by Gabby Dawnay and Mona K.  
*Deep in the Ocean*, by Lucie Brunellière  
*Blue Planet II*, by Leisa Stewart-Sharpe  
*Atlas of Ocean Adventures*, by Emily Hawkins and Lucy Letherland  
*Yoshi and the Ocean*, by Lindsay Moore  
*Giant Squid*, by Candace Fleming

## Elementary

*The Voyage of the Dawn Treader*, by C. S. Lewis  
*Island of the Blue Dolphins*, by Scott O'Dell  
*Song for a Whale*, by Lynne Kelly  
*Illustrated Classics Abridged version of Twenty Thousand Leagues*, by Jules Verne  
*An Anthology of Aquatic Life*, by Sam Hume  
*The Fascinating Ocean Book for Kids*, by Bethanie Hestermann and Josh Hestermann  
*Ocean: A Visual Encyclopedia*, by DK and John Woodward  
*The Lighthouse Mystery*, by Gertrude Chandler Warner  
*Dark Day in the Deep Sea*, by Mary Pope Osborne  
*Dolphins at Daybreak*, by Mary Pope Osborne

# Recommended Reading List (continued)

## Upper Grades

*Twenty-Thousand Leagues Under the Sea*, by Jules Verne

*Moby Dick*, by Herman Melville

*Treasure Island*, by Robert Louis Stevenson

*Kidnapped*, by Robert Louis Stevenson

*Robinson Crusoe*, by Daniel Defoe

*Gulliver's Travels*, by Jonathan Swift

*The Old Man and the Sea*, by Ernest Hemingway

*The Sea Wolf*, by Jack London

*The Adventures of Captain Hatteras*, by Jules Verne

*The Ocean Book: The Stories, Science, and History of Oceans*, by DK

*The Odyssey*, by Homer

# Prayer & Scripture Memorization

For Bible reading, we will make suggestions for your morning time reading. However, if you'd prefer a more in depth schedule, we recommend checking out various plans that will help you read the Bible through.

For a one-year plan, we recommend YouVersion's One Year Bible: <https://www.bible.com/reading-plans/60>. You can also listen to it being read aloud on the app.

Download a two-year reading plan from the Gospel Coalition here: <https://media.thegospelcoalition.org/static-blogs/tgc/files/2010/12/TGC-Two-Year-Bible-Reading-Plan1.pdf>

If you prefer to go even slower, Ambleside Online offers three, four, and five-year Bible reading plans: <https://www.amblesideonline.org/L/Lbiblesch.htm>

This session, we will pray **Psalm 93**, and focus on writing and memorizing **Mark 4:35-41** and **Psalm 107:23-30**.

## Psalm 93 (NIV)

The Lord reigns, he is robed in majesty;  
the Lord is robed in majesty and armed with strength;  
indeed, the world is established, firm and secure.

<sup>2</sup>Your throne was established long ago;  
you are from all eternity.

<sup>3</sup>The seas have lifted up, Lord,  
the seas have lifted up their voice;  
the seas have lifted up their pounding waves.

<sup>4</sup>Mightier than the thunder of the great waters,  
mightier than the breakers of the sea—  
the Lord on high is mighty.

<sup>5</sup>Your statutes, Lord, stand firm;  
holiness adorns your house  
for endless days.

### Mark 4:35-41 (NKJV)

<sup>35</sup> On the same day, when evening had come, He said to them, "Let us cross over to the other side."  
<sup>36</sup> Now when they had left the multitude, they took Him along in the boat as He was. And other little boats were also with Him. <sup>37</sup> And a great windstorm arose, and the waves beat into the boat, so that it was already filling. <sup>38</sup> But He was in the stern, asleep on a pillow. And they awoke Him and said to Him, "Teacher, do You not care that we are perishing?"

<sup>39</sup> Then He arose and rebuked the wind, and said to the sea, "Peace, be still!" And the wind ceased and there was a great calm. <sup>40</sup> But He said to them, "Why are you so fearful? How is it that you have no faith?" <sup>41</sup> And they feared exceedingly, and said to one another, "Who can this be, that even the wind and the sea obey Him!"

### Psalm 107:23-30 (NKJV)

<sup>23</sup> Those who go down to the sea in ships,  
Who do business on great waters,  
<sup>24</sup> They see the works of the Lord,  
And His wonders in the deep.  
<sup>25</sup> For He commands and raises the stormy wind,  
Which lifts up the waves of the sea.  
<sup>26</sup> They mount up to the heavens,  
They go down again to the depths;  
Their soul melts because of trouble.  
<sup>27</sup> They reel to and fro, and stagger like a drunken man,  
And are at their wits' end.  
<sup>28</sup> Then they cry out to the Lord in their trouble,  
And He brings them out of their distresses.  
<sup>29</sup> He calms the storm,  
So that its waves are still.  
<sup>30</sup> Then they are glad because they are quiet;  
So He guides them to their desired haven.

The Lord reigns, he is

robed in majesty;

the Lord is robed in majesty

and armed with strength;

indeed, the world is

established, firm and secure.

Your throne was

established long ago;

you are from all eternity.

The seas have

lifted up, Lord,

the seas have lifted

up their voice;

the seas have lifted

up their pounding waves.

Mightier than the thunder

of the great waters,

mightier than the breakers

of the sea—

the Lord on high is mighty.

Your statutes, Lord,

stand firm;

holiness adorns your house

for endless days.

The Lord reigns, he is robed in majesty;

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indeed, the world is established, firm and secure.

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you are from all eternity.

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the seas have lifted up their voice;

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the seas have lifted up their pounding waves.

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Mightier than the thunder of the great waters,

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the Lord on high is mighty.

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the seas have lifted up

their pounding waves.

Mightier than the thunder

of the great waters,

mightier than the breakers

of the sea-

the Lord on high is mighty.

Your statutes, Lord, stand firm;

holiness adorns your house

for endless days.



On the same day,

when evening had come,

He said to them,

“Let us cross over

to the other side.”

Now when they had left

the multitude,

they took Him along

in the boat as He was.

And other little boats

were also with Him.

And a great windstorm

arose, and the waves beat

into the boat, so that it

was already filling.

But He was in the stern,

asleep on a pillow.

And they awoke Him

and said to Him,

“Teacher, do You not care

that we are perishing?”

Then He arose

and rebuked the wind,

and said to the sea,

“Peace, be still!”

And the wind ceased and

there was a great calm.

But He said to them,

Why are you so fearful?

How is it that you

have no faith?

And they feared

exceedingly, and said to one

another, "Who can this be,

that even the wind

and the sea obey Him!

Handwriting practice lines consisting of multiple sets of three horizontal lines (top solid, middle dashed, bottom solid) for tracing and independent writing.

On the same day, when evening had come, He

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said to them, "Let us cross over to the other

---

side." Now when they had left the multitude,

---

they took Him along in the boat as He was.

---

And other little boats were also with Him.

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And a great windstorm arose, and the waves

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---

But He was in the stern, asleep on a pillow.

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And they awoke Him and said to Him, "Teacher,

---

do You not care that we are perishing?”

---

Then He arose and rebuked the wind, and said

---

to the sea, “Peace, be still!” And the wind

---

ceased and there was a great calm.

---

But He said to them, “Why are you so fearful?

---

How is it that you have no faith?”

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And they feared exceedingly, and said to one

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another, "Who can this be, that  
even the wind and the

see obey Him!"



Those who go down to

the sea in ships,

Who do business

on great waters,

They see the works

of the Lord,

And His wonders

in the deep.

For He commands and

raises the stormy wind,

Which lifts up the waves

of the sea.

They mount up

to the heavens,

They go down again

to the depths;

Their soul melts

because of trouble.

They reel to and fro, and

stagger like a drunken man,

And are at their wits' end.

Then they cry out to the

Lord in their trouble,

And He brings them out

of their distresses.

He calms the storm,

So that its waves are still.

Then they are glad because

they are quiet;

So He guides them to

their desired haven.

Those who go down to the sea in ships,

---

Who do business on great waters,

---

They see the works of the Lord,

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And His wonders in the deep.

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For He commands and raises the stormy wind,

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Which lifts up the waves of the sea.

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They mount up to the heavens,

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They go down again to the depths;

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So that its waves are still.

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So He guides them to their desired haven.

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Those who go down

to the sea in ships,

Who do business on great waters,

They see the works of the Lord,

And His wonders in the deep.

For He commands

and raises the stormy wind,

Which lifts up the waves of the sea.

They mount up to the heavens,

They go down again

to the depths;

Their soul melts because of trouble.

They reel to and fro,

and stagger like a drunken man,

And are at their wits' end.

Then they cry out to

the Lord in their trouble,

And He brings them

out of their distresses.

He calms the storm,

So that its waves are still.

Then they are glad

because they are quiet;

So He guides them

*to their desired haven.*





## Artist & Composer Study

We have chosen four artists for this session, along with four ocean-themed artworks (one per artist). They are:

- *Storm on the Sea of Galilee* (1633), Rembrandt van Rijn
- *Watson and the Shark* (1778), John Singleton Copley
- *The Great Wave off Kanagawa* (1831), Katsushika Hokusai
- *Waves Breaking Against the Wind* (1840), J.M.W. Turner

We have no featured composer for this session, but have picked out an assortment of ocean-themed classical music (with links to each) to listen to. They are:

- *La Mer* by Claude Debussy
- *The Sea* by Frank Bridge
- *Calm Sea and Prosperous Voyage* by Ludwig Van Beethoven
- *A Sea Symphony* by Ralph Vaughan Williams

Artist & Composer Study

# Artist Study

**Name:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

**Place of Birth:** \_\_\_\_\_

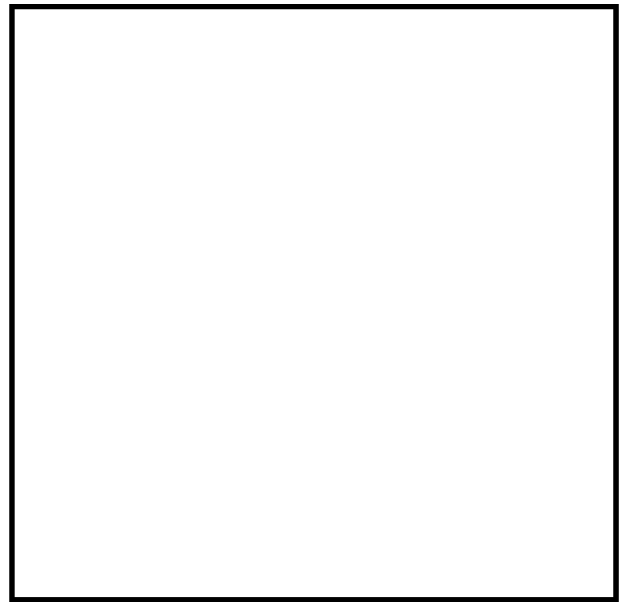
**Artist Fun Facts:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**Art Mediums Used:** \_\_\_\_\_

**Famous Artworks:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Further Study:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



*Storm on the Sea of Galilee, (1633) Rembrandt van Rijn*



# Rembrandt van Rijn

July 15, 1606 – October 4, 1669

Rembrandt van Rijn was born in 1606 in Leiden, where he grew up near his family's windmill, showing artistic talent from an early age.

After studying under respected painters, he opened his own studio by age nineteen and quickly became known for his vivid Biblical scenes and expressive portraits. When he moved to Amsterdam in 1631, his unique style stood out.

Instead of smoothing away imperfections, he painted people as they truly were, using dramatic light and shadow to capture their emotions, personalities, and even movement. His mastery of the Italian technique *chiaroscuro* made his work especially striking.

Rembrandt enjoyed success for many years, creating hundreds of paintings, including *The Storm on the Sea of Galilee*, one of Rembrandt's largest works and his only seascape. Despite his fame, he struggled financially later in life, especially after the deaths of his loved ones. His son Titus and partner Hendrickje worked to support him by selling his art, but Rembrandt died in poverty in 1669. Today, he is celebrated as the greatest Dutch painter in history, remembered for the emotional depth and realism in his work.



Watson and the Shark, (1778) John Singleton Copley



## John Singleton Copley

July 3, 1738 - September 9, 1815

John Singleton Copley was an American artist best known for his beautifully detailed portraits. He grew up in Boston in the early 1700s and learned how to paint as a child, even beginning to work as a portrait painter before his 18<sup>th</sup> birthday.

His popularity grew over time, and soon he began to make a living off of his work- enough to care not just for himself, but also his mother and brother. Copley became known for the way he captured people's likenesses, depicting the famous and wealthy who commissioned his portraits with vivid accuracy.

His paintings feel honest and alive because he paid such close attention to small details like textures, expressions, and the objects people held close.

As he grew older, Copley traveled to Europe to study the great masters, and this helped him expand beyond portraiture into works depicting historical events. One of his most famous works from this time is *Watson and the Shark*, a dramatic painting that depicts the true story of a young man being rescued from a shark attack. The bold storytelling and emotional energy in this piece reveal how confident and skilled Copley had become as his work evolved through the years, marking his place in history as a great artist.



神奈川 大波 浪 三 十 三 景 圖  
浪 裏 神 奈 川 大 波 浪 三 十 三 景 圖

以 前 以 爲 已 年

The Great Wave off Kanagawa, (1831) Katsushika Hokusai



# Katsushika Hokusai

October 31, 1760 - May 10, 1849

Katsushika Hokusai was a Japanese artist best known for his breathtaking woodblock prints, especially *The Great Wave off Kanagawa*.

Born in 1760 in Edo, now modern-day Tokyo, Hokusai grew up surrounded by the lively sights, sounds, and rhythm of city life. He began drawing at a young age and trained under several artists, slowly shaping his own unique style.

