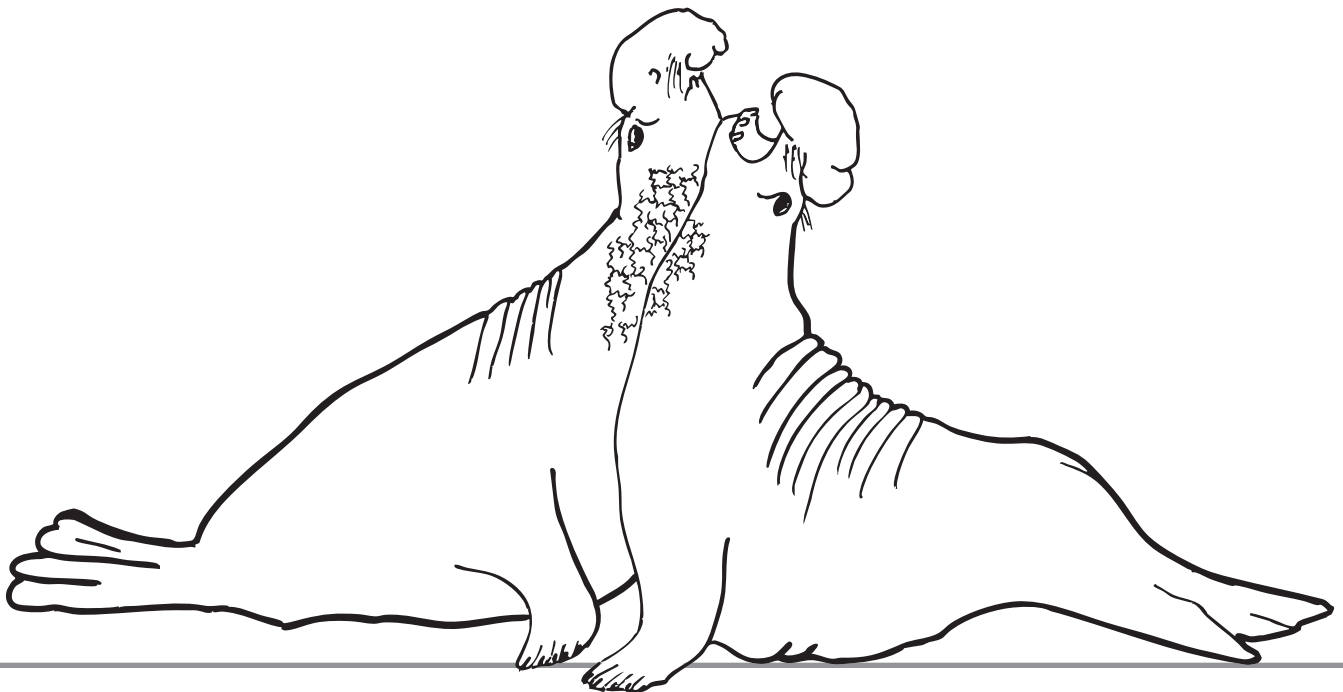


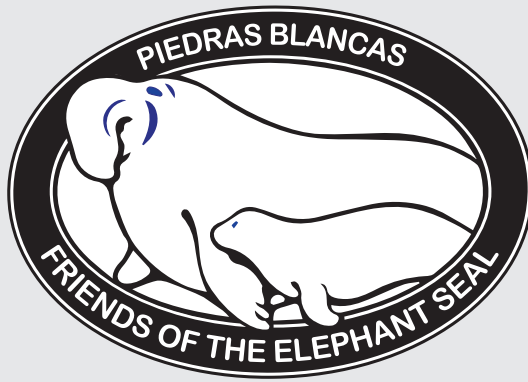


# ADVENTURE GUIDE

for

**BEST FRIENDS FOREVER  
of the ELEPHANT SEAL**





## **Friends of the Elephant Seal (FES) Visitor Center**

Plaza del Cavalier  
250 San Simeon Avenue, Suite 5A  
San Simeon, CA 93452  
(805) 924-1628 | [fes@elephantseal.org](mailto:fes@elephantseal.org)

Visit [elephantseal.org](http://elephantseal.org) to watch nonstop, live-streaming video of elephant seals, learn more e-seal science, and discover new opportunities to engage.

**Friends of the Elephant Seal is a 501(c)(3) charitable organization  
and a Cooperating Association with California State Parks.**

Friends of the Elephant Seal, in partnership with California State Parks, helps the public understand and appreciate northern elephant seals and other marine life, promoting safe and responsible wildlife viewing. Through our collaborative efforts, we reach 200,000 visitors each year, including thousands of school children.

Friends of the Elephant Seal relies on grants, sponsorships, memberships, and your donations.

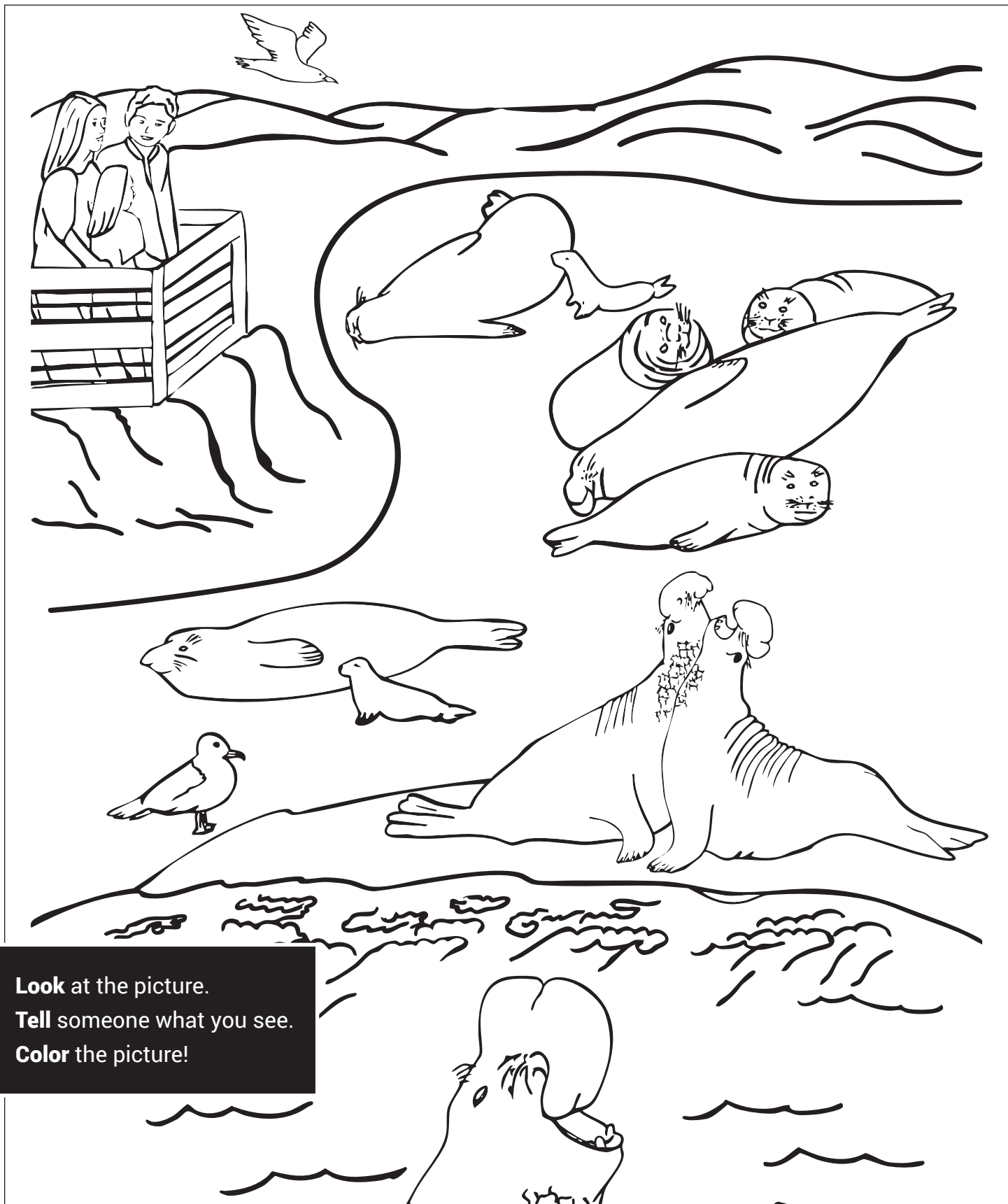
*Scan the QR code to donate and become a member.  
FES is grateful for your support!*



