

Grades pre-K-K-2

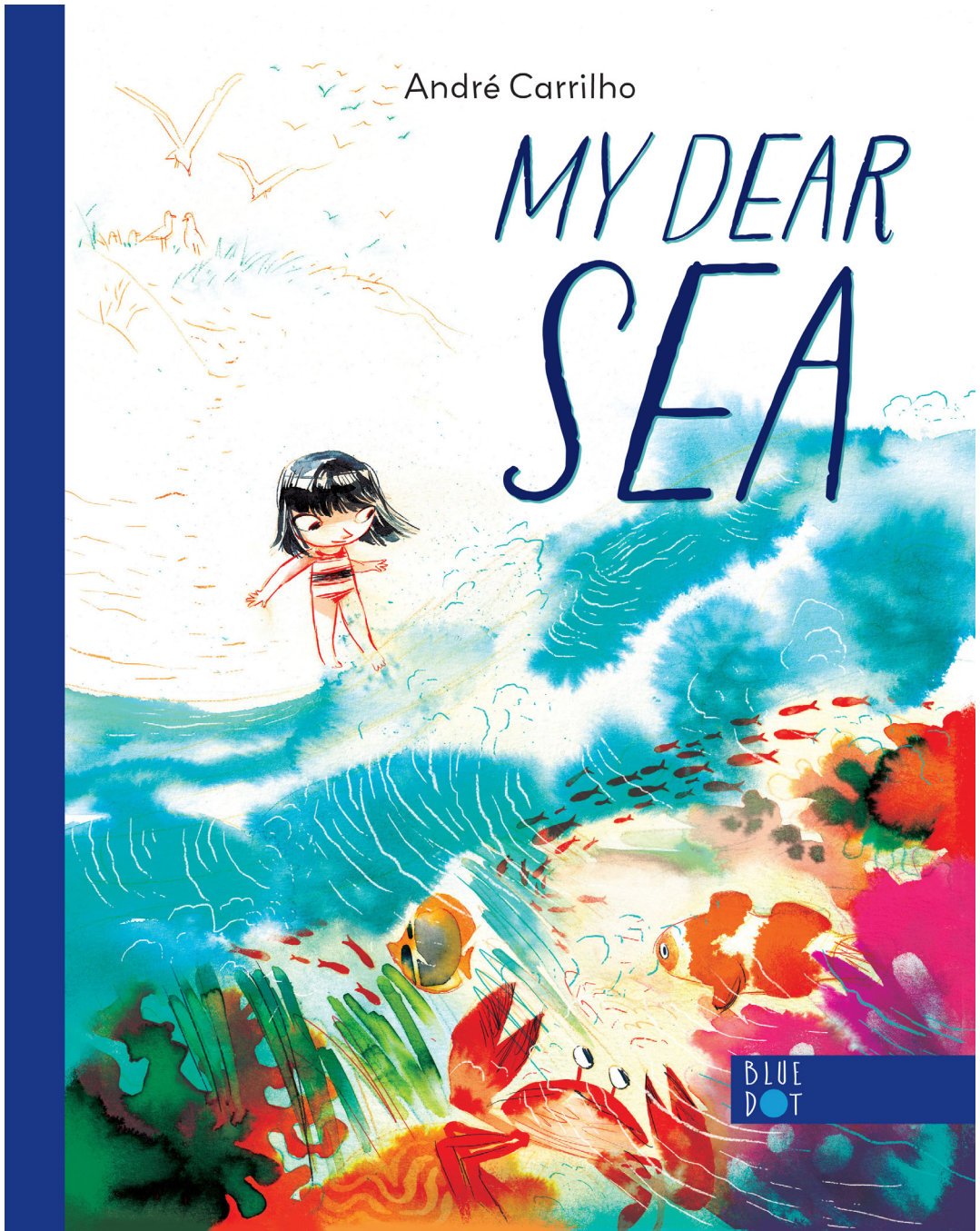


# Your Teacher's Guide

from Blue Dot Kids Press

André Carrilho

## MY DEAR SEA



*My Dear Sea*, written and illustrated by André Carrilho

Published April 1, 2025 | ISBN 9798989858835 | Ages 3-7



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## Before Reading

Establish background knowledge.

