



The Beach



Going to the Beach

One of the best ways to _____ the heat of the _____ months is to head down to the _____. You can lie down in a soft _____ spot and feel the cool _____ off of the ocean.

Sun Tanning

A lot of people try to get a _____ at the beach. To do this, they lie down on a _____ and expose their _____ to the sun's _____. After a while their skin turns brown. However, if they stay in the sun too long their skin turns red and they get a _____. To prevent this, sunbathers should always put _____ on their skin. To stay out of the sun many beachgoers use a _____, which is a giant beach umbrella.

Beachcombing

At the beach, it's fun to search for things that wash up on the _____. There are often brightly colored _____ and crabs among the seaweed and _____. There are also many curly _____, which children like to collect.



Beach Activities

To cool off, many people go _____. And if the _____ are high, some people even try _____. Or, if there is a lot of interesting sea life, people can put on a mask and go _____. When they are done in the water, they can use a _____ to dry off and then build a _____ in the sand or play beach _____.