### **Adventure Guide for Best Friends Forever of the Elephant Seal**

©2025 Friends of the Elephant Seal  
Illustrations by Kathleen McCollum

# Piedras Blancas Northern Elephant Seal Rookery at Hearst San Simeon State Park



**Look** at the picture.  
**Tell** someone what you see.  
**Color** the picture!

# Welcome! Your Best Friends Forever Journey Begins Here

NAME \_\_\_\_\_

DATE \_\_\_\_\_

Have fun using this adventure guide to explore the lives of northern elephant seals (e-seals).  
Visit the FES Visitor Center and the Piedras Blancas Rookery to start your adventure.

## What Do You See?

Some visitors say that an elephant seal looks like a giant slug, a sausage who likes to nap, or a roaring mountain of blubber!

How would you describe an elephant seal?

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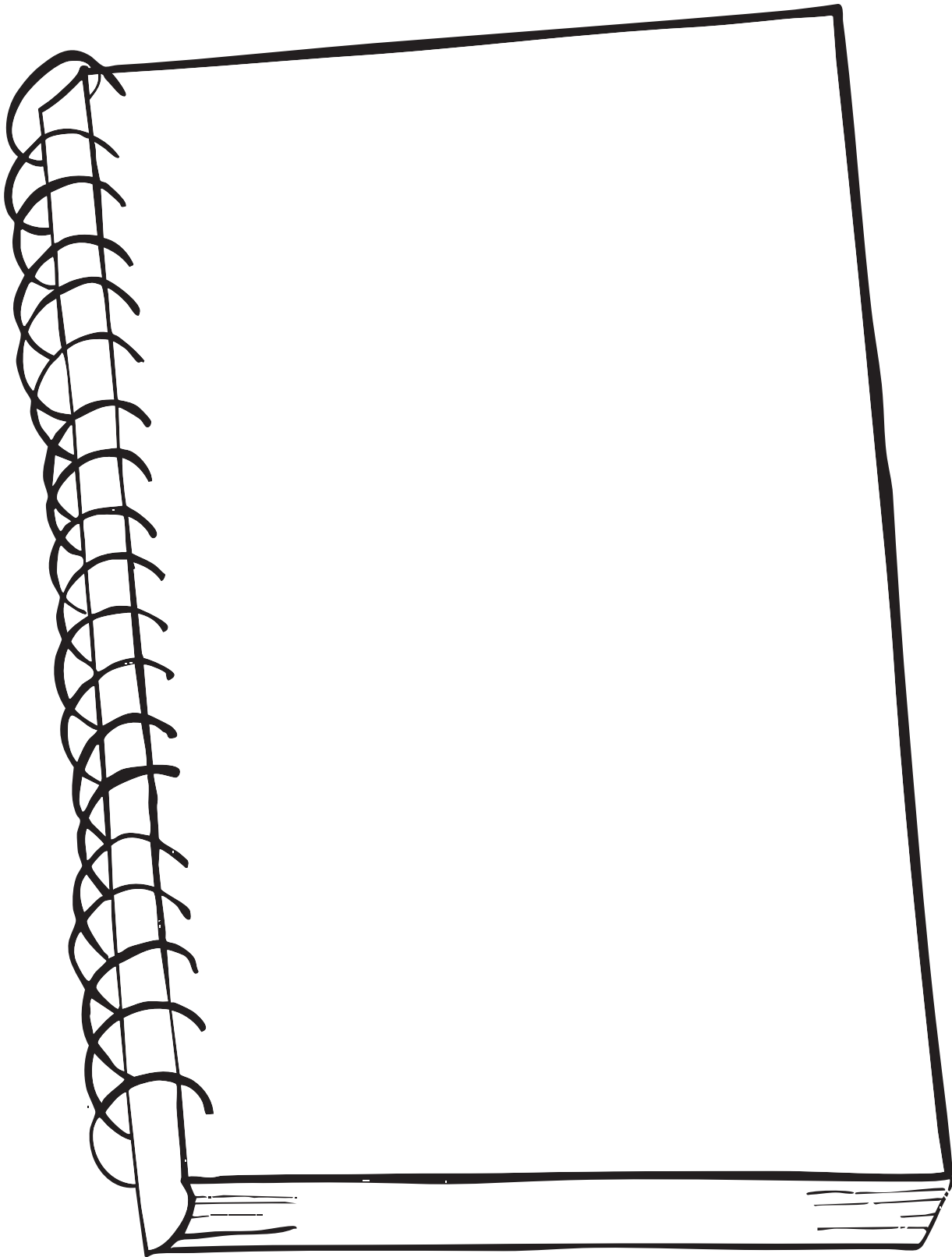
NOTE: Complete activities in this adventure guide now or when you are at home. Be sure to get a sticker and say a pledge to become a BFF of the elephant seal! (See the back cover.)

# Become a Naturalist

Naturalists study nature through observation and experience.

**Look** around you. **Use** your senses.

**Draw** what you see, hear, feel, or smell.



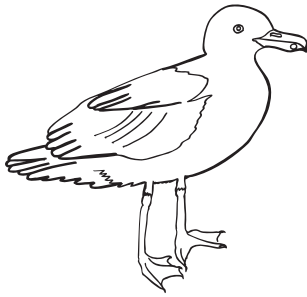
# Read, Look, and Match

**Read** the words.

**Look** at the pictures.

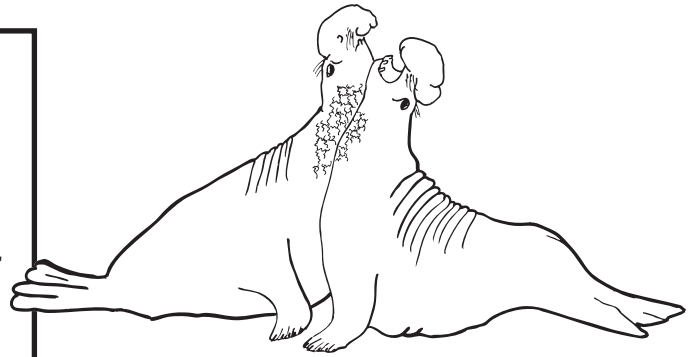
**Match** the word to the picture.