- What do the title and cover illustrations tell you about the book? Where do you think the story takes place? Who will be in the story? What might happen in the story?
- What does the bio on the inside flap of the back cover tell you about the author and illustrator, André Carrilho? Where in the world is Portugal? Is Portugal near a sea? Which one?
- Look through the illustrations in the book. Have you ever seen the creatures that are in the book?

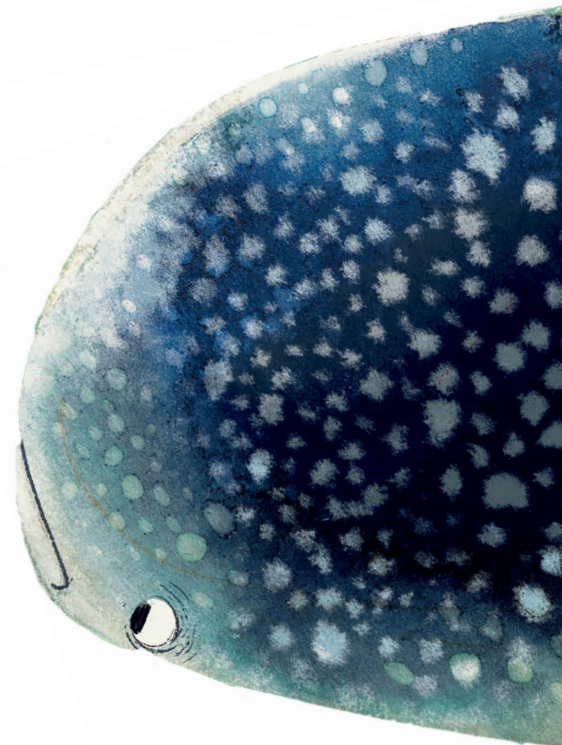
## During Reading

As you read, pause with each new word or new use of a familiar word. Here are some of those terms:

- Devise a solution
- Ebb (versus Flow)
- Pollution
- Recede
- Spectrum
- Steward
- Surf

Discuss concepts beyond vocabulary:

- How do the illustrations create mood, clarify the topic, and show the setting?
- Is this a short story or a long poem? How can you tell?