Over the years, he became known for his curiosity and willingness to try new techniques, always pushing himself to see the world in fresh and imaginative ways.

Hokusai's work was greatly influential in the art world, and it inspired the styles of many other artists, including Claude Monet and Vincent Van Gogh. *La Mer*, a famous composition by Claude Debussy, is even said to have been inspired by *The Great Wave*, showing the widespread reach of his art. Katsushika Hokusai's prints capture everyday scenes, sweeping landscapes, and the quiet beauty of nature in a way that still feels alive and vivid today.



*Waves Breaking Against the Wind*, (1840) J.M.W. Turner



## J. M. W. Turner

April 23, 1775 - December 19, 1851

J. M. W. Turner, born in London in 1775, was a British painter who fell in love with light, color, and the natural world from an early age. His father, a barber and wig-maker, proudly displayed young Turner's early drawings in his shop window, and customers often bought them on the spot.

He entered the Royal Academy as a teenager, already showing a gift for capturing not just what a scene looked like but how it felt. Even early on, he loved painting the sea, a passion that would later shine in works like *Waves Breaking Against the Wind*, where you can almost hear the roar of the water and feel the power of the storm.

As Turner matured, his style became even more atmospheric and expressive. He traveled widely, filling sketchbooks with landscapes, coastlines, ships at sea, and bustling cities, always chasing interesting light or changing weather. Some people of his time thought his paintings were too unusual (one critic even went so far as to call his paintings "blots,") but today he's remembered as a great artist who helped shape art as we know it today.

# Picture Study

Title: \_\_\_\_\_

Date Created: \_\_\_\_\_

Art Mediums Used: \_\_\_\_\_

Further Study: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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**Use the box to draw a picture inspired by this artwork.**



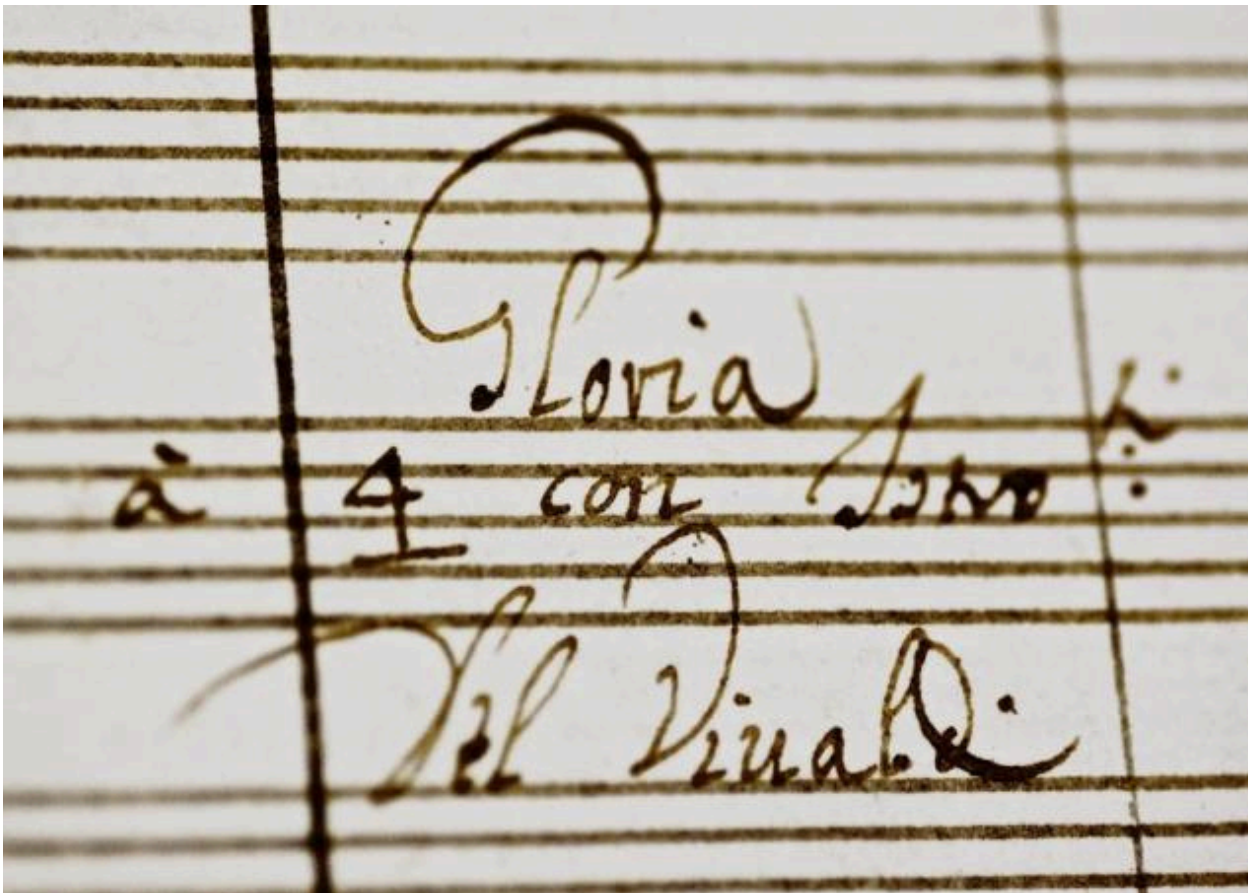
# Classical Pieces

Week 1 - "La Mer"

Week 2 - "The Sea"

Week 3 - "Calm Sea and Prosperous Voyage"

Week 4 - "A Sea Symphony"



# Composer Study

**Name:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

**Place of Birth:** \_\_\_\_\_

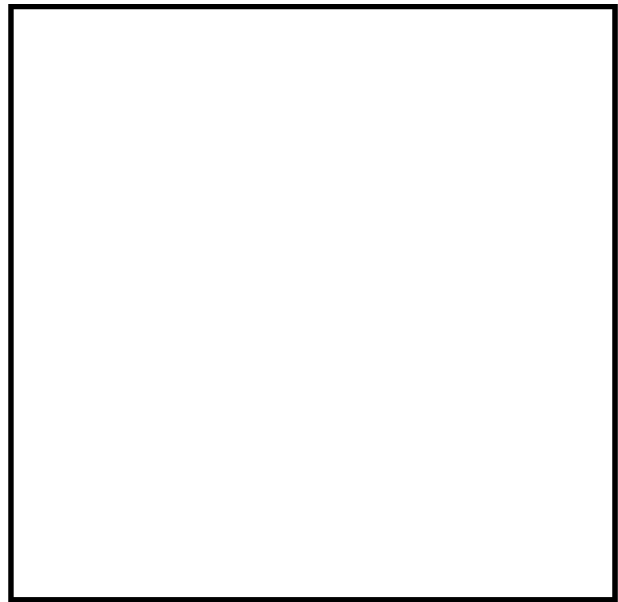
**Composer Fun Facts:**

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**Instruments Used:** \_\_\_\_\_

**Famous Compositions:** \_\_\_\_\_

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**Further Study:**

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# Hymn: Eternal Father, Strong to Save

“Eternal Father, Strong to Save” is a cherished hymn that has offered comfort and courage to sailors, their families, and many others through the years who have faced the powerful forces of the sea. The hymn began as a poem, written in the nineteenth century by William Whiting.

William was a teacher who had lived near the English coast throughout his life, witnessing the beauty and power of the ocean. When he was 35, he sailed on board a ship that nearly capsized in a raging storm. But after surviving the ordeal, he came to trust God’s power over the ocean, and later wrote the poem for a worried student who was preparing to sail across the Atlantic. Whiting wanted to reassure him that God is present in every fearful moment, and wrote the verses, inspired by Psalm 107, to anchor this student’s faith. His words are simple and sincere, expressing a deep trust in God’s protection.

Shortly after the poem was written, a church musician named John Bacchus Dykes composed the tune that is now widely known as “Melita,” named after the site where Apostle Paul was saved from a shipwreck. The music has a calm and steady quality that feels similar to the rhythmic movement of waves on the shore. The pairing of Whiting’s heartfelt prayer with Dykes’ gentle melody made the hymn especially comforting.

Over time, the song became closely associated with naval traditions in both the British Royal Navy and the United States Navy, and additional verses were added to form their own versions of the song. For many sailors, this hymn was a source of strength during long journeys and dangerous storms. Churches also often sang it as a prayer for loved ones serving at sea. Today, “Eternal Father, Strong to Save” continues to be sung around the world. It reminds us that, no matter how big the waves of life may feel, we can call on God for strength and peace. Its history is simple but meaningful: born from compassion, shaped by faith, and carried by generations who found comfort in its steady, hopeful words.

# Eternal Father, Strong to Save Lyrics (Navy Version)

Eternal Father, strong to save,  
Whose arm hath bound the restless wave,  
Who bidd'st the mighty ocean deep  
Its own appointed limits keep,  
O hear us when we cry to thee  
For those in peril on the sea!

O Christ! Whose voice the waters heard  
And hushed their raging at thy word,  
Who walkedst on the foaming deep,  
And calm amidst its rage didst sleep,  
O hear us when we cry to thee,  
For those in peril on the sea!

Most Holy Spirit! Who didst brood  
Upon the chaos dark and rude,  
And bid its angry tumult cease,  
And give, for wild confusion, peace,  
O hear us when we cry to thee  
For those in peril on the sea!

Eternal Father, grant, we pray,  
To all Marines, both night and day,  
The courage, honor, strength, and skill  
Their land to serve, thy law fulfill;  
Be thou the shield forevermore  
From every peril to the Corps.

Lord, guard and guide the ones who fly  
Through the great spaces in the sky.  
Be with them always in the air,  
In darkening storms or sunlight fair.

# Eternal Father, Strong To Save

William Whiting

John Bacchus Dykes

E - ter - nal Fa - ther, strong to save, whose arm hath bound the  
O Christ, whose voice the wa - ters heard and hushed their ra - ging  
O Ho - ly Spir - it, who didst brood up - on the wa - ters  
O Trin - i - ty of love and power, our breth - ren shield in

4

rest - less wave, who bidd'st the might - y o - cean deep its  
at thy word, who walk - edst on the foam - ing deep, and  
dark and rude, and bid their an - gry tu - mult cease, and  
dan - ger's hour; from rock and tem - pest, fire and foe, pro -

7

own ap - point - ed lim - its keep: O hear us when we  
calm a - mid the storm didst sleep: O hear us when we  
give, for wild con - fu - sion, peace: O hear us when we  
tect them where - so - e'er they go; thus ev - er - more shall

10

cry to thee for those in per - il on the sea.  
cry to thee for those in per - il on the sea.  
cry to thee for those in per - il on the sea.  
rise to thee glad hymns of praise from land and sea.

# Folk Song: The Fish in the Sea

“The Fish in the Sea” is a traditional folk song that has been sung for generations by sailors, fishermen, and coastal communities. Its exact origins are difficult to trace, though it likely began as a Scottish fisherman’s song. This is common with many folk songs, because the lyrics and melodies were passed from person to person through daily life rather than being written down. What we do know is that this song belongs to the rich tradition of sea shanties and work songs that helped sailors keep rhythm while hauling lines, rowing, or completing long, tiring tasks on the water. Its playful, call-and-response pattern made it easy for crews to join in, and its simple lyrics brought a sense of togetherness during long days at sea.

As the song traveled from ship to ship, different versions began to appear, and the song even went by different names, such as “The Fishes’ Lamentation” and “Windy Old Weather.” Sailors often changed the verses to match their own experiences or to add some lighthearted fun, and the song would be passed throughout the crew, each man adding a verse about a different fish. Because of these added verses, the song could continue for as long as they needed while they worked together. This flexibility helped “The Fish in the Sea” survive for so long because it could be reshaped to match the community singing it. Folk collectors later wrote down a few versions in the early twentieth century, which helped preserve the melody and gave it a place in modern folk music.

Today, “The Fish in the Sea” is still enjoyed for its cheerful rhythm and its glimpse into maritime history. Families, classrooms, and folk musicians continue to sing it because it is easy to learn and fun to share. The song reminds us that music was once a part of everyday work and that simple melodies can build connection, lift spirits, and carry stories from one generation to the next.

# The Fish in the Sea Lyrics

Come all you young sailor men, listen to me,  
I'll sing you a song of the fish in the sea  
And it's-  
Windy weather, boys, stormy weather, boys.  
When the wind blows, we're all together, boys;  
Blow ye winds westerly, blow ye winds, blow,  
Jolly southwester, boys, steady she goes.  
Up jumps the eel with his slippery tail,  
Climbs up aloft and reefs the topsail  
And it's-  
Windy weather, boys, stormy weather, boys.  
When the wind blows, we're all together, boys;  
Blow ye winds westerly, blow ye winds, blow,  
Jolly southwester, boys, steady she goes.  
Then up jumps the shark with his nine rows of teeth,  
Saying, "You eat the dough boys, and I'll eat the beef!"  
And it's-  
Windy weather, boys, stormy weather, boys.  
When the wind blows, we're all together, boys;  
Blow ye winds westerly, blow ye winds, blow,  
Jolly sou'wester, boys, steady she goes.  
Up jumps the whale, the largest of all,  
If you want any wind, well, I'll blow ye a squall  
And it's-  
Windy weather, boys, stormy weather, boys.  
When the wind blows, we're all together, boys;  
Blow ye winds westerly, blow ye winds, blow,  
Jolly sou'wester, boys, steady she goes.

# Fish in the sea

HRS 068

captan shanty - Barbershop style

traditional - arr Joris van der Hertem

**Con spirito** ♩ = 68

Stem

8

1. Come all you young sail - lor - men, lis - ten to me. I'll  
2. Up jumps the eel with his slip - pe - ry tail,  
up jumps the shark with his nine rows of teeth. Saying,  
3 4. Up jumps the whale the larg - est of all, 'If you

Stm.