**Draw** a line to connect them.

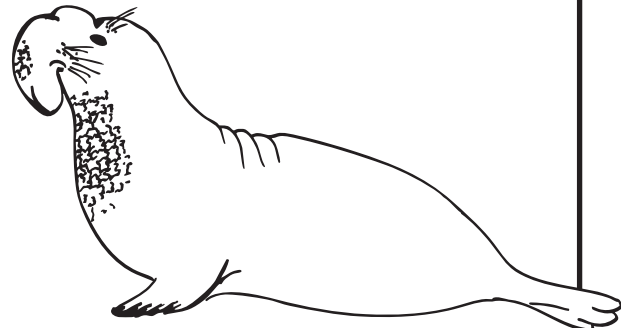


kelp

beachmaster  
(alpha bull)



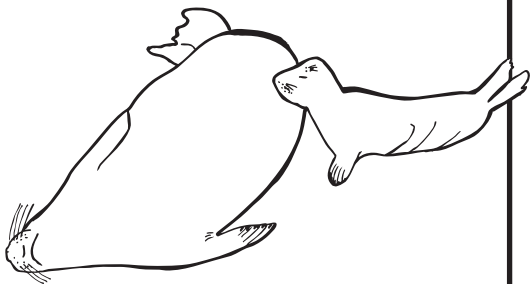
orca



nursing pup



sparring  
adult males



gull



# Be an Author, Write a Story

**Imagine** that you're a storyteller.  
**Tell** or **write** your own story about e-seals.  
**Use** some of the words in the box below.



elephant seal	pup	blubber	proboscis	alpha bull
ocean	kelp	molt	orca	whiskers
lanternfish	dive	galumph	forage	prey
weanling	flipper	gull	sleep	adult female
rookery	flip sand	fast	white shark	cookiecutter shark
turkey vulture	spar	harem	migrate	chest shield

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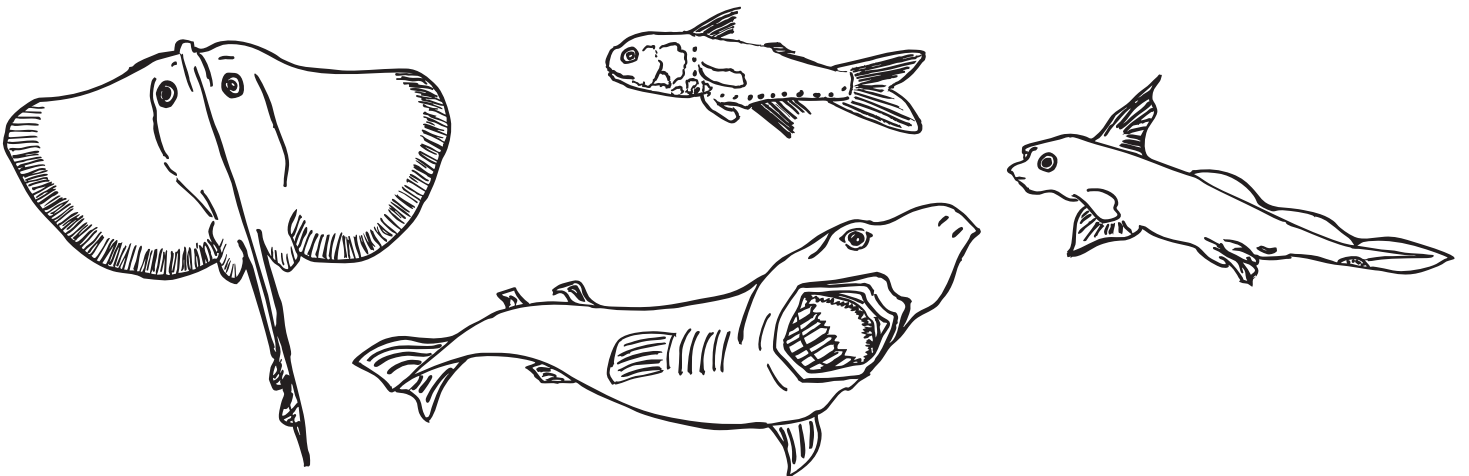
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# A Day in the Life of an Elephant Seal Guide

What do you wonder about when you see e-seals?

**Interview** one of the elephant seal guides. These volunteers share fun facts and true stories about this amazing marine mammal.



Here are some questions to get you started. Then, **ask** some of your own!

**What is your name? What do you do here?**

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**How do you help to protect the elephant seals?**

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**What is something interesting that you've seen or experienced here?**

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**What is your favorite season in the life of an elephant seal? Why?**

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MY QUESTIONS

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# Super Duper E-Seal Word Search

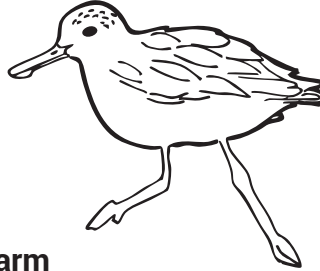
Read each clue.

Look for the answer in the box.

Find the word in the Word Search. Circle it.

## CLUES

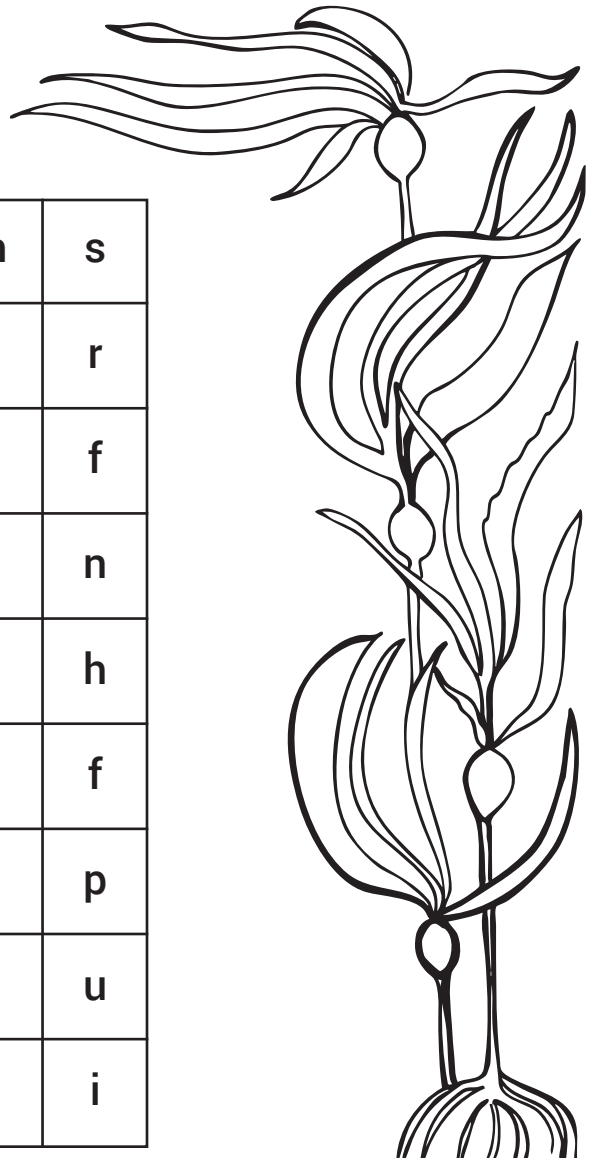
1. A newborn elephant seal
2. An alpha bull's long nose
3. Used for swimming and flipping sand
4. To move on land in a clumsy way
5. The fat that keeps an elephant seal warm
6. To not eat for a long period of time
7. When two male elephant seals practice fighting
8. To search for food
9. To move from one area to another
10. To lose, or shed skin and hair



## WORD BANK

migrate  
pup  
fast  
forage  
molt  
flipper  
blubber  
proboscis  
spar  
galumph

o	t	s	i	i	o	g	m	s
n	f	t	b	n	a	r	i	r
g	l	l	l	l	t	c	g	f
e	i	o	u	f	s	s	r	n
d	p	m	b	o	f	s	a	h
d	p	h	b	r	p	e	t	f
h	e	o	e	a	o	u	e	p
l	r	a	r	g	o	w	p	u
p	c	r	o	e	r	j	a	i