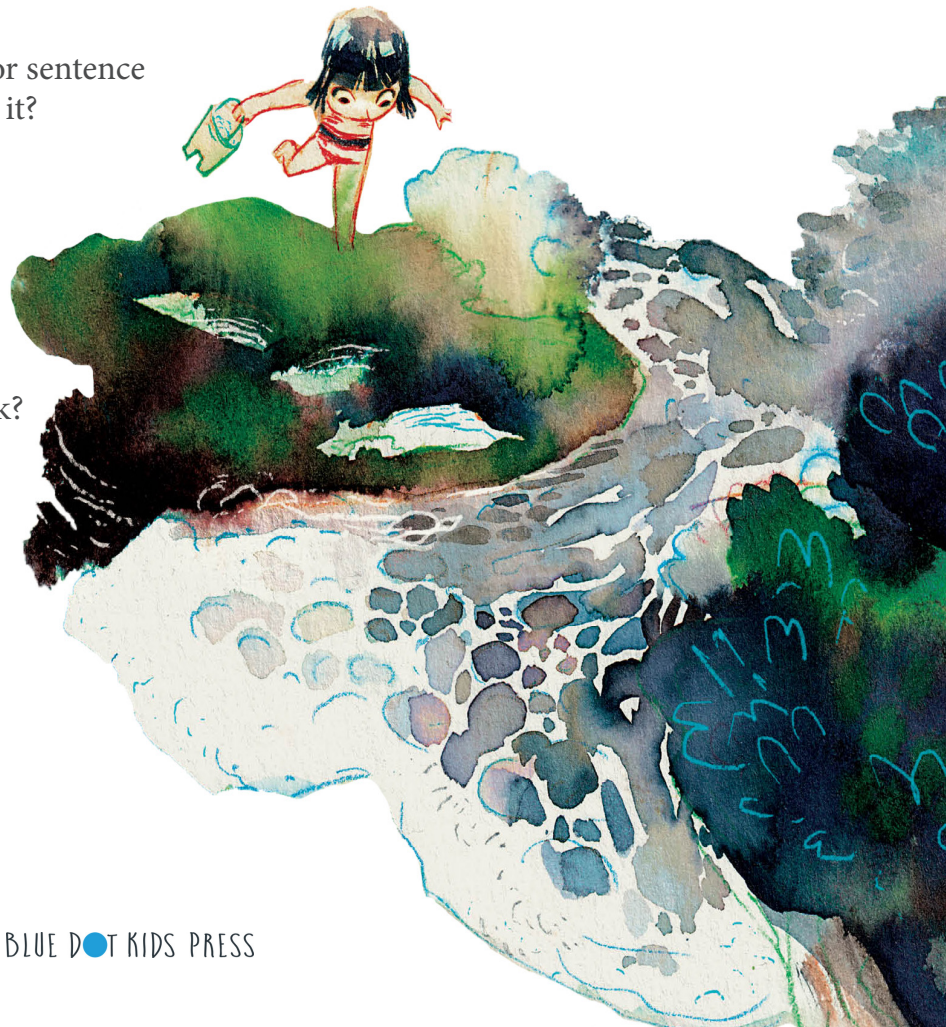




## After Reading

### Check for understanding.

- Who is the narrator?
- Do you relate to the narrator? Why or why not?
- What does the dad mean when he says to “respect the sea”? How do you show respect to nature?
- What kind of a character is the sea? Is it friendly, tricky, playful, all of those, or something else? How can you tell?
- Thinking more about writing: What does the narrator mean when they say, “Surf soft as silk can be harder than stone.”
- Thinking more about history: The narrator says, “Once upon a time, Sea hid monsters with teeth and lost of brave ships, treasures still sunk beneath.” What is the narrator talking about? Were there really monsters in the sea, or did sailors imagine them? What do you think?
- Thinking more about science: The narrator talks about the sea stretching to where “the world came to an end.” Does the world have an end? The narrator also says, “The sea is where life on our planet first sprung.” What are they referring to?
- Thinking more about conservation: What is happening on the thirteenth and fourteenth spreads? Have you ever participated in a beach cleanup or the cleanup of another outdoors area?
- What is your favorite word, phrase, or sentence in the book? What do you like about it?
- What surprised you in this book?
- What is the author’s purpose for writing this book?
- Did you remember to read the very last page? What—or who!—inspired the author to write this book?
- What new information did you learn as you read?



## Research

Explore the animals that are throughout the book (some are named, and some are visible only in the paintings). As a class or in small groups, research one or two.

- What do they look like?
- Where in the world do they live?
- What do they eat?
- What is something unique or interesting about them?

Share the information with the rest of the class through art projects.



## STEAM Activity: “The Sea Has a Rhythm...”

*“The sea has a rhythm. I should have kept track. It ebbs far, flows near, recedes right back.”*  
The narrator gains firsthand experience of the power of the sea’s tides during this day on the beach. Students can too, even if they don’t live near the water.

First, students can act out how tides work by following this activity from the Seacoast Science Center: [https://www.seacoastsciencecenter.org/wp-content/uploads/2023/01/RSC\\_Lesson5\\_The-Oceans-Tides.pdf](https://www.seacoastsciencecenter.org/wp-content/uploads/2023/01/RSC_Lesson5_The-Oceans-Tides.pdf). All that is needed in terms of supplies are two “markers” for each student, such as carpet squares or pieces of cardboard, and plenty of room to move around.