8

3

sing you a song of the fish in the sea, and it's...  
Climbs up a - loft and reefs the top - sail, and it's...  
'You eat the dough boys, and I'll eat the beef and it's...  
want a - ny wind, well, I'll blow ye a squall' and it's...

5

Con. bs.dr.

T.

8

La la...enz

T.

8

Win - dy wea - ther boys, stor - my wea - ther, boys.

Ba.

La la...enz

Bs.

La la...enz

## Refrein

Windy weather boys,  
stormy weather, boys.  
When the wind blows we're all together, boys.  
Blow ye winds westerly,  
blow ye winds, boys.  
Jolly sou' wester, boys,  
steady she goes.

Con. bs.dr. 

T. 

T.   
 When the wind blows we're all to - get - her, boys. Blow ye winds wes - ter - ly,

Ba. 

Bs. 

Con. bs.dr. 

T. 

T.   
 blow ye winds, boys. Jol - ly sou' wes - teer, boys, stea - dy she goes. 3. Then

Ba. 

Bs. 

1. Come all you young saillormen,  
listen to me. I'll sing you a song of the fish in the sea, and it's...
2. Up jumps the eel with his slippery tail,  
Climbs up aloft and reefs the topsail, and it's...
3. Then up jumps the shark with his nine rows of teeth.  
Saying, 'You eat the dough boys, and I'll eat the beef and it's...
4. Up jumps the whale the largest of all,  
want any wind, I'll blow ye a squall' and it's...



# Poetry Recitation & Copywork

## Poetry Selections

We've included six poems that evoke the beauty of the ocean for your kids and teens to read, listen to, memorize, and recite. They are:

- Sea Fever by John Masefield
- After the Sea-Ship by Walt Whitman
- The Sound of the Sea by Henry Wadsworth Longfellow
- The Tide Rises, The Tide Falls by Henry Wadsworth Longfellow
- Calm at Sea by Johann Wolfgang von Goethe
- The Prosperous Voyage by Johann Wolfgang von Goethe

For copy work, we have included Zaner-Bloser style handwriting sheets for primary, elementary, and cursive, as well as college-ruled for older students. The poems we have chosen are:

- Sea Fever by John Masefield
- After the Sea-Ship by Walt Whitman
- The Sound of the Sea by Henry Wadsworth Longfellow
- The Tide Rises, The Tide Falls by Henry Wadsworth Longfellow

*“That the sea is one of the most beautiful and magnificent sights in Nature, all admit.”*

~ John Joly

# Ocean Poetry Selections

## **Sea-Fever**

*by John Masefield*

I must go down to the seas again, to the lonely sea and the sky,  
And all I ask is a tall ship and a star to steer her by;  
And the wheel's kick and the wind's song and the white sail's shaking,  
And a grey mist on the sea's face, and a grey dawn breaking.

I must go down to the seas again, for the call of the running tide  
Is a wild call and a clear call that may not be denied;  
And all I ask is a windy day with the white clouds flying,  
And the flung spray and the blown spume, and the sea-gulls crying.

I must go down to the seas again, to the vagrant gypsy life,  
To the gull's way and the whale's way where the wind's like a whetted knife;  
And all I ask is a merry yarn from a laughing fellow-rover,  
And quiet sleep and a sweet dream when the long trick's over.

## **After the Sea-Ship**

*by Walt Whitman*

AFTER the Sea-Ship—after the whistling winds;  
After the white-gray sails, taut to their spars and ropes,  
Below, a myriad, myriad waves, hastening, lifting up their necks,  
Tending in ceaseless flow toward the track of the ship:  
Waves of the ocean, bubbling and gurgling, blithely prying,  
Waves, undulating waves—liquid, uneven, emulous waves,  
Toward that whirling current, laughing and buoyant, with curves,  
Where the great Vessel, sailing and tacking, displaced the surface;  
Larger and smaller waves, in the spread of the ocean, yearnfully  
    flowing;  
The wake of the Sea-Ship, after she passes—flashing and frolicsome,  
    under the sun,

A motley procession, with many a fleck of foam, and many fragments,  
Following the stately and rapid Ship—in the wake following.

# Ocean Poetry Selections

## **The Sound of the Sea**

*by Henry Wadsworth Longfellow*

The sea awoke at midnight from its sleep,  
And round the pebbly beaches far and wide  
I heard the first wave of the rising tide  
Rush onward with uninterrupted sweep;  
A voice out of the silence of the deep,  
A sound mysteriously multiplied  
As of a cataract from the mountain's side,  
Or roar of winds upon a wooded steep.  
So comes to us at times, from the unknown  
And inaccessible solitudes of being,  
The rushing of the sea-tides of the soul;  
And inspirations, that we deem our own,  
Are some divine foreshadowing and foreseeing  
Of things beyond our reason or control.

## **The Tide Rises, The Tide Falls**

*by Henry Wadsworth Longfellow*

The tide rises, the tide falls,  
The twilight darkens, the curlew calls;  
Along the sea-sands damp and brown  
The traveller hastens toward the town,  
And the tide rises, the tide falls.

Darkness settles on roofs and walls,  
But the sea, the sea in the darkness calls;  
The little waves, with their soft, white hands,  
Efface the footprints in the sands,  
And the tide rises, the tide falls.

The morning breaks; the steeds in their stalls  
Stamp and neigh, as the hostler calls;  
The day returns, but nevermore  
Returns the traveller to the shore,  
And the tide rises, the tide falls.

# Ocean Poetry Selections (Bonus)

Note: These poems by Johann Wolfgang von Goethe inspired Beethoven to create two of our classical music selections, "Calm at Sea" and "The Prosperous Voyage." Listen to them while reading these poems for a fully immersive experience!

## **Calm At Sea**

*by Johann Wolfgang von Goethe*

SILENCE deep rules o'er the waters,

Calmly slumb'ring lies the main,  
While the sailor views with trouble

Nought but one vast level plain.

Not a zephyr is in motion!

Silence fearful as the grave!  
In the mighty waste of ocean

Sunk to rest is ev'ry wave.

## **The Prosperous Voyage**

*by Johann Wolfgang von Goethe*

THE mist is fast clearing.  
And radiant is heaven,  
Whilst AEolus loosens  
Our anguish-fraught bond.  
The zephyrs are sighing,  
Alert is the sailor.  
Quick! nimbly be plying!  
The billows are riven,  
The distance approaches;  
I see land beyond!

# Poetry Study

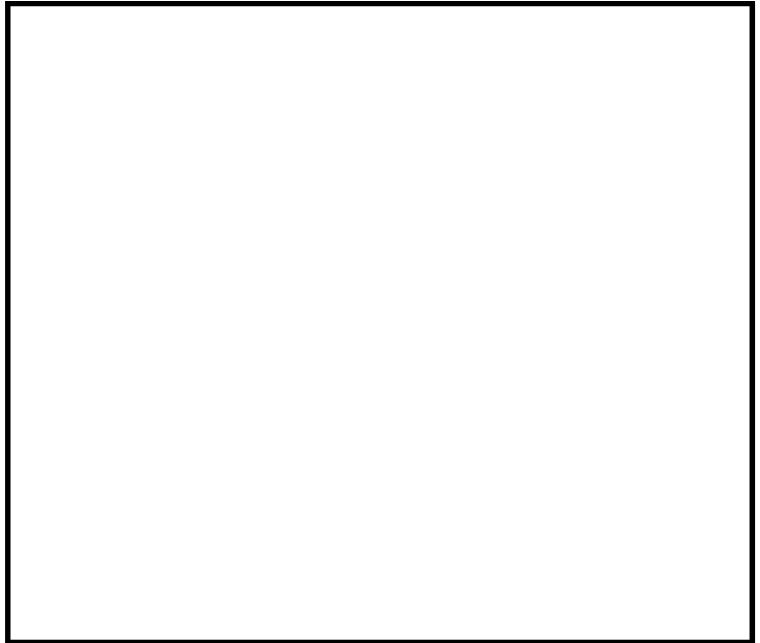
**Title:**

---

**Type of Poem:**

---

**Use the box to at right to draw a picture of what the poem brings to mind.**



**Write one thing you liked and did not like about the poem:**

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**Write three adjectives about the poem.**

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**Compose a few lines of your own poem inspired by this work**

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---

I must go down to

the seas again,

to the lonely sea

and the sky,

And all I ask is a tall ship

and a star to steer her by;

And the wheel's kick and

the wind's song and the

white sail's shaking,

And a grey mist on

the sea's face,

and a grey dawn breaking.

I must go down to

the seas again,

for the call of

the running tide

Is a wild call and a clear

call that may not be denied;

And all I ask is a windy

day with the white

clouds flying,

And the flung spray and

the blown spume, and the

sea-gulls crying.

I must go down to the

seas again, to the

vagrant gypsy life,

To the gull's way and the

whale's way where the

wind's like a whetted knife;

And all I ask is a merry

yarn from a laughing

fellow-rover,

And quiet sleep and a

sweet dream when

the long trick's over.

Handwriting practice lines consisting of multiple sets of three horizontal lines (top solid, middle dashed, bottom solid) for tracing and writing practice.

I must go down to the seas again,

---

to the lonely sea and the sky,

---

And all I ask is a tall ship and

---

a star to steer her by;

---

And the wheel's kick and the wind's song

---

and the white sail's shaking,

---

And a grey mist on the sea's face,

---

and a grey dawn breaking.

---

I must go down to the seas again,

---

for the call of the running tide

---

Is a wild call and a clear call

---

that may not be denied;

---

And all I ask is a windy day

---

with the white clouds flying,

---

And the flung spray and the blown spume,

---

and the sea-gulls crying.

---

I must go down to the seas again,

---

to the vagrant gypsy life,

---

To the gull's way and the whale's way

---

where the wind's like a whetted knife;

---

And all I ask is a merry yarn

---

from a laughing fellow-rover,

---

And quiet sleep and a sweet dream

---

when the long trick's over.

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I must go down to the seas

again, to the lonely sea

and the sky,

And all I ask is a tall ship

and a star to steer her by;

And the wheel's kick and the

wind's song and the

white sail's shaking,

And a grey mist on the sea's face,

and a grey dawn breaking.

I must go down to the seas

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I must go down to the seas

again, to the vagrant gypsy life,

To the gull's way and the whale's

way where the wind's like a

whetted knife;

And all I ask is a merry yarn

from a laughing fellow-rover,

And quiet sleep and a sweet dream

when the long trick's over.



AFTER the Sea-Ship-after

the whistling winds;

After the white-gray sails,

taut to their

spars and ropes,

Below, a myriad, myriad

waves, hastening,

lifting up their necks,

Tending in ceaseless flow

toward the track

of the ship:

Waves of the ocean,

bubbling and gurgling,

blithely prying,

Waves, undulating waves—

liquid, uneven,

emulous waves,

Toward that whirling

current, laughing and

buoyant, with curves,

Where the great Vessel,

sailing and tacking,

displaced the surface;

Larger and smaller waves,

in the spread of

the ocean, yearnfully

flowing;

after she passes—flashing

and frolicsome,

under the sun,

A motley procession,

with many a fleck of foam,

and many fragments,

Following the stately

and rapid Ship-in the

wake following.

Handwriting practice lines consisting of solid top and bottom lines and a dashed middle line, repeated 15 times for practice.

AFTER the Sea-Ship—after the whistling winds;

---

After the white-gray sails,

---

taut to their spars and ropes,

---

Below, a myriad, myriad waves,

---

hastening, lifting up their necks,

---

Tending in ceaseless flow toward

---

the track of the ship:

---

Waves of the ocean,

---

bubbling and gurgling, blithely prying,

---

Waves, undulating waves—

---

liquid, uneven, emulous waves,

---

Toward that whirling current,

---

laughing and buoyant, with curves,

---

Where the great Vessel, sailing and tacking,

---

displaced the surface;

---

Larger and smaller waves,

---

in the spread of the ocean, yearnfully

---

flowing;

---

The wake of the Sea-Ship, after she passes—

---

flashing and frolicsome,

---

under the sun,

---

A motley procession, with many a fleck of foam,

---

and many fragments,

---

Following the stately and rapid Ship—

---

in the wake following.