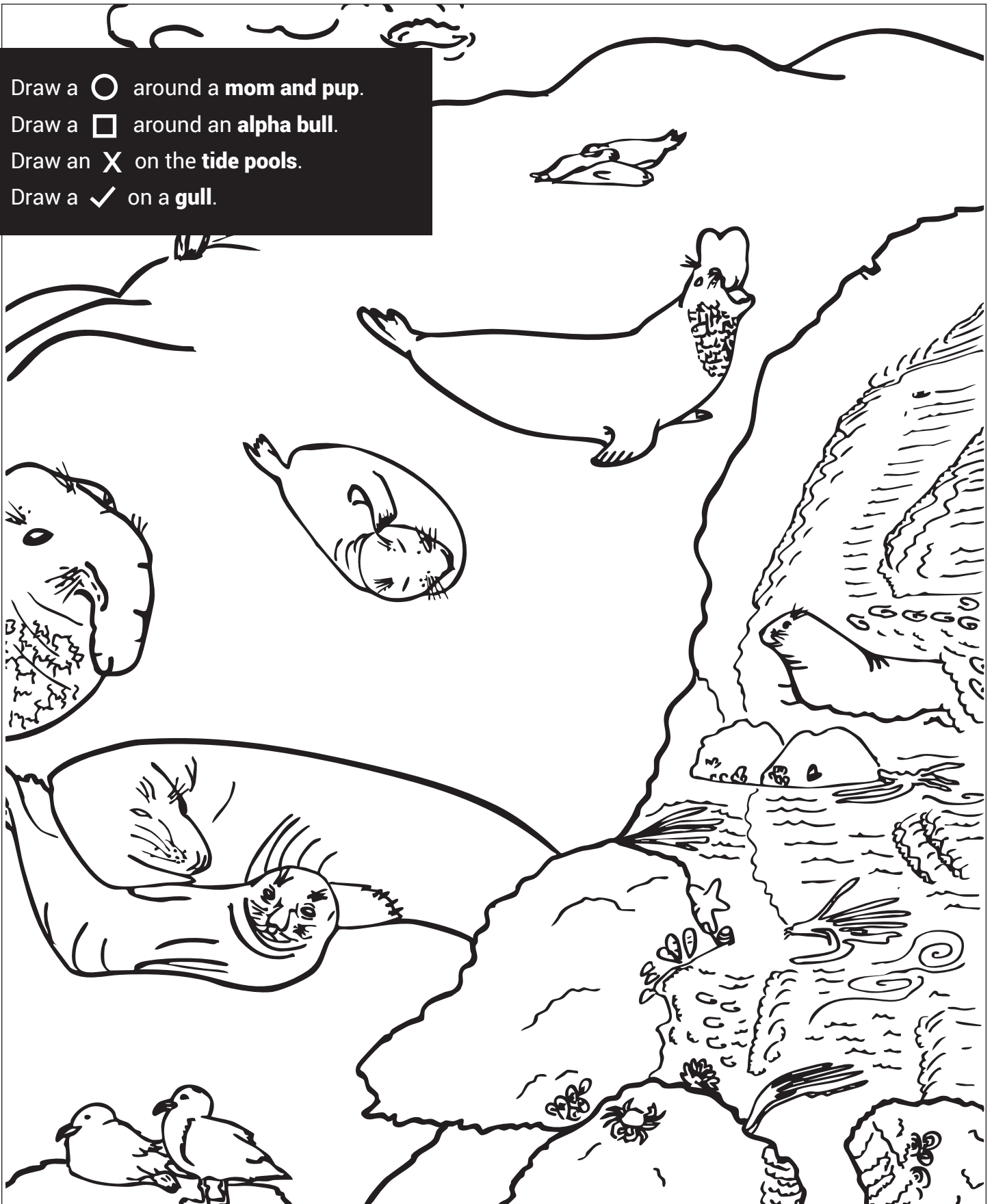
# Look and Find

Draw a ○ around a **mom and pup**.

Draw a □ around an **alpha bull**.

Draw an X on the **tide pools**.

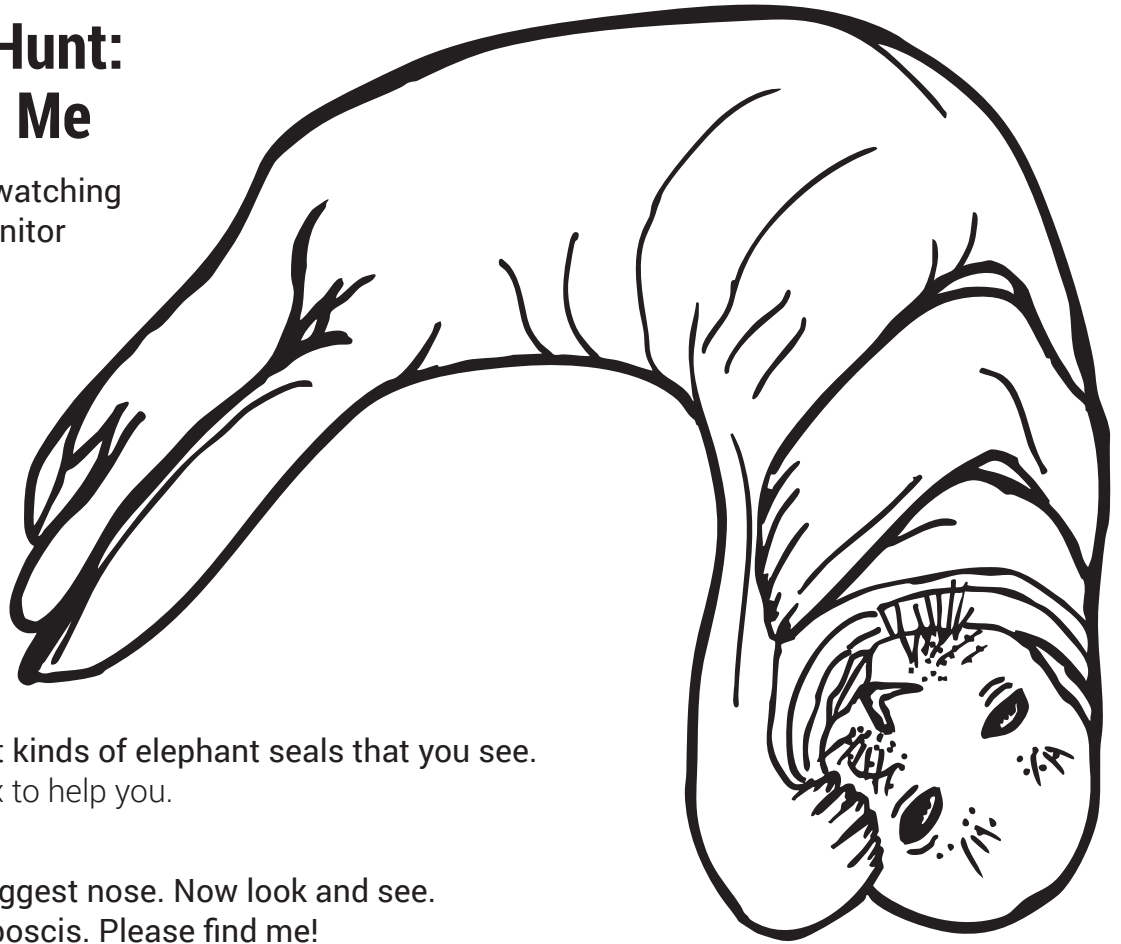
Draw a ✓ on a **gull**.



Find a spot on the beach and **draw** your own elephant seal!

# Scavenger Hunt: Please Find Me

**Look** for e-seals by watching the BEACH CAM monitor at the visitor center.  
Or, visit the bluff.



**Write** down different kinds of elephant seals that you see.  
Use words in the box to help you.

1. I've got the biggest nose. Now look and see.  
It's called a proboscis. Please find me!

I'm a/an \_\_\_\_\_ .