Then, students can make a dishpan tide pool. The Monterey Bay Aquarium offers instructions here: <https://www.montereybayaquarium.org/for-educators/educator-professional-development/curriculum/dishpan-tide-pool>. The supplies are:

- Dishpans (one per group)
- Images of rocky shore animals from calendars, magazines, or websites
- Rocks
- Clay or plasticine
- Water
- Pitcher or other measuring container for water (one per group)
- Plastic tubing to siphon water
- “Wave maker” (plastic lid or ruler)
- Paper

## STEAM Activity: “A Bestie Deserves Gifts of Love Made by Hand...”

Toward the end of *My Dear Sea*, there is this line: “*A bestie deserves gifts of love made by hand.*” The narrator draws a picture of a whale in the sand as a present for her dear Sea.

Think about your best nature friend. Maybe it’s a park, a tree, a flower, a rock, that secret spot under the bush in your backyard, or the sea. Draw your friend a gift. Share with the class why you drew what you drew.

## Citizen Science

**Citizen science**, also called **community science**, happens when people study the world around them and send the data they collect to scientists.

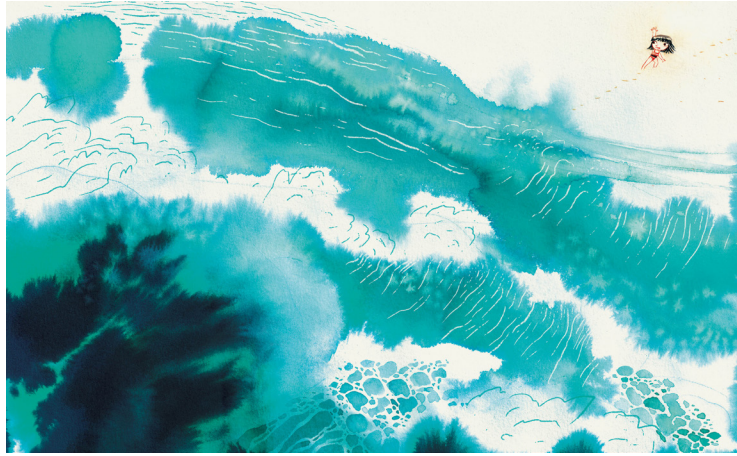
A **citizen scientist** is anyone—young or old, who has attended a lot of school or who hasn’t, from a city or a small town—who helps to answer real scientific questions. Citizen scientists offer an invaluable service because, together, they can collect data over greater distances and longer periods of time than scientists and researchers alone.

One of the narrator’s activities is picking up garbage from the beach. Plastic pollution of the world’s oceans is one of the biggest environmental issues of our time. It impacts nearly seven hundred marine species, including the ones in *My Dear Sea*.

Not everyone lives near an ocean, but most of us live near some form of moving water: a river, stream, or creek. Those waterways play a central role in the disbursement of plastic pollution—most of the plastic found in the ocean traveled there from a smaller body of water. So, all of us can observe, record, and report on plastic pollution in whatever water is near us. And then all of us will be doing something to help solve this problem.

The Ocean Cleanup Research Team is asking citizen scientists to help them map floating plastic. This helps them better understand the problem and know where to focus cleanup efforts. There is more information, and links to The Ocean Cleanup Survey App to use for recording your observations, here: <https://theoceancleanup.com/research/citizen-science/>.

The Marine Debris Monitoring and Assessment Project (MDMAP) has sites in much of the US along the coasts and the Great Lakes. They want people to help them measure the amount and types of marine debris along shorelines. Steps to get started are here: <https://marinedebris.noaa.gov/monitoring/marine-debris-monitoring-and-assessment-project>.



**Blue Dot Kids Press** inspires curiosity with beautifully crafted stories that connect us to each other and the planet we share. Written and illustrated by impassioned **storytellers and artists from around the world**, our books engage young readers' innate sense of **wonder and empathy**, connecting them to our global community and **the pale blue dot we call home**.

As an **independent, mission-driven**, children's publisher based in San Francisco, California, and Wellington, New Zealand, our **passion for nature and its stewardship** are evident in every book we publish—as well as in our business practices.

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