---

---

---

AFTER the Sea-Ship

after the whistling winds;

After the white-gray sails,

taut to their spars and ropes,

Below, a myriad, myriad waves,

hastening, lifting up their necks,

Tending in ceaseless flow

toward the track of the ship:

Waves of the ocean, bubbling and

gurgling, blithely prying,

Waves, undulating waves-

liquid, uneven, emulous waves,

Toward that whirling current,

laughing and buoyant,

with curves,

Where the great Vessel, sailing and

tacking, displaced the surface;

Larger and smaller waves, in the

spread of the ocean, yearnfully

flowing;

The wake of the Sea-Skip, after

she passes- flashing and frolicsome,

under the sun,

A motley procession,

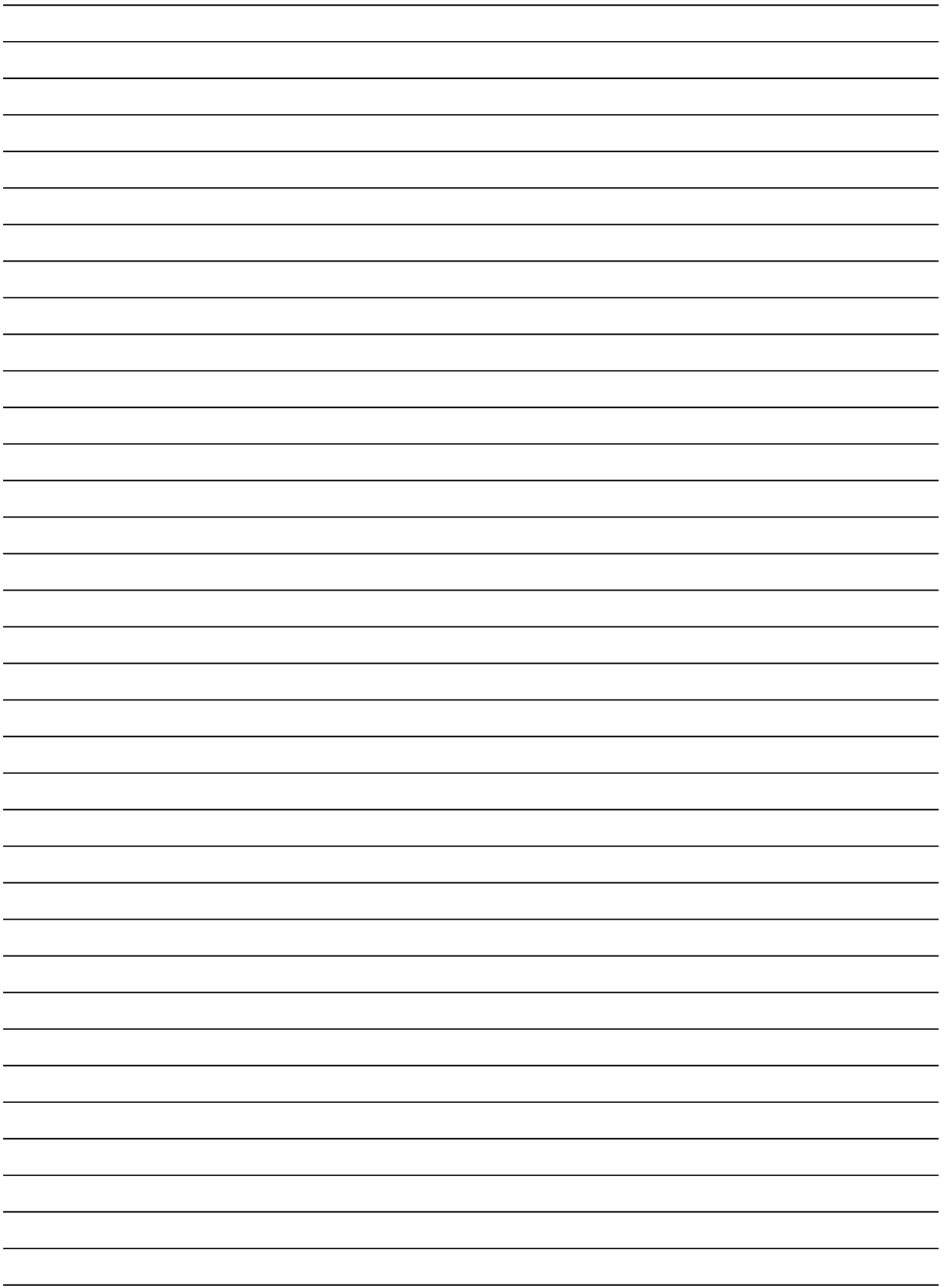
with many a fleck of foam,

and many fragments,

Following the stately and rapid

Ship-in the wake following.





The sea awoke at midnight

from its sleep,

And round the pebbly

beaches far and wide

I heard the first wave

of the rising tide

Rush onward with

uninterrupted sweep;

A voice out of the silence

of the deep,

A sound

mysteriously multiplied

As of a cataract from

the mountain's side,

Or roar of winds upon

a wooded steep.

So comes to us at times,

from the unknown

And inaccessible

solitudes of being,

The rushing of the sea—

tides of the soul;

And inspirations,

Are some divine

foreshadowing

and foreseeing

Of things beyond our

reason or control.

The sea awoke at midnight from its sleep,

---

And round the pebbly beaches far and wide

---

I heard the first wave of the rising tide

---

Rush onward with uninterrupted sweep;

---

A voice out of the silence of the deep,

---

A sound mysteriously multiplied

---

As of a cataract from the mountain's side,

---

Or roar of winds upon a wooded steep.

---

So comes to us at times, from the unknown

---

And inaccessible solitudes of being,

---

The rushing of the sea-tides of the soul;

---

And inspirations, that we deem our own,

---

Are some divine foreshadowing and foreseeing

---

Of things beyond our reason or control.

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The sea awoke at midnight

from its sleep,

And round the pebbly beaches

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of the rising tide

Rush onward with

uninterrupted sweep;

A voice out of the silence

of the deep,

A sound mysteriously multiplied

As of a cataract from

the mountain's side,

Or roar of winds upon

a wooded steep.

So comes to us at times,

from the unknown

And inaccessible solitudes of being,

The rushing of the sea-tides

of the soul;

And inspirations,

that we deem our own,

Are some divine foreshadowing

and foreseeing

*Of things beyond our*

*reason or control.*



The tide rises,

the tide falls,

The twilight darkens,

the curlew calls;

Along the sea-sands

damp and brown

The traveller hastens

toward the town,

And the tide rises,

the tide falls.

Darkness settles on

roofs and walls,

But the sea, the sea

in the darkness calls;

The little waves, with their

soft, white hands,

Efface the footprints

in the sands,

And the tide rises,

the tide falls.

The morning breaks;

the steeds in their stalls

Stamp and neigh,

as the hostler calls;

The day returns,

but nevermore

Returns the traveller

to the shore,

And the tide rises,

the tide falls.

The tide rises, the tide falls,

---

The twilight darkens, the curlew calls;

---

Along the sea-sands damp and brown

---

The traveller hastens toward the town,

---

And the tide rises, the tide falls.

---

Darkness settles on roofs and walls,

---

But the sea, the sea in the darkness calls;

---

The little waves, with their soft, white hands,

---

Efface the footprints in the sands,

---

And the tide rises, the tide falls.

---

The morning breaks; the steeds in their stalls

---

Stamp and neigh, as the hostler calls;

---

The day returns, but nevermore

---

Returns the traveller to the shore,

---

And the tide rises, the tide falls.

---

---

---

---

---

The tide rises, the tide falls,

The twilight darkens,

the curlew calls;

Along the sea-sands

damp and brown

The traveller hastens

toward the town,

And the tide rises, the tide falls.

Darkness settles on

roofs and walls,

But the sea, the sea

in the darkness calls;

The little waves,

with their soft, white hands,

Efface the footprints in the sands,

And the tide rises, the tide falls.

The morning breaks;

the steeds in their stalls

Stamp and neigh,

as the hostler calls;

The day returns, but nevermore

Returns the traveller to the shore,

And the tide rises, the tide falls.





## Tea Times

In this session, we are giving you four ocean-themed recipes for our hospitality tea: Shark in the Water Cheesecake, Fish M&M Cupcakes, Starfish Cookies, and Ocean Wave Crinkle Cookies.

We will also have three Storytime Teas and a Fable Teatime:

Storytime Tea: *The Sea King's Victory* by Andrew Lang

Storytime Tea: *The Fish-Girl* by Andrew Lang

Storytime Tea: *The Sea King's Gift* by Andrew Lang

Fable Teatime: "The Shipwrecked Man and the Sea" by Aesop

*"The sea is a vast reservoir of nature. The world, so to speak, began with the sea, and who knows but that it will also end in the sea!"*

~ Jules Verne, *Twenty-Thousand Leagues Under the Sea*

Tea Times

# Shark in the Water Cheesecake



## **Crust Ingredients:**

Cooking spray  
1 ½ cups crushed Nilla Wafers  
6 T melted butter  
¼ cup sugar  
Pinch kosher salt

## **Filling Ingredients:**

1 c heavy cream  
2 softened blocks cream cheese  
1/4 c sour cream  
1 c powdered sugar  
1 tsp vanilla extract  
Pinch of kosher salt  
Blue food coloring

## **Jell-O Layer Ingredients:**

1 box blue Jell-O  
Shark & fish gummies

## **Directions:**

Prepare an eight-inch springform pan with ample cooking spray and set aside.

Mix together wafer crumbs, butter, salt, and sugar in a large bowl, then press into bottom of pan.

Using a hand mixer or stand mixer, beat heavy cream in a large bowl for five minutes, or until stiff peaks form.

Beat cream cheese and sour cream in a separate bowl until combined. Add in salt, powdered sugar, and vanilla, and beat until smooth. Gently fold in whipped cream, then food coloring, until mixture is bright blue. Pour into crust, smooth with offset spatula, and refrigerate for two hours.

Using a large measuring cup, whisk Jell-O mix with one cup boiling water until combined, then mix in one cup of cold water.

Decorate the surface of the cheesecake with shark gummies, then pour the Jell-O over it. Refrigerate until firm (about two more hours), then enjoy your shark cake!

# Fish M&M Cupcakes



## Cupcake Ingredients:

Cake mix (any flavor)  
Food coloring (blue, yellow, and optional: green)  
M&Ms  
Candy eyes

## Frosting Ingredients:

1 cup softened butter  
2-3 tsp vanilla extract  
4 c powdered sugar  
1-2 T milk

## Buttercream Frosting Directions

In a large bowl, combine vanilla extract with softened butter, scraping down the sides to make sure everything is thoroughly mixed. Add powdered sugar and mix until frosting is light and fluffy, scraping the bowl again to incorporate everything fully. If dry or crumbly, add a teaspoon of milk or more as needed. Taste and adjust, adding more vanilla extract if necessary.

## Cupcake Directions

Prepare cake mix as specified and pour into a muffin tin with cupcake liners. Cool completely, then slice off the rounded top of the cupcake, about as high as the liner.

Split your frosting into three equal batches, then dye using food coloring (one blue, one green, and one yellow). Use two drops of yellow and one drop of blue to create green food coloring if you do not have it already.

Frost each cupcake, alternating colors. Then, use M&Ms to create the "scales" of each fish by filling up half of the cupcake with them in curved rows. Use your imagination to pick the colors- you can use just one shade of M&M, or do alternating colors in each row!

Add your candy eyes to the front, then place two red M&Ms underneath to create fish "lips!"

# Starfish Cookies



## Ingredients:

1 ½ c butter, softened  
2 c white sugar  
4 eggs  
1 tsp vanilla extract  
5 c all-purpose flour  
2 tsp baking powder  
1 tsp salt  
Star-shaped cookie cutter  
Pink or yellow decorative frosting  
Pink or yellow sanding sugar sprinkles  
Icing bag  
Coupler  
Decorating tips (sizes 2 and 4)  
Candy eyes

## Directions

Cream butter and sugar in a large bowl with an electric mixer until smooth. Add eggs and vanilla, then flour, baking powder, and salt. Cover and chill dough for at least 30 minutes.

Preheat oven to 400°. Dust your work surface with flour and roll out dough until it's about 1/4 to 1/2 inch thick. Cut out star shapes with cookie cutter.

Place cookies 1 inch apart on an ungreased baking sheet and bake for 6 to 8 minutes, or until cookies are lightly browned. Cool completely before decorating.

If making your own icing, dye it pink or yellow and add it to an icing bag. Otherwise, you can use premade decorative cookie frosting. Pipe icing on the cookie, keeping to the star-shape. Sprinkle with sanding sugar and carefully set candy eyes over the top. Allow to harden, then server!

# Ocean Wave Crinkle Cookies



## Ingredients:

1 box (15.25 ounces) vanilla cake mix  
2 large eggs  
1/3 c vegetable oil  
1 c powdered sugar  
Blue gel food coloring

## Directions:

Line a baking sheet with parchment paper and preheat the oven to 350°.

Combine eggs, cake mix, and vegetable oil in a large bowl, stirring until soft dough forms.

## Directions (continued):

Add in blue gel food coloring until dough is a vibrant blue.

Using a cookie scoop or spoon, create tablespoon-sized dough balls, and roll each one in powdered sugar.

Place the dough two inches apart on baking sheet, then bake until edges are firm and top is crinkly, about ten to twelve minutes.

Let cool for two to three minutes, then move cookies to a wire rack to finish cooling.

# The Sea King's Victory

by Andrew Lang

The Sea-king in his palace under the water heard the sound of bitter weeping on the shore.

"Somebody is in trouble," he said. "I must see what is the matter."

He changed himself into a fish and swam to the shore to look. A woman walked along the beach, wailing loudly.

"Why do you weep?" asked the Sea-king.

The woman stopped, looked into the water and saw the fish, and guessed that he must be the king.

"I weep because I have lost my husband," she replied. "We quarrelled, and he left me. He lives now in the next village. Why we quarrelled I hardly know, for indeed we love one another. I have been to the village to beg him to come back to me. He would have come, but his friends laughed at him for yielding, so I return alone and sorrowful."

She told her tale with such heartbroken sobs that the Sea-king's pity rose on her behalf.

"I will send a message to the village; maybe your husband will soon return to you," he said. "Go quietly home and await events." The wife went home, not much comforted. She was doubtful of the Sea-king's power on land.

The Sea-king himself had no doubts. He called a sea-gull. "Go to the village nearby," he said, "and tell the people to restore the husband to the wife. Say that I, the Sea-king, command it."

The sea-gull flew with the message. "Restore the husband to the wife," she called from the wall surrounding the village. "It is the great Sea-king who sends the word."

"The Sea-king! Who obeys him?" laughed the villagers. "Go back. Tell your Sea-king that the husband stays with us as long as we desire it."

The gull returned with the insulting message.

The Sea-king was pale with anger. "They dare to laugh at me and doubt my power!" he cried. "They shall pay for this. I will teach them to obey."

From his palace he sent a summons to all fighting fish, big and little, to come to his aid. They crowded round his palace in their smooth grey coats, which in those days were one and all alike.

"Soldier-fish!" said the king, "your help is needed. Sharpen your teeth and polish your skins this night, for in the morning we go to battle with men. On land my power has been insulted."