2. I'm the smallest one. Now look and see.  
I've just been born. Please find me!

I'm a/an \_\_\_\_\_ .

3. My nose is still growing. Now look and see.  
I'm not yet an alpha. Please find me!

I'm a/an \_\_\_\_\_ .

4. I gave birth on this beach. Now look and see.  
I'm resting here. Please find me!

I'm a/an \_\_\_\_\_ .

5. I'm bigger than a pup. Now look and see.  
I'm learning to swim. Please find me!

I'm a/an \_\_\_\_\_ .

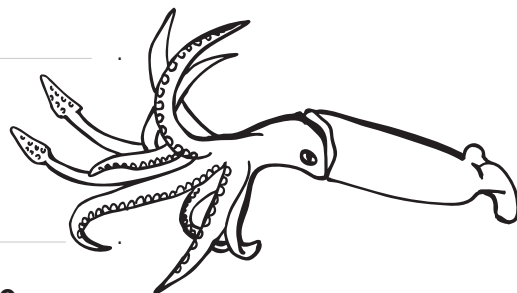
6. I'm like a young boy. Now look and see.  
I like to spar. Please find me!

I'm a/an \_\_\_\_\_ .

## WORD BANK

**weanling**  
**subadult male**  
**juvenile male**  
**adult female**  
**adult male**  
**pup**

NOTE: Depending on the season, you may not find each e-seal listed in the Word Bank.



# Elephant Seal Puzzler

**Complete** the crossword puzzle.  
Use words in the box to help you. Good luck!

## ACROSS

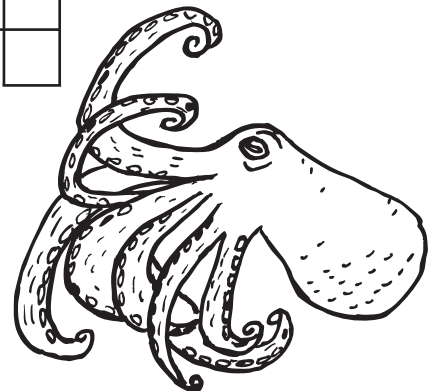
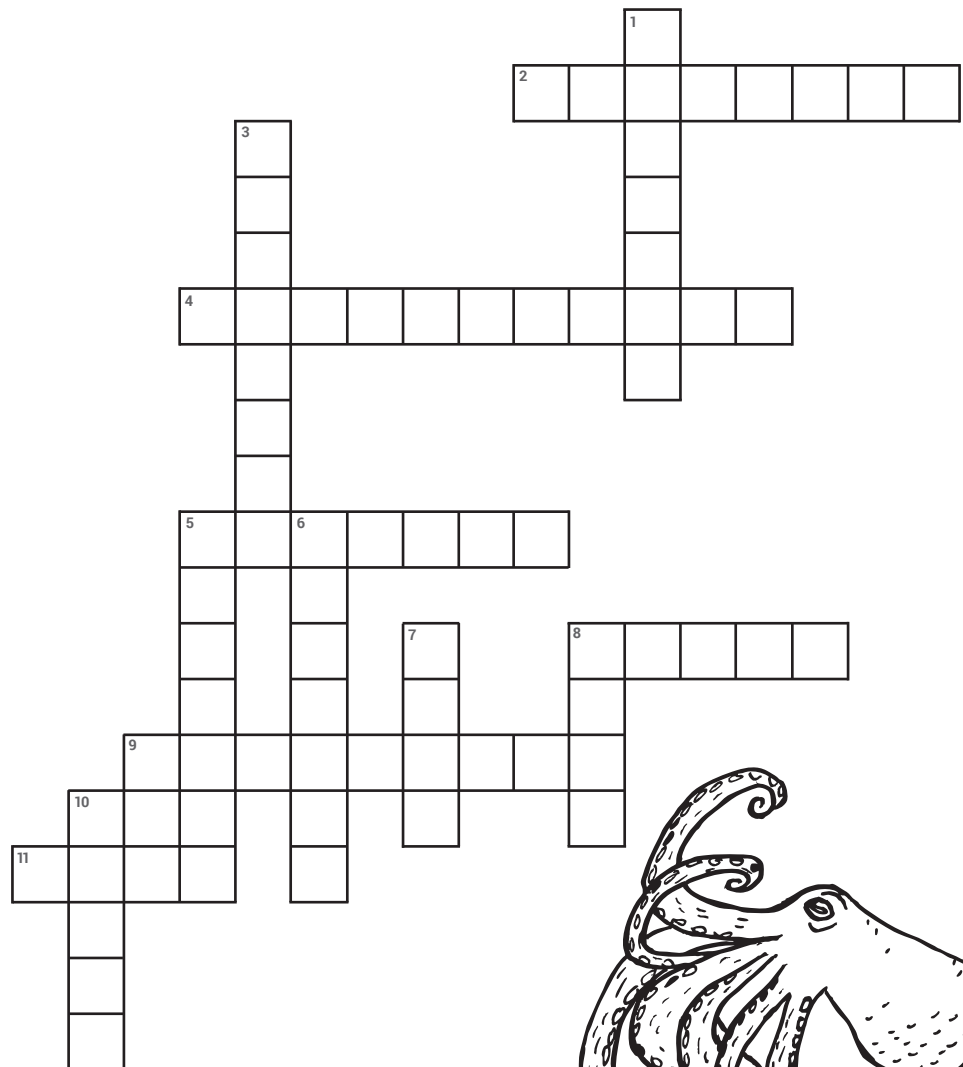
2. An elephant seal uses its rear \_\_\_\_\_ to propel itself gracefully in the water.
4. An alpha bull is also called a \_\_\_\_\_.
5. While at the rookery, it's important to stay on the boardwalk and \_\_\_\_\_ the elephant seals.
8. An adult female can lose about \_\_\_\_\_ percent of her body weight while nursing her pup.
9. When pups stop nursing after one month, they are called \_\_\_\_\_.
11. Orcas and white sharks \_\_\_\_\_ on elephant seals in the ocean.

## DOWN

1. Elephant seals \_\_\_\_\_ twice a year in search of food.
3. During the fall haul-out, \_\_\_\_\_ males practice sparring.
5. A \_\_\_\_\_ is where elephant seals give birth, mate, molt, and rest.
6. In one month, pups can grow from \_\_\_\_\_ pounds to 300 pounds.
7. Molting is when an elephant seal sheds its skin and \_\_\_\_\_.
8. All elephant seals, except pups, \_\_\_\_\_ while at the rookery.
10. An alpha bull weighs as much as a small \_\_\_\_\_.

### WORD BANK

<p><b>beachmaster</b></p> <p><b>rookery</b></p> <p><b>hair</b></p> <p><b>migrate</b></p> <p><b>flippers</b></p> <p><b>weanlings</b></p> <p><b>respect</b></p>	<p><b>prey</b></p> <p><b>juvenile</b></p> <p><b>seventy</b></p> <p><b>truck</b></p> <p><b>forty</b></p> <p><b>fast</b></p>
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# Connect the Dots: Who am I?

**Connect** the dots to create a drawing of three different e-seals.

**Answer** each question as you look at the picture.

**Turn and talk** to someone about e-seals!

pup  
adult female  
adult male

Which e-seal is the biggest of all?

Which one has the least amount of blubber?

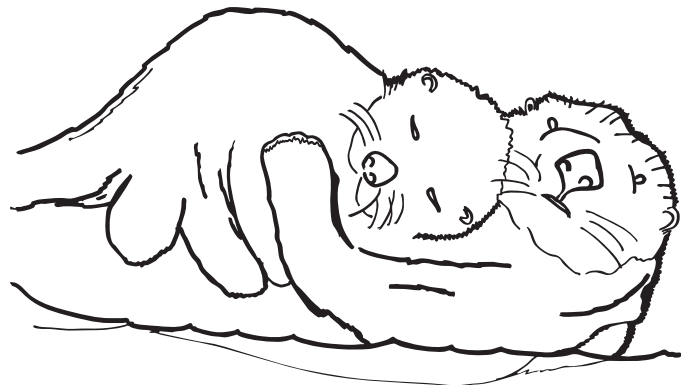
Which one will nurse her pup?



## Who Are We?

We are smaller than e-seals.  
You can spot us in the tide pools and kelp.

**Unscramble** these letters and **write** our name.



e

s

a

t

s

o

r

e

t

\_\_\_\_\_

\_\_\_\_\_

# Migration Maze: Female Elephant Seal

**Point** to the female e-seal at Piedras Blancas. She's super hungry and must migrate in search of food. She'll swim far across the North Pacific Ocean to find lots of food above the Emperor Seamounts. But she may take some detours.

Can you help this female elephant seal safely find her way?

- Draw a **—** showing her route.
- Draw a **○** around foods that she likes to eat. Yummm!
- Draw an **X** on predators who want to eat her. Chomp! Slurp!

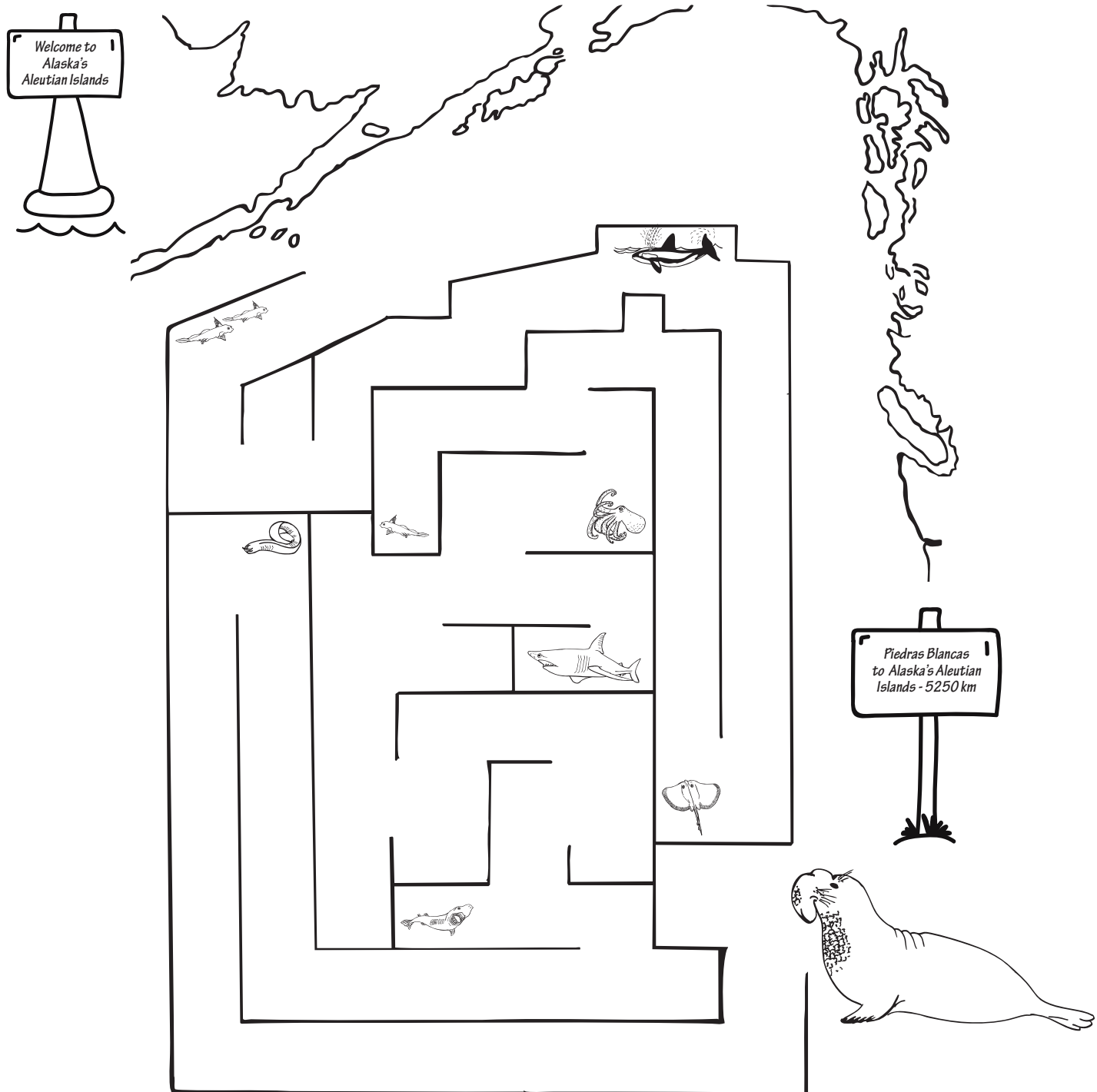


# Migration Maze: Alpha Bull

**Point** to the bull at Piedras Blancas. Like the female e-seal, he's super hungry and will be leaving the rookery in search of food. He'll swim north and west along the coastline of North America all the way to Alaska's Aleutian Islands. But he may take some detours.

Can you help this alpha bull safely find his way?

- Draw a **—** showing the bull's route.
- Draw a **○** around foods that he likes to eat. Yummm!
- Draw an **X** on predators who want to eat him. Chomp! Slurp!



# Imagine That: Put Yourself in an Elephant Seal's Flippers

Have you ever heard of the phrase "Put yourself in someone else's shoes?"

It means to try and understand what someone else's life is like.

**Read** about what elephant seal life is like.

**Write** about how your life would be different if you were an elephant seal.

**A newborn pup only spends the first month of life with its mother.** Imagine living by yourself when you're only one month old!

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**E-seals come ashore for one month each year to molt. That means they shed their outer layer of skin and hair before a new layer grows in.**

Imagine your skin and hair falling off in patches and waiting for new skin and hair to grow in!

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**E-seals continually dive when they're in the ocean. Some e-seals can hold their breath for two hours!** Imagine spending most of your life underwater and holding your breath for that long!

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**At sea, e-seals sleep while diving. They drift asleep and take short naps. E-seals only get about two hours of sleep a day.** Imagine sleeping underwater for only two hours each night!

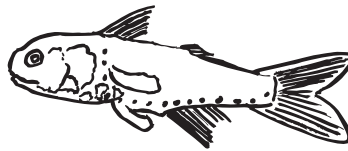
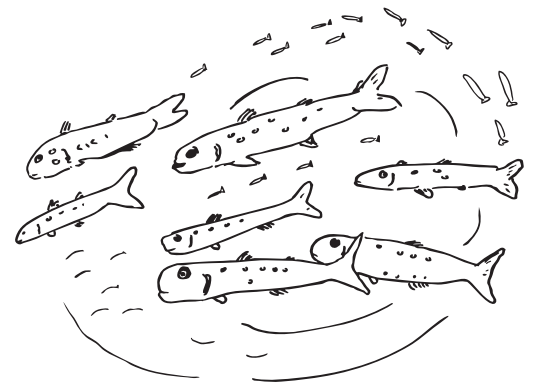
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**E-seals fast. That means they don't eat when they're living on the beach.** Imagine not eating for weeks or months at a time!