The fish spent the night in polishing their already shining skins and sharpening their teeth and the spines of their fins and tails. In the morning they swam in ranks before the palace doors, ready for the fight.

The Sea-king swam out, changed to the likeness of the biggest fish of all. Placing himself at their head, he led them to the battle. Below the sea they swam in their hundreds of thousands, rising to the surface as they neared the shore.

Scrambling up the beach, they marched across the country to the village.

The people of the village, seeing them coming, ran out to watch this strange army--fish marching on dry land.

"What a joke!" they said. "Whoever saw this before?"

One man, wiser than his fellows, shouted, "It is the Sea-king's army. This is no joke, but grim war. Remember, we laughed at the Sea-king's power. To your houses for your spears and axes!"

Someone cried, "But fish cannot fight with men."

"We must destroy this army or it will destroy us," replied the first.

The men ran to their houses, caught up their spears and axes, and came out to fight the fish.

Now began the strangest battle ever seen. Over the wall of the village slid the great fish army, rank on rank, column after column, until the ground between the houses was covered with their moving bodies. The men speared and hacked and cut at the fish, while the fish fought fiercely with sharp teeth and spiked fins and flapping tails, or threw the men by wriggling with polished skins beneath their feet.

The battle raged all day. The men fought for supremacy, but the numbers and the courage of the fish wore them out. When evening came, on all sides men lay wounded and beaten; the fish army had won.

The Sea-king stood high in his kingly shape again, looking down on the beaten men.

"You will send back the husband to the wife," he commanded.

"Yes," they answered.

"You will never again laugh at my power on land?"

"No."

"That is well. Bid the husband stand before me."

The husband came. "Back to your wife! Quarrel no more. Treat her kindly and be happy," said the King.

Without a word the husband turned and went home to his wife, to live with her happily ever after.

The Sea-king led his victorious army back to his sea-palace. "You have done nobly," he said. "Ask me what boon you will, and if it is mine to give you shall have it."

One by one the fish swam up and stated each his heart's desire. One by one their requests were granted. Most of them had seen strange sights upon the land, colours and forms such as were never seen below the sea. From these they chose their gifts. A Cod had gazed upon the gorgeous colours of the sunset, and asked for these upon its back. Another preferred to wear the soft blue of the summer sky. One had seen a boy's kite, and wished to resemble it in shape; that is why today the Skate is broad and flat. One wished to be red like blood, and to be able to groan like a wounded man; and so you may always hear the Gurnet groan when it is caught. One asked that a spear might be fixed at the end of his nose; to this day he carries it there, and men call him the Guard-fish.

So, in turn, every soldier won what he most desired. This is how the fish obtained their varying shapes and colours. These are their rewards for bravery.

# The Girl-Fish

by Andrew Lang

Once upon a time there lived, on the bank of a stream, a man and a woman who had a daughter. As she was an only child, and very pretty besides, they never could make up their minds to punish her for her faults or to teach her nice manners; and as for work— she laughed in her mother's face if she asked her to help cook the dinner or to wash the plates. All the girl would do was to spend her days in dancing and playing with her friends; and for any use she was to her parents they might as well have no daughter at all.

However, one morning her mother looked so tired that even the selfish girl could not help seeing it, and asked if there was anything she was able to do, so that her mother might rest a little.

The good woman looked so surprised and grateful for this offer that the girl felt rather ashamed, and at that moment would have scrubbed down the house if she had been requested; but her mother only begged her to take the fishing-net out to the bank of the river and mend some holes in it, as her father intended to go fishing that night.

The girl took the net and worked so hard that soon there was not a hole to be found. She felt quite pleased with herself, though she had had plenty to amuse her, as everybody who passed by had stopped and had a chat with her. But by this time the sun was high overhead, and she was just folding her net to carry it home again, when she heard a splash behind her, and looking round she saw a big fish jump into the air. Seizing the net with both hands, she flung it into the water where the circles were spreading one behind the other, and, more by luck than skill, drew out the fish.

'Well, you are a beauty!' she cried to herself; but the fish looked up to her and said:

'You had better not kill me, for, if you do, I will turn you into a fish yourself!'

The girl laughed contemptuously, and ran straight in to her mother.

'Look what I have caught,' she said gaily; 'but it is almost a pity to eat it, for it can talk, and it declares that, if I kill it, it will turn me into a fish too.'

'Oh, put it back, put it back!' implored the mother. 'Perhaps it is skilled in magic. And I should die, and so would your father, if anything should happen to you.'

'Oh, nonsense, mother; what power could a creature like that have over me? Besides, I am hungry, and if I don't have my dinner soon, I shall be cross.' And off she went to gather some flowers to stick in her hair.

About an hour later the blowing of a horn told her that dinner was ready.

'Didn't I say that fish would be delicious?' she cried; and plunging her spoon into the dish the girl helped herself to a large piece. But the instant it touched her mouth a cold shiver ran through her. Her head seemed to flatten, and her eyes to look oddly round the corners; her legs and her arms were stuck to her sides, and she gasped wildly for breath. With a mighty bound she sprang through the window and fell into the river, where she soon felt better, and was able to swim to the sea, which was close by.

No sooner had she arrived there than the sight of her sad face attracted the notice of some of the other fishes, and they pressed round her, begging her to tell them her story.

'I am not a fish at all,' said the new-comer, swallowing a great deal of salt water as she spoke; for you cannot learn how to be a proper fish all in a moment. 'I am not a fish at all, but a girl; at least I was a girl a few minutes ago, only—' And she ducked her head under the waves so that they should not see her crying.

'Only you did not believe that the fish you caught had power to carry out its threat,' said an old tunny. 'Well, never mind, that has happened to all of us, and it really is not a bad life. Cheer up and come with us and see our queen, who lives in a palace that is much more beautiful than any your queens can boast of.'

The new fish felt a little afraid of taking such a journey; but as she was still more afraid of being left alone, she waved her tail in token of consent, and off they all set, hundreds of them together. The people on the rocks and in the ships that saw them pass said to each other:

'Look what a splendid shoal!' and had no idea that they were hastening to the queen's palace; but, then, dwellers on land have so little notion of what goes on in the bottom of the sea! Certainly the little new fish had none. She had watched jelly-fish and nautilus swimming a little way below the surface, and beautiful coloured sea-weeds floating about; but that was all. Now, when she plunged deeper her eyes fell upon strange things.

Wedges of gold, great anchors, heaps of pearl, inestimable stones, unvalued jewels—all scattered in the bottom of the sea! Dead men's bones were there also, and long white creatures who had never seen the light, for they mostly dwelt in the clefts of rocks where the sun's rays could not come. At first our little fish felt as if she were blind also, but by-and-by she began to make out one object after another in the green dimness, and by the time she had swum for a few hours all became clear. 'Here we are at last,' cried a big fish, going down into a deep valley, for the sea has its mountains and valleys just as much as the land. 'That is the palace of the queen of the fishes, and I think you must confess that the emperor himself has nothing so fine.'

'It is beautiful indeed,' gasped the little fish, who was very tired with trying to swim as fast as the rest, and beautiful beyond words the palace was. The walls were made of pale pink coral, worn smooth by the waters, and round the windows were rows of pearls; the great doors were standing open, and the whole troop floated into the chamber of audience, where the queen, who was half a woman after all, was seated on a throne made of a green and blue shell.

'Who are you, and where do you come from?' said she to the little fish, whom the others had pushed in front. And in a low, trembling voice, the visitor told her story.

'I was once a girl too,' answered the queen, when the fish had ended; 'and my father was the king of a great country. A husband was found for me, and on my wedding-day my mother placed her crown on my head and told me that as long as I wore it I should likewise be queen. For many months I was as happy as a girl could be, especially when I had a little son to play with. But, one morning, when I was walking in my gardens, there came a giant and snatched the crown from my head. Holding me fast, he told me that he intended to give the crown to his daughter, and to enchant my husband the prince, so that he should not know the difference between us. Since then she has filled my place and been queen in my stead. As for me, I was so miserable that I threw myself into the sea, and my ladies, who loved me, declared that they would die too; but, instead of dying, some wizard, who pitied my fate, turned us all into fishes, though he allowed me to keep the face and body of a woman. And fished we must remain till someone brings me back my crown again!'

'I will bring it back if you tell me what to do!' cried the little fish, who would have promised anything that was likely to carry her up to earth again. And the queen answered:

'Yes, I will tell you what to do.'

She sat silent for a moment, and then went on:

'There is no danger if you will only follow my counsel; and first you must return to earth, and go up to the top of a high mountain, where the giant has built his castle. You will find him sitting on the steps weeping for his daughter, who has just died while the prince was away hunting. At the last she sent her father my crown by a faithful servant. But I warn you to be careful, for if he sees you he may kill you. Therefore I will give you the power to change yourself into any creature that may help you best. You have only to strike your forehead, and call out its name.'

This time the journey to land seemed much shorter than before, and when once the fish reached the shore she struck her forehead sharply with her tail, and cried:

'Deer, come to me!'

In a moment the small, slimy body disappeared, and in its place stood a beautiful beast with branching horns and slender legs, quivering with longing to be gone. Throwing back her head and snuffing the air, she broke into a run, leaping easily over the rivers and walls that stood in her way.

It happened that the king's son had been hunting since daybreak, but had killed nothing, and when the deer crossed his path as he was resting under a tree he determined to have her. He flung himself on his horse, which went like the wind, and as the prince had often hunted the forest before, and knew all the short cuts, he at last came up with the panting beast.

'By your favour let me go, and do not kill me,' said the deer, turning to the prince with tears in her eyes, 'for I have far to run and much to do.'

And as the prince, struck dumb with surprise, only looked at her, the deer cleared the next wall and was soon out of sight.

'That can't really be a deer,' thought the prince to himself, reining in his horse and not attempting to follow her. 'No deer ever had eyes like that. It must be an enchanted maiden, and I will marry her and no other.' So, turning his horse's head, he rode slowly back to his palace.

The deer reached the giant's castle quite out of breath, and her heart sank as she gazed at the tall, smooth walls which surrounded it. Then she plucked up courage and cried:

'Ant, come to me!' And in a moment the branching horns and beautiful shape had vanished, and a tiny brown ant, invisible to all who did not look closely, was climbing up the walls.

It was wonderful how fast she went, that little creature! The wall must have appeared miles high in comparison with her own body; yet, in less time than would have seemed possible, she was over the top and down in the courtyard on the other side. Here she paused to consider what had best be done next, and looking about her she saw that one of the walls had a tall tree growing by it, and in the corner was a window very nearly on a level with the highest branches of the tree.

'Monkey, come to me!' cried the ant; and before you could turn round a monkey was swinging herself from the topmost branches into the room where the giant lay snoring.

'Perhaps he will be so frightened at the sight of me that he may die of fear, and I shall never get the crown,' thought the monkey. 'I had better become something else.' And she called softly: 'Parrot, come to me!'

Then a pink and grey parrot hopped up to the giant, who by this time was stretching himself and giving yawns which shook the castle. The parrot waited a little, until he was really awake, and then she said boldly that she had been sent to take away the crown, which was not his any longer, now his daughter the queen was dead.

On hearing these words the giant leapt out of bed with an angry roar, and sprang at the parrot in order to wring her neck with his great hands. But the bird was too quick for him, and, flying behind his back, begged the giant to have patience, as her death would be of no use to him.

'That is true,' answered the giant; 'but I am not so foolish as to give you that crown for nothing. Let me think what I will have in exchange!' And he scratched his huge head for several minutes, for giants' minds always move slowly.

'Ah, yes, that will do!' exclaimed the giant at last, his face brightening. 'You shall have the crown if you will bring me a collar of blue stones from the Arch of St. Martin, in the Great City.'

Now when the parrot had been a girl she had often heard of this wonderful arch and the precious stones and marbles that had been let into it. It sounded as if it would be a very hard thing to get them away from the building of which they formed a part, but all had gone well with her so far, and at any rate she could but try.

So she bowed to the giant, and made her way back to the window where the giant could not see her. Then she called quickly:

'Eagle, come to me!'

Before she had even reached the tree she felt herself borne up on strong wings ready to carry her to the clouds if she wished to go there, and seeming a mere speck in the sky, she was swept along till she beheld the Arch of St. Martin far below, with the rays of the sun shining on it. Then she swooped down, and, hiding herself behind a buttress so that she could not be detected from below, she set herself to dig out the nearest blue stones with her beak. It was even harder work than she had expected; but at last it was done, and hope arose in her heart. She next drew out a piece of string that she had found hanging from a tree, and sitting down to rest strung the stones together. When the necklace was finished she hung it round her neck, and called: 'Parrot, come to me!' And a little later the pink and grey parrot stood before the giant.

'Here is the necklace you asked for,' said the parrot. And the eyes of the giant glistened as he took the heap of blue stones in his hand. But for all that he was not minded to give up the crown.

'They are hardly as blue as I expected,' he grumbled, though the parrot knew as well as he did that he was not speaking the truth; 'so you must bring me something else in exchange for the crown you covet so much. If you fail it will cost you not only the crown but you life also.'

'What is it you want now?' asked the parrot; and the giant answered:

'If I give you my crown I must have another still more beautiful; and this time you shall bring me a crown of stars.'

The parrot turned away, and as soon as she was outside she murmured:

'Toad, come to me!' And sure enough a toad she was, and off she set in search of the starry crown. She had not gone far before she came to a clear pool, in which the stars were reflected so brightly that they looked quite real to touch and handle. Stooping down she filled a bag she was carrying with the shining water and, returning to the castle, wove a crown out of the reflected stars. Then she cried as before:

'Parrot, come to me!' And in the shape of a parrot she entered the presence of the giant.