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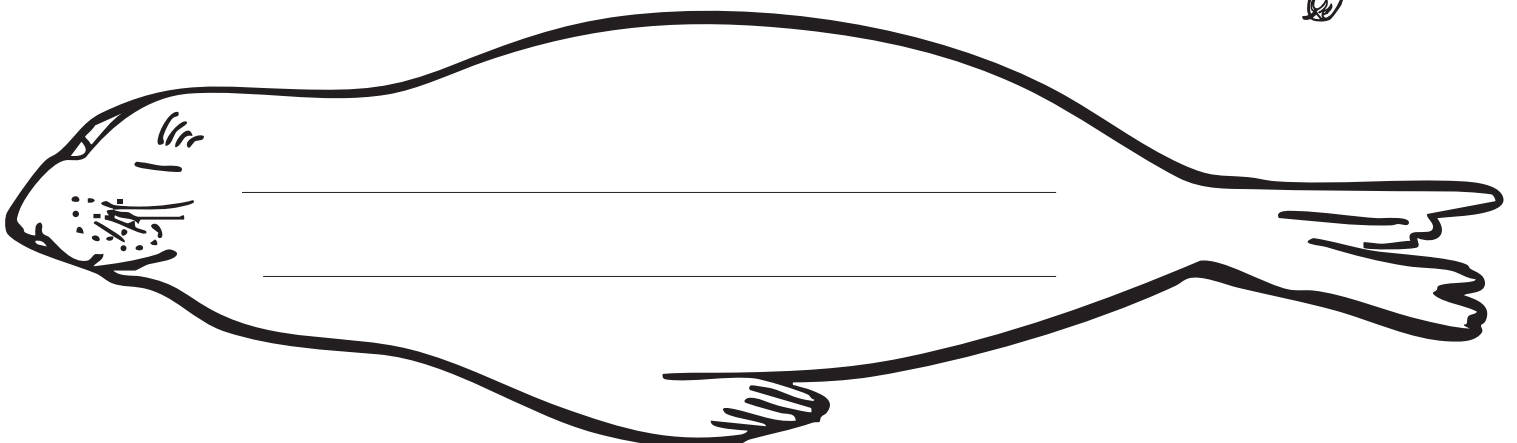
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## Awesome E-seals

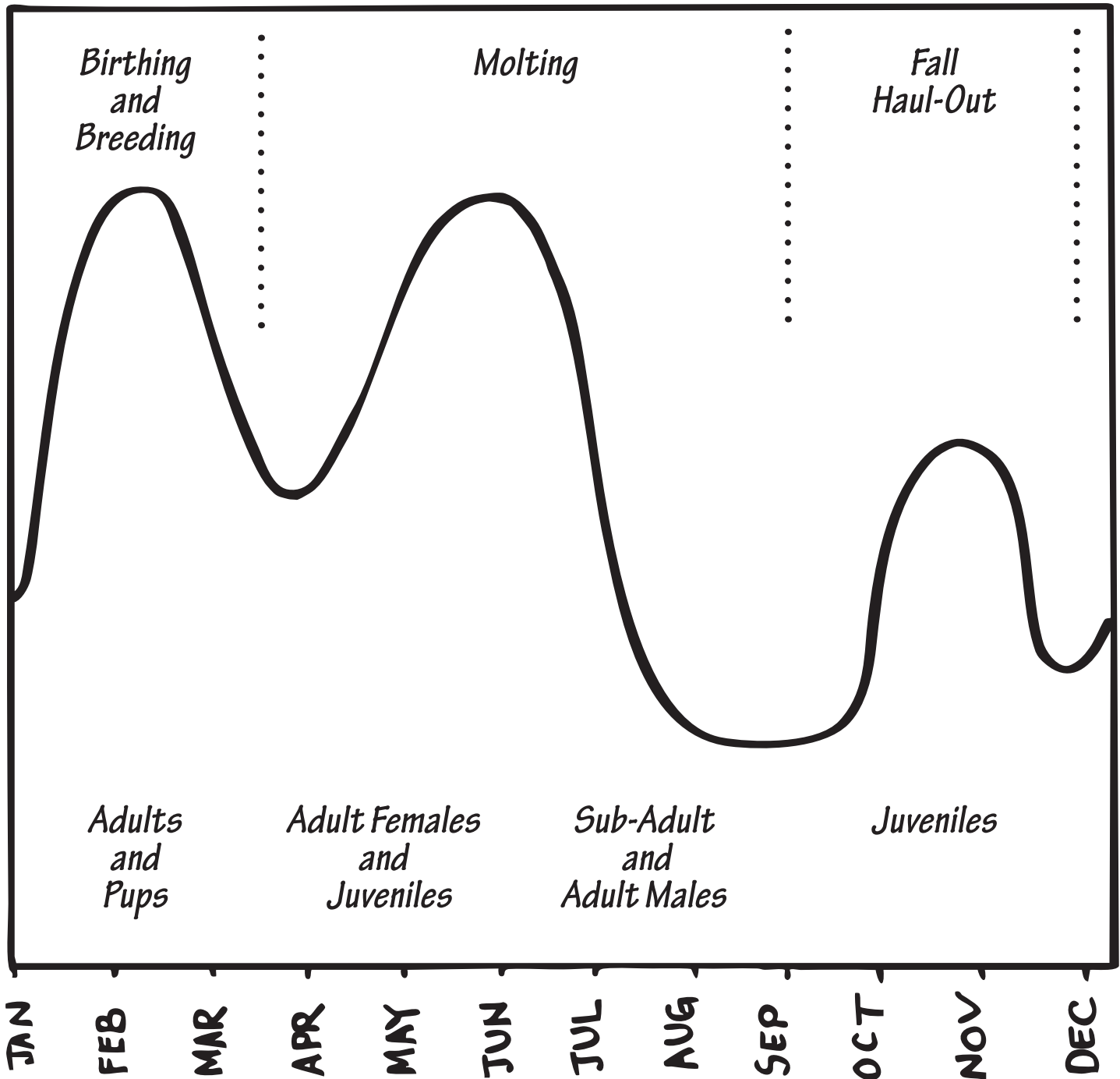
**Write inside of this elephant seal shape to complete the sentence.**

I think elephant seals are awesome because ...



# What's the Reason for Each Season?

Look at the line graph with information about e-seals. It shows when they're at the rookery each year.



Who is here during Fall Haul-out?

Draw a  around their name.

When are pups born?

Draw an  pointing to the season.

What months do sub-adult and adult males molt?

Draw a  around each month.

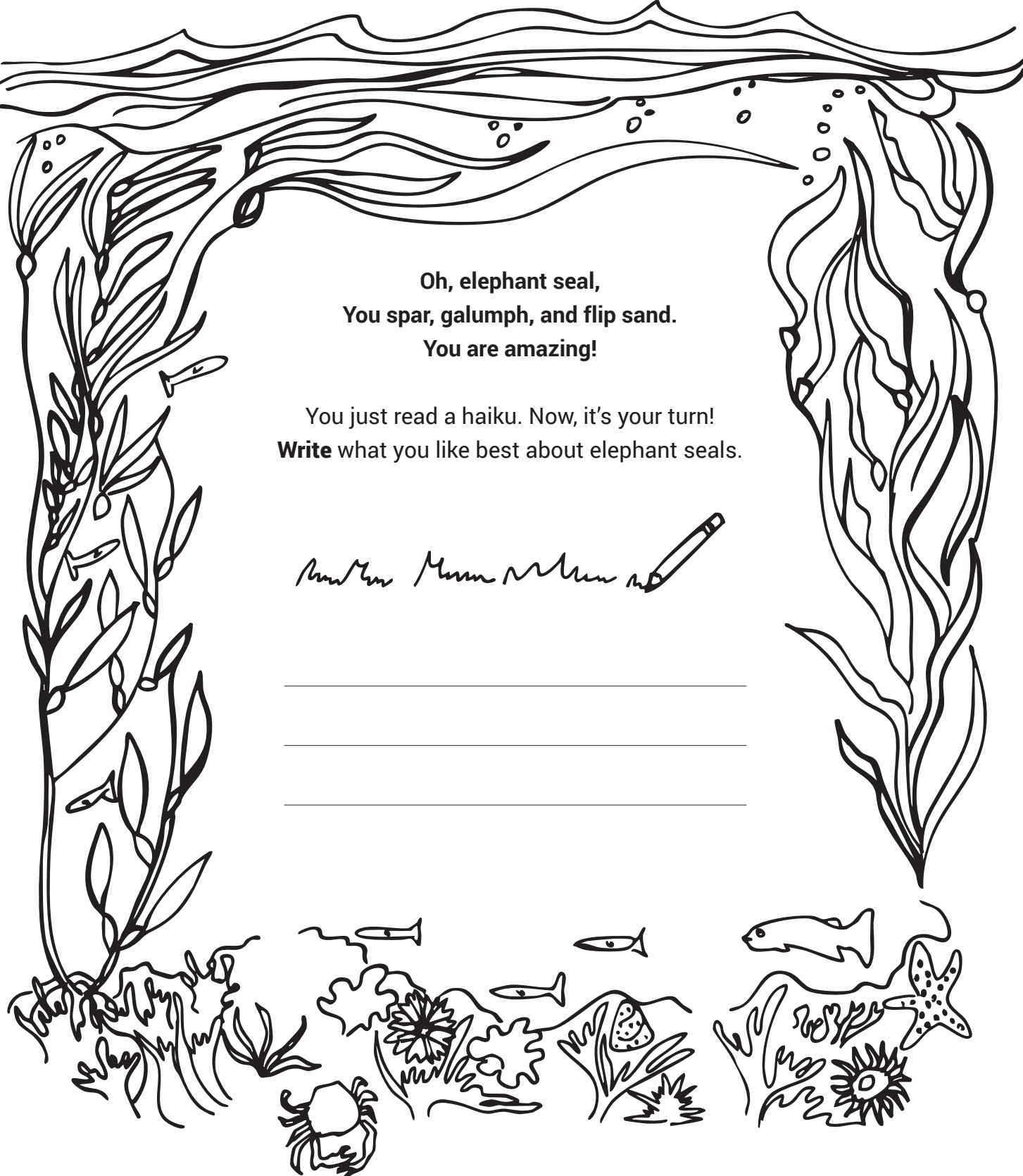
Which two seasons are the busiest?

Draw an  on the line graph.

Tell someone about your favorite season. **Explain** why e-seals come during that time of year!

# Everyone's a Poet

Hi there, Elephant Seal Poet! Have you ever written a haiku? It's a Japanese unrhymed poem. There are **five** syllables in the first line, **seven** syllables in the second line, and **five** syllables in the third line.



Oh, elephant seal,  
You spar, galumph, and flip sand.  
You are amazing!

You just read a haiku. Now, it's your turn!  
**Write** what you like best about elephant seals.

*Am I a seal? Am I a seal? Am I a seal?* 

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# Share and Compare

Friends of the Elephant Seal hopes that your journey to the visitor center and to the rookery has sparked your curiosity and imagination.

**Write** about your experience. **Compare** your life with that of an e-seal!

- Who do e-seals travel with when they're migrating?
- Who do you travel with on land?

- What food does an e-seal forage for while at sea?
- What food do you forage for when you're hungry?

- Where does an e-seal migrate to twice a year?
- Where did you migrate from in order to get here today?

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- When do e-seals molt?
- When do you molt, or shed hair and skin cells?

- How does an e-seal move on land and in the water?
- How do you move on land and in the water?

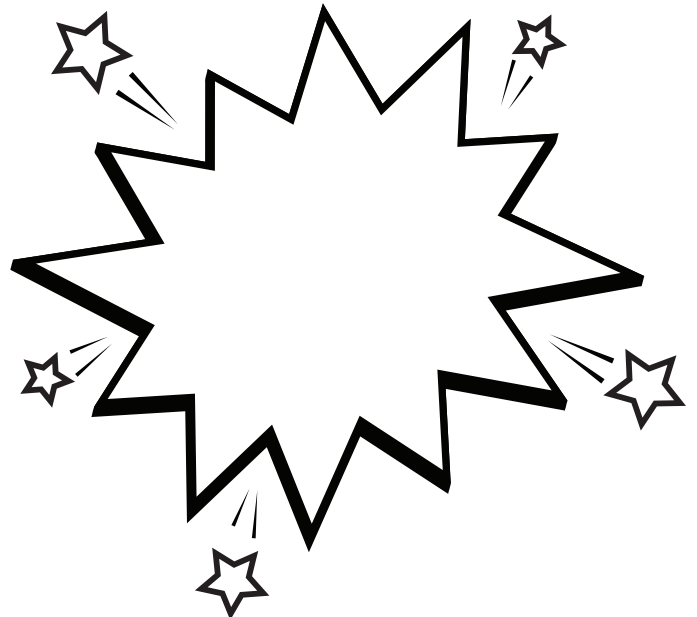
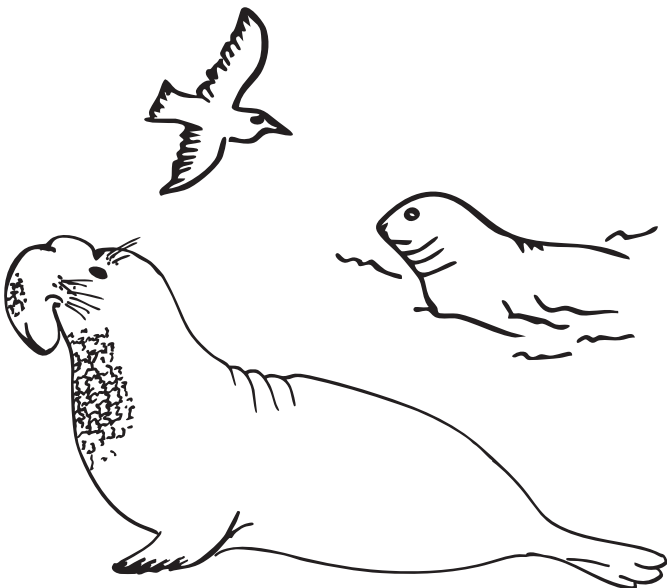
- What is an e-seal's superpower?
- What is your superpower?
- **Draw** it below in the starburst!

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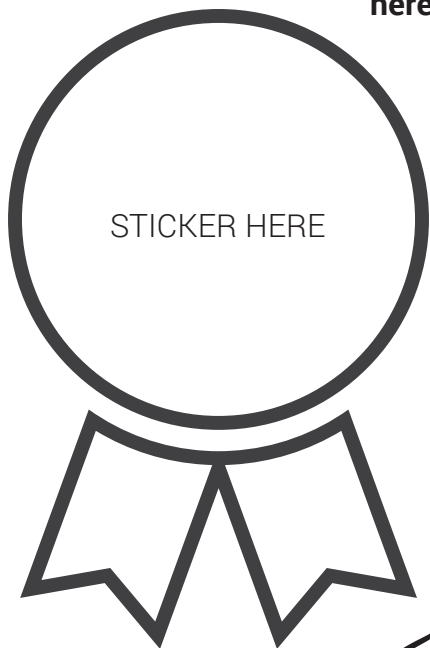
# CONGRATULATIONS!

This certifies that \_\_\_\_\_ is an official

## Best Friend Forever of the Elephant Seal

Say this e-seal pledge to an elephant seal guide.

As a BFF of the Elephant Seal,  
I promise to treat elephant seals and all other living things  
with care, respect, and kindness  
here, at home, and around the world.



\_\_\_\_\_  
FRIENDS OF THE ELEPHANT SEAL