'Here is the crown you asked for,' she said; and this time the giant could not help crying out with admiration. He knew he was beaten, and still holding the chaplet of stars, he turned to the girl.

'Your power is greater than mine: take the crown; you have won it fairly!'

The parrot did not need to be told twice. Seizing the crown, she sprang on to the window, crying: 'Monkey, come to me!'

And to a monkey, the climb down the tree into the courtyard did not take half a minute. When she had reached the ground she said again: 'Ant, come to me!' And a little ant at once began to crawl over the high wall. How glad the ant was to be out of the giant's castle, holding fast the crown which had shrunk into almost nothing, as she herself had done, but grew quite big again when the ant exclaimed:

'Deer, come to me!'

Surely no deer ever ran so swiftly as that one! On and on she went, bounding over rivers and crashing through tangles till she reached the sea. Here she cried for the last time:

'Fish, come to me!' And, plunging in, she swam along the bottom as far as the palace, where the queen and all the fishes gathered together awaiting her.

The hours since she had left had gone very slowly—as they always do to people that are waiting—and many of them had quite given up hope.

'I am tired of staying here,' grumbled a beautiful little creature, whose colours changed with every movement of her body, 'I want to see what is going on in the upper world. It must be months since that fish went away.'

'It was a very difficult task, and the giant must certainly have killed her or she would have been back long ago,' remarked another.

'The young flies will be coming out now,' murmured a third, 'and they will all be eaten up by the river fish! It is really too bad!' When, suddenly, a voice was heard from behind: 'Look! look! what is that bright thing that is moving so swiftly towards us?' And the queen started up, and stood on her tail, so excited was she.

A silence fell on all the crowd, and even the grumblers held their peace and gazed like the rest. On and on came the fish, holding the crown tightly in her mouth, and the others moved back to let her pass. On she went right up to the queen, who bent and, taking the crown, placed it on her own head. Then a wonderful thing happened. Her tail dropped away or, rather, it divided and grew into two legs and a pair of the prettiest feet in the world, while her maidens, who were grouped around her, shed their scales and became girls again. They all turned and looked at each other first, and next at the little fish who had regained her own shape and was more beautiful than any of them.

'It is you who have given us back our life; you, you!' they cried; and fell to weeping from very joy.

So they all went back to earth and the queen's palace, and quite forgot the one that lay under the sea. But they had been so long away that they found many changes. The prince, the queen's husband, had died some years since, and in his place was her son, who had grown up and was king! Even in his joy at seeing his mother again an air of sadness clung to him, and at last the queen could bear it no longer, and begged him to walk with her in the garden.

Seated together in a bower of jessamine—where she had passed long hours as a bride—she took her son's hand and entreated him to tell her the cause of his sorrow. 'For,' said she, 'if I can give you happiness you shall have it.'

'It is no use,' answered the prince; 'nobody can help me. I must bear it alone.'

'But at least let me share your grief,' urged the queen.

'No one can do that,' said he. 'I have fallen in love with what I can never marry, and I must get on as best I can.'

'It may not be as impossible as you think,' answered the queen. 'At any rate, tell me.'

There was silence between them for a moment, then, turning away his head, the prince answered gently:

'I have fallen in love with a beautiful deer!'

'Ah, if that is all,' exclaimed the queen joyfully. And she told him in broken words that, as he had guessed, it was no deer but an enchanted maiden who had won back the crown and brought her home to her own people.

'She is here, in my palace,' added the queen. 'I will take you to her.'

But when the prince stood before the girl, who was so much more beautiful than anything he had ever dreamed of, he lost all his courage, and stood with bent head before her.

Then the maiden drew near, and her eyes, as she looked at him, were the eyes of the deer that day in the forest. She whispered softly:

'By your favour let me go, and do not kill me.'

And the prince remembered her words, and his heart was filled with happiness. And the queen, his mother, watched them and smiled.

# The Sea King's Gift

by Andrew Lang

There was once a fisherman who was called Salmon, and his Christian name was Matte. He lived by the shore of the big sea; where else could he live? He had a wife called Maie; could you find a better name for her? In winter they dwelt in a little cottage by the shore, but in spring they flitted to a red rock out in the sea and stayed there the whole summer until it was autumn. The cottage on the rock was even smaller than the other; it had a wooden bolt instead of an iron lock to the door, a stone hearth, a flagstaff, and a weather-cock on the roof.

The rock was called Ahtola, and was not larger than the market- place of a town. Between the crevices there grew a little rowan tree and four alder bushes. Heaven only knows how they ever came there; perhaps they were brought by the winter storms. Besides that, there flourished some tufts of velvety grass, some scattered reeds, two plants of the yellow herb called tansy, four of a red flower, and a pretty white one; but the treasures of the rock consisted of three roots of garlic, which Maie had put in a cleft. Rock walls sheltered them on the north side, and the sun shone on them on the south. This does not seem much, but it sufficed Maie for a herb plot.

All good things go in threes, so Matte and his wife fished for salmon in spring, for herring in summer, and for cod in winter. When on Saturdays the weather was fine and the wind favourable, they sailed to the nearest town, sold their fish, and went to church on Sunday. But it often happened that for weeks at a time they were quite alone on the rock Ahtola, and had nothing to look at except their little yellow-brown dog, which bore the grand name of Prince, their grass tufts, their bushes and blooms, the sea bays and fish, a stormy sky and the blue, white-crested waves. For the rock lay far away from the land, and there were no green islets or human habitations for miles round, only here and there appeared a rock of the same red stone as Ahtola, besprinkled day and night with the ocean spray.

Matte and Maie were industrious, hard-working folk, happy and contented in their poor hut, and they thought themselves rich when they were able to salt as many casks of fish as they required for winter and yet have some left over with which to buy tobacco for the old man, and a pound or two of coffee for his wife, with plenty of burned corn and chicory in it to give it a flavour. Besides that, they had bread, butter, fish, a beer cask, and a buttermilk jar; what more did they require? All would have gone well had not Maie been possessed with a secret longing which never let her rest; and this was, how she could manage to become the owner of a cow.

'What would you do with a cow?' asked Matte. 'She could not swim so far, and our boat is not large enough to bring her over here; and even if we had her, we have nothing to feed her on.'

'We have four alder bushes and sixteen tufts of grass,' rejoined Maie.

'Yes, of course,' laughed Matte, 'and we have also three plants of garlic. Garlic would be fine feeding for her.'

'Every cow likes salt herring,' rejoined his wife. 'Even Prince is fond of fish.'

'That may be,' said her husband. 'Methinks she would soon be a dear cow if we had to feed her on salt herring. All very well for Prince, who fights with the gulls over the last morsel. Put the cow out of your head, mother, we are very well off as we are.'

Maie sighed. She knew well that her husband was right, but she could not give up the idea of a cow. The buttermilk no longer tasted as good as usual in the coffee; she thought of sweet cream and fresh butter, and of how there was nothing in the world to be compared with them.

One day as Matte and his wife were cleaning herring on the shore they heard Prince barking, and soon there appeared a gaily painted boat with three young men in it, steering towards the rock. They were students, on a boating excursion, and wanted to get something to eat.

'Bring us a junket, good mother,' cried they to Maie.

'Ah! if only I had such a thing!' sighed Maie.

'A can of fresh milk, then,' said the students; 'but it must not be skim.'

'Yes, if only I had it!' sighed the old woman, still more deeply.

'What! haven't you got a cow?'

Maie was silent. This question so struck her to the heart that she could not reply.

'We have no cow,' Matte answered; 'but we have good smoked herring, and can cook them in a couple of hours.'

'All right, then, that will do,' said the students, as they flung themselves down on the rock, while fifty silvery-white herring were turning on the spit in front of the fire.

'What's the name of this little stone in the middle of the ocean?' asked one of them.

'Ahtola,' answered the old man.

'Well, you should want for nothing when you live in the Sea King's dominion.'

Matte did not understand. He had never read Kalevala\* and knew nothing of the sea gods of old, but the students proceeded to explain to him.

[\*Kalevala is a collection of old Finnish songs about gods and heroes.]

'Oh!' cried Matte, 'have your worships really seen all that?'

'We have as good as seen it,' said the students. 'It is all printed in a book, and everything printed is true.'

'I'm not so sure of that,' said Matte, as he shook his head.

But the herring were now ready, and the students ate enough for six, and gave Prince some cold meat which they happened to have in the boat. Prince sat on his hind legs with delight and mewed like a pussy cat. When all was finished, the students handed Matte a shining silver coin, and allowed him to fill his pipe with a special kind of tobacco. They then thanked him for his kind hospitality and went on their journey, much regretted by Prince, who sat with a woeful expression and whined on the shore as long as he could see a flip of the boat's white sail in the distance.

Maie had never uttered a word, but thought the more. She had good ears, and had laid to heart the story about Ahti. 'How delightful,' thought she to herself, 'to possess a fairy cow! How delicious every morning and evening to draw milk from it, and yet have no trouble about the feeding, and to keep a shelf near the window for dishes of milk and junkets! But this will never be my luck.'

'What are you thinking of?' asked Matte.

'Nothing,' said his wife; but all the time she was pondering over some magic rhymes she had heard in her childhood from an old lame man, which were supposed to bring luck in fishing.

'What if I were to try?' thought she.

Now this was Saturday, and on Saturday evenings Matte never set the herring-net, for he did not fish on Sunday. Towards evening, however, his wife said:

'Let us set the herring-net just this once.'

'No,' said her husband, 'it is a Saturday night.'

'Last night was so stormy, and we caught so little,' urged his wife; 'to-night the sea is like a mirror, and with the wind in this direction the herring are drawing towards land.'

'But there are streaks in the north-western sky, and Prince was eating grass this evening,' said the old man.

'Surely he has not eaten my garlic,' exclaimed the old woman.

'No; but there will be rough weather by to-morrow at sunset,' rejoined Matte.

'Listen to me,' said his wife, 'we will set only one net close to the shore, and then we shall be able to finish up our half-filled cask, which will spoil if it stands open so long.'

The old man allowed himself to be talked over, and so they rowed out with the net. When they reached the deepest part of the water, she began to hum the words of the magic rhyme, altering the words to suit the longing of her heart:

Oh, Ahti, with the long, long beard, Who dwellest in the deep blue sea, Finest treasures have I heard,  
And glittering fish belong to thee. The richest pearls beyond compare Are stored up in thy realm  
below, And Ocean's cows so sleek and fair Feed on the grass in thy green meadow.

King of the waters, far and near, I ask not of thy golden store, I wish not jewels of pearl to wear, Nor  
silver either, ask I for, But one is odd and even is two, So give me a cow, sea-king so bold, And in  
return I'll give to you A slice of the moon, and the sun's gold.

'What's that you're humming?' asked the old man.

'Oh, only the words of an old rhyme that keeps running in my head,' answered the old woman; and  
she raised her voice and went on:

Oh, Ahti, with the long, long beard, Who dwellest in the deep blue sea, A thousand cows are in thy  
herd, I pray thee give one onto me.

'That's a stupid sort of song,' said Matte. 'What else should one beg of the sea-king but fish? But  
such songs are not for Sunday.'

His wife pretended not to hear him, and sang and sang the same tune all the time they were on the  
water. Matte heard nothing more as he sat and rowed the heavy boat, while thinking of his cracked  
pipe and the fine tobacco. Then they returned to the island, and soon after went to bed.

But neither Matte nor Maie could sleep a wink; the one thought of how he had profaned Sunday,  
and the other of Ahti's cow.

About midnight the fisherman sat up, and said to his wife:

'Dost thou hear anything?'

'No,' said she.

'I think the twirling of the weathercock on the roof bodes ill,' said he; 'we shall have a storm.'

'Oh, it is nothing but your fancy,' said his wife.

Matte lay down, but soon rose again.

'The weathercock is squeaking now,' said he.

'Just fancy! Go to sleep,' said his wife; and the old man tried to.

For the third time he jumped out of bed.

'Ho! how the weather-cock is roaring at the pitch of its voice, as if it had a fire inside it! We are going to have a tempest, and must bring in the net.'

Both rose. The summer night was as dark as if it had been October, the weather-cock creaked, and the storm was raging in every direction. As they went out the sea lay around them as white as now, and the spray was dashing right over the fisher-hut. In all his life Matte had never remembered such a night. To launch the boat and put to sea to rescue the net was a thing not to be thought of. The fisherman and his wife stood aghast on the doorstep, holding on fast by the doorpost, while the foam splashed over their faces.

'Did I not tell thee that there is no luck in Sunday fishing?' said Matte sulkily; and his wife was so frightened that she never even once thought of Ahti's cows.

As there was nothing to be done, they went in. Their eyes were heavy for lack of slumber, and they slept as soundly as if there had not been such a thing as an angry sea roaring furiously around their lonely dwelling. When they awoke, the sun was high in the heavens, the tempest had cased, and only the swell of the sea rose in silvery heavings against the red rock.

'What can that be?' said the old woman, as she peeped out of the door.

'It looks like a big seal,' said Matte.

'As sure as I live, it's a cow!' exclaimed Maie. And certainly it was a cow, a fine red cow, fat and flourishing, and looking as if it had been fed all its days on spinach. It wandered peacefully up and down the shore, and never so much as even looked at the poor little tufts of grass, as if it despised such fare.

Matte could not believe his eyes. But a cow she seemed, and a cow she was found to be; and when the old woman began to milk her, every pitcher and pan, even to the baler, was soon filled with the most delicious milk.

The old man troubled his head in vain as to how she came there, and sallied forth to seek for his lost net. He had not proceeded far when he found it cast up on the shore, and so full of fish that not a mesh was visible.

'It is all very fine to possess a cow,' said Matte, as he cleaned the fish; 'but what are we going to feed her on?'

'We shall find some means,' said his wife; and the cow found the means herself. She went out and cropped the seaweed which grew in great abundance near the shore, and always kept in good condition. Every one Prince alone excepted, thought she was a clever beast; but Prince barked at her, for he had now got a rival.

From that day the red rock overflowed with milk and junkets, and every net was filled with fish. Matte and Maie grew fat on this fine living, and daily became richer. She churned quantities of butter, and he hired two men to help him in his fishing. The sea lay before him like a big fish tank, out of which he hauled as many as he required; and the cow continued to fend for herself. In autumn, when Matte and Maie went ashore, the cow went to sea, and in spring, when they returned to the rock, there she stood awaiting them.

'We shall require a better house,' said Maie the following summer; 'the old one is too small for ourselves and the men.'

'Yes,' said Matte. So he built a large cottage, with a real lock to the door, and a store-house for fish as well; and he and his men caught such quantities of fish that they sent tons of salmon, herring, and cod to Russian and Sweden.

'I am quite overworked with so many folk,' said Maie; 'a girl to help me would not come amiss.' 'Get one, then,' said her husband; and so they hired a girl.

Then Maie said: 'We have too little milk for all these folk. Now that I have a servant, with the same amount of trouble she could look after three cows.'

'All right, then,' said her husband, somewhat provoked, 'you can sing a song to the fairies.'

This annoyed Maie, but nevertheless she rowed out to sea on Sunday night and sang as before: Oh, Ahti, with the long, long beard, Who dwellest in the deep blue sea, A thousand cows are in thy herd, I pray thee give three unto me.

The following morning, instead of one, three cows stood on the island, and they all ate seaweed and fended for themselves like the first one.

'Art thou satisfied now?' said Matte to his wife.

'I should be quite satisfied,' said his wife, 'if only I had two servants to help, and if I had some finer clothes. Don't you know that I am addressed as Madam?'

'Well, well,' said her husband. So Maie got several servants and clothes fit for a great lady.

'Everything would now be perfect if only we had a little better dwelling for summer. You might build us a two-storey house, and fetch soil to make a garden. Then you might make a little harbour up there to let us have a sea-view; and we might have a fiddler to fiddle to us of an evening, and a little steamer to take us to church in stormy weather.'

'Anything more?' asked Matte; but he did everything that his wife wished. The rock Ahtola became so grand and Maie so grand that all the sea-urchins and herring were lost in wonderment. Even Prince was fed on beefsteaks and cream scones till at last he was as round as a butter jar.

'Are you satisfied now?' asked Matte.

'I should be quite satisfied,' said Maie, 'if only I had thirty cows. At least that number is required for such a household.'

'Go to the fairies,' said Matte.

His wife set out in the new steamer and sang to the sea-king. Next morning thirty cows stood on the shore, all finding food for themselves.

'Know'st thou, good man, that we are far too cramped on this wretched rock, and where am I to find room for so many cows?'

'There is nothing to be done but to pump out the sea.'

'Rubbish!' said his wife. 'Who can pump out the sea?'

'Try with thy new steamer, there is a pump in it.'

Maie knew well that her husband was only making fun of her, but still her mind was set upon the same subject. 'I never could pump the sea out,' thought she, 'but perhaps I might fill it up, if I were to make a big dam. I might heap up sand and stones, and make our island as big again.'

Maie loaded her boat with stones and went out to sea. The fiddler was with her, and fiddled so finely that Ahti and Wellamos and all the sea's daughters rose to the surface of the water to listen to the music.

'What is that shining so brightly in the waves?' asked Maie.

'That is sea foam glinting in the sunshine,' answered the fiddler.

'Throw out the stones,' said Maie.

The people in the boat began to throw out the stones, splash, splash, right and left, into the foam. One stone hit the nose of Wellamos's chief lady-in-waiting, another scratched the sea queen herself on the cheek, a third plumped close to Ahti's head and tore off half of the sea-king's beard; then there was a commotion in the sea, the waves bubbled and bubbled like boiling water in a pot.

'Whence comes this gust of wind?' said Maie; and as she spoke the sea opened and swallowed up the steamer. Maie sank to the bottom like a stone, but, stretching out her arms and legs, she rose to the surface, where she found the fiddler's fiddle, and used it as a float. At the same moment she saw close beside her the terrible head of Ahti, and he had only half a beard!

'Why did you throw stones at me?' roared the sea-king.

'Oh, your majesty, it was a mistake! Put some bear's grease on your beard and that will soon make it grow again.'

'Dame, did I not give you all you asked for—nay, even more?'

'Truly, truly, your majesty. Many thanks for the cows.'

'Well, where is the gold from the sun and the silver from the moon that you promised me?'

'Ah, your majesty, they have been scattered day and night upon the sea, except when the sky was overcast,' slyly answered Maie.

'I'll teach you!' roared the sea-king; and with that he gave the fiddle such a 'puff' that it sent the old woman up like a sky-rocket on to her island. There Prince lay, as famished as ever, gnawing the carcase of a crow. There sat Matte in his ragged grey jacket, quite alone, on the steps of the old hut, mending a net.

'Heavens, mother,' said he, 'where are you coming from at such a whirlwind pace, and what makes you in such a dripping condition?'

Maie looked around her amazed, and said, 'Where is our two-storey house?'

'What house?' asked her husband.

'Our big house, and the flower garden, and the men and the maids, and the thirty beautiful cows, and the steamer, and everything else?'

'You are talking nonsense, mother,' said he. 'The students have quite turned your head, for you sang silly songs last evening while we were rowing, and then you could not sleep till early morning. We had stormy weather during the night, and when it was past I did not wish to waken you, so rowed out alone to rescue the net.'

'But I've seen Ahti,' rejoined Maie.

'You've been lying in bed, dreaming foolish fancies, mother, and then in your sleep you walked into the water.'

'But there is the fiddle,' said Maie.

'A fine fiddle! It is only an old stick. No, no, old woman, another time we will be more careful. Good luck never attends fishing on a Sunday.'

# The Shipwrecked Man and the Sea

by Aesop

A Shipwrecked Man, having been cast upon a certain shore, slept after his buffetings with the deep. After a while waking up, when he looked upon the sea, he loaded it with reproaches that, enticing men with the calmness of its looks, when it had induced them to plough its waters, it grew rough and destroyed them utterly.

The Sea, assuming the form of a woman, replied to him: "Blame not me, my good sir, but the winds, for I am by my own nature as calm and firm even as this earth; but the winds falling on me on a sudden, create these waves, and lash me into fury."

*Use care to place your blame on the right person.*



## History & Geography

For history and geography, we've included excerpts from Elementary Geography by Charlotte Mason. The selections we have chosen are:

- Lesson XXXIX: The Waters of the Earth Part I
- Lesson XL: The Waters of the Earth Part II
- Lesson XLI: The Oceans and Their Parts

Read them together and answer the questions included below.

*"A smooth sea never made a skillful sailor."*

~ Franklin D. Roosevelt

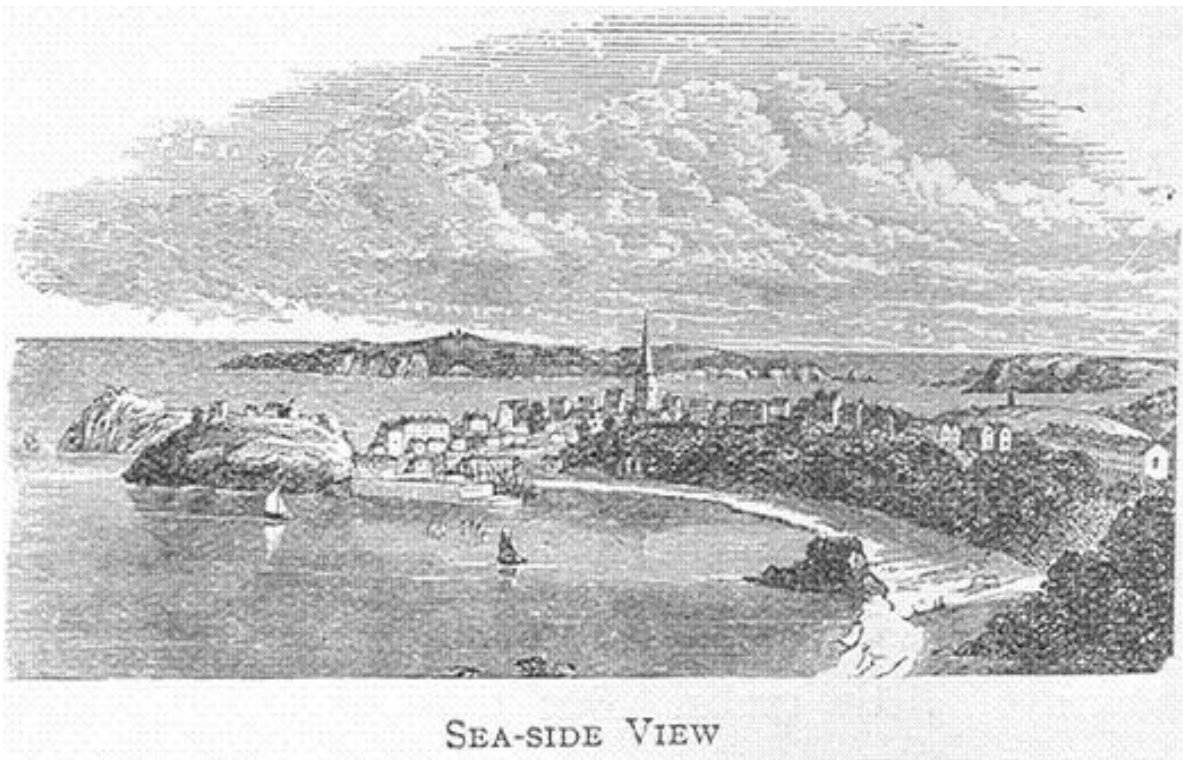
History & Geography

# Elementary Geography

by Charlotte Mason

## Lesson XXXIX: The Waters of the Earth Part I

Land folk know little about the sea compared with the men who go down to the sea in ships and occupy their business upon the great deep. Still, people who have been to the seaside know something about it. They have felt the delightful breeze that comes off the water: a strong wind, sometimes, which blows off hats, sends hair flying about, and drives everybody along before it. What waves there are in such a wind! high enough sometimes to wash over the pier. Great gray waves they are, which rise higher and higher until each long swell breaks into foam at the top; and then, how the white horses come galloping in to shore! And how the sea changes colour! At one time it is blue; then, a beautiful clear green, flecked all over with white foam; and then, a dull, sad-looking grey.



Never still for a moment, it is always moving, always changing, always sending forth a sound. The least breath of wind spreads a ripple over the waters; and, wind or no wind, every day, wave after wave, the sea comes close in to the land. Then, as if shy of the land folk, it retires a long way off, leaving the sands wet and shining where it has been. No sooner is it out than it returns, but returns only to retire again.

This change goes on continually, twice every day, and is known as the coming in and going out, or the flow and ebb, of the tide.

When the tide is going out is the best time to hunt for seaside treasures; lovely shells and curious seaweed, strange looking starfish, and droll little crabs. But the fishing smacks bring in better treasures than these; great boat-loads of herrings or mackerel, or other wholesome fish. Then, who does not know the pleasure of bathing, of tumbling about in the cool water on a hot day? But how salt and bitter the water is which gets into our mouths!

So even landsmen know a good deal about the sea. They know how it looks, stretching away and away until it seems to touch the sky in a half-circle. They have seen the ships come and go upon it, now sinking below, now rising above the half-circle of the horizon. They know that the waters are salt and bitter. That the sea breezes bring health to the land. That the waters are never at rest, but are rippled, or raised into storm waves by the wind, and are always moving to and fro with the tide. That many fish live in the waters, some with a shell for a house, and some only covered with shining scales. That curious plants, which we call sea-weeds, grow in the sea; and that its colour changes many times a day.

## Lesson XL: The Waters of the Earth Part II

But think what it would be to cross the great ocean in one of the ships we see sinking below the horizon. Ocean is the name given to the mighty waters which cover so much of the earth's surface. Think of sailing on, day after day, week after week, and never seeing land, nothing anywhere, but the wide waste of waters. There is not half a circle, but the whole circle of the horizon about you everywhere, for nothing breaks the view. Wherever you look, water and sky seem to meet in the far distance.



A ROUGH SEA

In the morning you see the sun rising, it would seem, out of the sea in the east; and you can easily watch him all day until he seems to sink into the sea again in the west.

Now and then another ship crosses your way and is "spoken," as sailors say.

Sad it is for all on board when a terrible storm arises! When the great billows mount higher than the ship's masts, and wash her decks, and cause the ship to reel to and fro, and fill her with water, until at last, she sinks to the bottom.

If a ship goes to the bottom in mid-ocean, there is no hope of getting her up again. She will go down, down, to a greater depth in the water than you can imagine before the bottom is reached.

Think of the longest walk you are yet able to take, say five or six miles. Think of that long walk turned on end, so that you could go straight down the whole way as a fly might walk down a wall. Such a distance off, straight down, does the bottom or bed of the ocean lie.

This ocean bed is not flat, like the floor of a room; it rises into high places, and sinks down into low places as the surface of the land does.

Indeed, many of these high places in the bed of the ocean rise to a height of more than five or six miles, and may be seen above the water when they form islands. Sometimes these islands appear only as bare rocks, but sometimes trees and plants grow, and people live upon them. The land stretching down into the great ocean divides it into separate parts, and each of these divisions is a little different from the others, and has a name of its own. In this way there are five oceans, though their waters unite and make the one great ocean, as you will see on a map or globe.

## Questions on Lesson XL

1. What is an ocean? -- Ocean is the name of the great waters of the earth.
2. How many oceans are there? -- Five.
3. How so? -- The great ocean has five parts with different names.
4. Name the five oceans. -- The Pacific, Atlantic, Indian, Arctic, and Antarctic.

## Lesson XXI: The Oceans and Their Parts

The ocean waters which lie near each of the poles are frozen to a great depth. Even in the long summer day of those regions, when the sun does not set for months together, it fails to thaw the deep ice upon these frozen oceans.

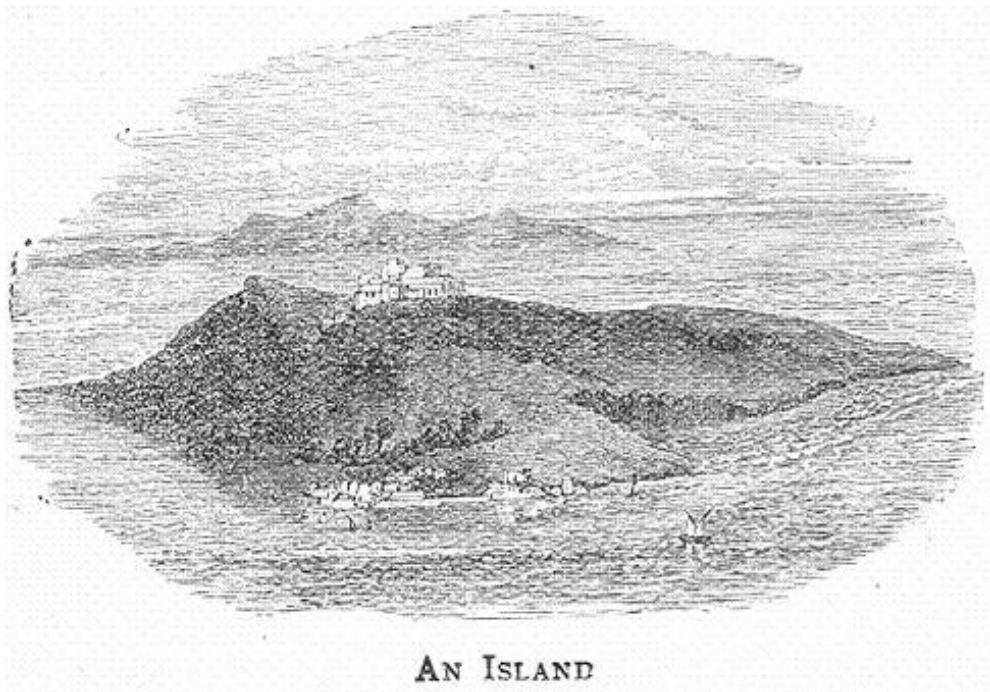
Though the ice is never really thawed, yet the sun is strong enough to cause it to crack here and there with a sound like thunder. The great masses of ice, -- icebergs, or ice mountains, -- which are broken off in this way, float about where they can find room. Some of them make their way far north or south towards the equator; and ships' crews are sometimes startled to see a huge blue iceberg floating down upon them in quite warm regions. In the Polar regions multitudes of these ice mountains break loose in the summer; and these strike against one another every now and then with a tremendous crash.

You would think no vessel would venture into these terrible seas; yet, every few years ships full of brave men set forth to explore the Arctic and Antarctic Oceans.

The Arctic is the ocean about the North Pole. The ocean which surrounds the land at the South Pole is the Antarctic, and it is even more dreary than the Arctic, because it is farther from inhabited lands. The word Antarctic means "opposite to" the Arctic.

The great whale loves to bring up her young in these lonely seas.

The greatest of the oceans is the Pacific. It fills more space than all the countries of the earth taken together.



AN ISLAND

It reaches south to the Antarctic, and the waters of these two oceans are not separated in any way. It is nearly divided from the Arctic by the northern lands of Asia and America, but there is a narrow passage of water which joins the two oceans. Such a narrow passage of water joining two larger portions is called a strait.

The high parts of the ocean bed rise above water in many places in the Pacific. These are called islands. An island is just a piece of land with water all round it. On the map you will find many islands scattered over the Pacific Ocean. They are mostly small and lie in groups; that is, several clustered together.

This ocean makes its way into the land in only one place on the American coast, by a long, narrow opening called a gulf.

It has made five large openings on the eastern side of Asia, and each of these openings is separated from the rest of the ocean waters by a chain of islands.

Parts of the ocean lying in great curves of the land in this way are called seas, and the Pacific has five seas on the east of Asia.

The Atlantic Ocean is much smaller than the Pacific, but is more important to us. English ships are continually coming and going upon it, and can get into other oceans only after crossing the Atlantic.

Though it has not many ocean islands, the Atlantic has numerous large islands lying off the continents. It has also many inland seas; that is, seas which are nearly surrounded by land, not just locked in by a chain of islands. Some of these seas are connected with the ocean only by narrow straits; others, by wide passages of water called channels.

Sometimes the ocean enters the land by a wide opening not shut in in any way; such as opening is called a bay.

The Indian Ocean, which lies to the south of Asia, is the hottest of the oceans.

## **Questions on Lesson XLI**

1. What is a sea? -- A part of the ocean lying in great curves of the land, or nearly surrounded by land.
2. What is a gulf? -- An opening into the land, generally long and narrow.
3. What is a strait? -- A narrow passage of water, joining two larger portions together.
4. What is a channel? -- A passage of water generally longer and wider than a strait.
5. What is a bay? -- An opening into the land, generally wide.

6. What is an island? -- Land surrounded by water.
7. What is a group of islands? -- Several islands lying close together.
8. What is the main land? -- The principal land, the continent.
9. What is a peninsula? -- Land which the sea almost surrounds.
10. What is an isthmus? -- The narrow neck of land which sometimes joins a peninsula to the mainland.
11. What is a cape? -- A small piece of land jutting out into the sea.
12. By what other names is such a point of land known? -- Ness or naze (which means nose), and point: a high cliff jutting into the sea is called a head or promontory.

## Map Questions

1. Between what continents does the Pacific lie?
2. The Atlantic?
3. The Indian Ocean?
4. What continents have shores washed by the Arctic Ocean?
5. Name the five seas east of Asia.
6. What strait connects the Pacific and Arctic Oceans?
7. Name the gulf on the west of America.
8. Name a large bay on the west of Europe.
9. Name three large islands in the Mediterranean sea.
10. What channel lies between England and France?
11. What is the narrowest part of this channel called?
12. Name four large peninsulas which form part of the continent of Europe?
13. What isthmus connects Africa with Asia?
14. Name the most northerly cape in Europe.
15. The most southerly.



## Nature Study

Each Friday morning, you will go through two of our nature cards. These are short, factual cards with images to help your child become familiar with objects in the natural world.

As you progress through our sessions, you may find it handy to keep your past nature cards in a binder for easy reference when your children come across a familiar object. These seeds you are planting will grow into a wonderful garden of knowledge for your children in years to come.

As you explore nature outside your home, watch and listen for newly discovered delights. Most of all, remember...

*"Point to some lovely flower or gracious tree, not only as a beautiful work, but as a beautiful thought of God."*

~ Charlotte Mason

Nature Study



# Shark 1

- Sharks are a type of fish with teeth, fins, a tail, and gills.
- Sharks are typically carnivores (though some species feed on plankton instead), and eat meat such as other fish, squids, turtles, and seals.

- Sharks can range from very small to very large: the smallest species of shark, the dwarf lanternshark, can be as small as 6.7 inches in length, while the whale shark, the biggest fish in the world, gets to around 40 feet long!
- Sharks typically live 20-30 years, though some species, like the spiny dogfish and the whale shark, can live for over 100 years.
- The earliest known sharks originated in the Jurassic Period, over 2 million years ago!



# Dolphin 1

- Dolphins are a type of aquatic mammal, meaning they live in the water but have mammalian traits, like being warm-blooded and breathing air through their lungs, not from gills.
- Most dolphins eat fish and squid, but the orca (a species of dolphin) also eats seals,

sharks, and sometimes other dolphins.

- Many species of dolphins are considered oceanic, meaning they live in the ocean, but there are some types of dolphins whose native habitats are in freshwater or brackish rivers, not the ocean.
- Dolphins are highly social creatures and communicate with each other through a variety of clicks and whistles.
- Bottlenose dolphins even have “names” for each other: unique whistles that help them call to each other and identify one another.



# Whale 2

- Whales are a type of large aquatic mammal that lives in the ocean.
- Because they are mammals, they have a blowhole (a type of nostril on top of their heads) instead of gills, which means they must regularly swim to the surface for air and hold their breath when beneath the water.

- Whales have a layer of fat called blubber that keeps them insulated from the cold temperatures of the deep sea and also helps them to float.
- Whales can make several different sounds, like clicks, whistles, and even songs. One species, the humpback whale, is known for its hauntingly beautiful songs.
- There are many species of whales that all eat different things. Some, like the sperm whale, hunt fish and squid, while others, like the blue whale, filter water through their sieve-like mouths to catch and eat tiny creatures known as plankton.



# Stingray 2

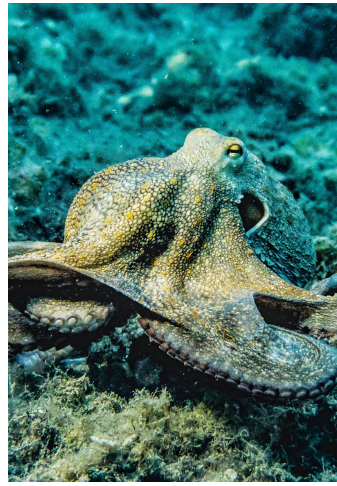
- Stingrays are a type of cartilaginous fish, which means their skeletons are made of a flexible material called cartilage, rather than bone.
- They have flat, disk-shaped bodies with a long tail, eyes on the top of their head, and a mouth on the underside.

- Stingrays propel themselves by using their pectoral fins to make a flapping motion that pushes them through the water, which makes them appear like they are “flying” underwater.
- Stingrays are named for the venomous barbs attached to their tails, which they use to defend themselves from predators.
- Stingrays primarily breathe using their mouth and gills like many other fish, but they can also breathe using spiracles- a small opening behind their eyes.



## Jellyfish 3

- Jellyfish are soft, jelly-like creatures that live in the water. Contrary to their name, jellyfish are not truly fish, but rather a type of invertebrate (creatures without a bone structure).
- Jellyfish typically eat meat such as plankton, small fish, fish eggs, crustaceans, and sometimes other jellyfish.
- Jellyfish have an umbrella-shaped body called a bell with tentacles on their underside. The bell of a jellyfish helps to propel them through the water by expanding and contracting, which pushes them through the water.
- However, some types of jellyfish do not swim through the ocean; instead, they remain permanently anchored to stalks on the ocean floor.
- Jellyfish tentacles have stinging properties that are used to stun and capture food or to defend themselves against predators.



## Octopus 3

- Octopuses are ocean-dwelling creatures with eight limbs that have suckers attached, two large eyes at the top of their heads, and a hard beak.
- Octopuses have three hearts: two to pump blood through their gills, and one that pumps blood through their entire body.
- They are very intelligent creatures and can recognize patterns and shapes. They have even been observed playing with toys and using tools.
- Octopuses have no skeleton, which makes it very easy for them to squeeze into small, tight spaces, where they hide from predators who might eat them.
- Octopuses can change color to blend in with the environment around them and hide themselves from predators. Some species even use the changing colors for more than camouflage, signaling their emotions by their color: red for anger, white for fear, and brown or orange for calm.



## Seal 4

- Seals are a type of pinniped: a water-dwelling mammal that eats meat. Other pinnipeds include walruses and sea lions.
- Seals have a sleek, streamlined body, a rounded head, and a tail and flippers that help propel them through the water.
- The smallest species of seal, the baikal seal, grows to around 3 feet long and 100 lbs, while the largest species, the elephant seal, measures in at around 16 feet long and can weigh around 7,100 lbs.
- Seals live in the water primarily, but will swim ashore at times to rest, avoid predators, and warm themselves in the sun.
- From afar, seals sometimes seem hairless, but all seal species actually have coats of fur ranging from very fine to thick, depending on their habitat. This fur keeps them warm in cold water.



## Crab 4

- Crabs are a type of crustacean: a group of hard-shelled creatures that also includes lobsters and shrimp.
- While many crabs live in fresh or salt water, some crabs, known as terrestrial crabs, live primarily on land, only occasionally venturing into the water.
- Crabs have jointed legs that bend out from their bodies, causing them to walk or run sideways.
- While most crabs are omnivorous and eat plants like algae and animals such as mollusks and worms, some species eat only plants or only meat.
- Some crabs, called hermit crabs, move into the empty shells of other sea creatures and make them their homes to protect themselves from predators.



## Handicraft

In this session, we are creating this adorable seashell trinket dish out of clay! Step-by-step instructions and images have been included to make things simple and clear. This is a great use for any seashells you have collected on nature walks or vacation!

*"I've filled him with the Spirit of God, giving him skill and know-how and expertise in every kind of craft to create designs ... he's an all-around craftsman."*

~ Exodus 31:3-5

# Handicraft Lesson

# Seashell Trinket Dish



## Supplies Needed:

- Clay (we used Crayola Air-Dry)
- Seashells of various shapes and sizes
- Varnish
- Paint (optional)

## Instructions:

1. Prepare clay according to instructions. Roll into a ball and flatten with a rolling pin to about ¼ inch.
2. Shape clay: round and turn up the edges to make a trinket dish shape, or add an indentation in the side in the shape of a paint palette. Get creative and use any shape you want!



3. Take various seashells and press them, mouth-side down into the clay, but not too deep that they cut into the bottom.

4. Follow the package instructions to allow the clay to dry out, or bake clay in the oven to harden.

5. OPTIONAL: Paint the trinket dish with acrylic paints and seal with varnish.



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