

Cassie's Harbour Adventure

A Buoyancy and Marine Science Adventure

By Suneeta Mall

FableFlow Publishing



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Preface

Welcome to Cassie's world, where every question leads to an adventure and curiosity opens doors to discovery! This book invites young readers and their families to explore the wonders of science through the eyes of six-year-old Cassie, whose endless "But why?" questions transform an ordinary harbour trip into an extraordinary learning journey.

From kitchen experiments with chocolate cake to underwater explorations in Sydney Harbour's rock pools, this story weaves together hands-on science with engaging narrative. Young readers will discover why boats float, how fish breathe underwater, what makes some animals invisible to predators, and how density affects everything from baking to buoyancy. Each chapter includes catchy songs, simple experiments families can try at home, and real scientific concepts inspired by the work of Australian marine biologist Professor Emma

Johnston.

This book celebrates the natural curiosity children bring to the world around them. It encourages questions, invites exploration, and shows that science isn't something that happens only in laboratories—it's everywhere, waiting to be discovered by curious minds. Whether your young reader dreams of becoming a marine biologist, loves asking questions, or simply enjoys adventures by the sea, Cassie's journey will inspire them to look closer, wonder deeper, and never stop asking "But why?"

Parents and educators: Each chapter builds on scientific concepts while maintaining an engaging story that keeps children turning pages. Discussion questions, experiment ideas, and learning activities are woven throughout, making this perfect for both independent reading and shared exploration. Let Cassie's curiosity spark conversations, experiments, and discoveries in your own home!

Chapter 1: One Too Many Experiments

Six-year-old Cassie pressed her nose against the kitchen window, watching rainbow bubbles drift across the backyard. Her younger brother Caleb—three years old and always covered in something sticky—tugged at her sleeve.

"Again! Do volcano again!" he pleaded.

Cassie grinned. Their volcano experiment had been *spectacular*. They'd mixed vinegar, glitter, orange food colouring, and dish soap in a cup until it looked like magical potion. But the best part? That glorious moment when they'd added bicarbonate soda and watched their creation bubble, fizz, and explode in a fountain of foaming lava!



Their volcano erupted in a fizzy, glittery fountain of orange foam!

"Mum! Mum!" Cassie called, her mind already racing with possibilities. "Can we do another experiment? Please? What about the one with ice and salt? Or making slime? Or—"

Mum appeared in the doorway, flour dusting her apron like snow. Her eyes crinkled with amusement. "More experiments? I thought you'd be excited about our harbour adventure. Dad's planned the most wonderful surprise."

"Surprise?" Caleb bounced on his toes, making his curls spring like tiny springs. "I love surprises!"

"But experiments are also surprises," Cassie reasoned, tilting her head. "You never know exactly what will happen!"

Mum laughed. "Fair point, my little scientist. Tell you what—I need to bake snacks for our trip. Why don't you help me? Baking is chemistry, you know."

Cassie's disappointment melted like butter on warm toast. "Can we make chocolate cake?"

"CHOCOLATE!" Caleb threw his hands in the air as if chocolate cake was the answer to

everything. Which, Cassie thought, it probably was.

"Here's my dilemma," Mum said, pulling out mixing bowls. "Should we make fluffy sponge cake or rich mud cake? They're quite different."

Cassie frowned. She adored the soft, cloud-like texture of sponge cake—the way it practically dissolved on her tongue. But Caleb's face was already scrunching up the way it did when he had Strong Opinions.

"Mud cake," he declared firmly. "It's... creamy. And thick. And more chocolatey."

"'More chocolatey' is a perfectly good description," Cassie admitted.

Mum's eyes sparkled with that special look that meant an idea was brewing. "I've got it! Let's put on our scientist hats and conduct a proper cake experiment. We'll make both kinds and discover

what makes them different!"

The children erupted in cheers, performing their victory dance—a wild combination of jumping, spinning, and wiggling that looked like happy chaos but felt like pure joy.



Time to gather all the ingredients for their cake experiment!

"Right then, researchers," Mum said with mock seriousness. "What ingredients do we need?"

"Chocolate!" Cassie shouted.

"Obviously chocolate," Mum agreed, trying to keep a straight face.

"Sugar!" Caleb added.

"Flour, butter..." Cassie's forehead wrinkled in concentration. What else went into cakes?

Can you help them remember? What other ingredients might they need?

"Excellent thinking," Mum said. "We'll also need eggs and baking powder. And here's something interesting—mud cake requires one special extra ingredient: milk."

Cassie's scientific mind clicked into gear. "Wait. So both cakes use exactly the same ingredients, except mud cake has milk?"

"I love how you notice patterns!" Mum beamed. "You're absolutely right. But here's the really fascinating part—it's not just what we use, but how much of each ingredient."

"So... they're made of the same stuff, just in different amounts?" Cassie said slowly, trying to wrap her brain around this concept.

"Precisely! Mud cakes use more butter and fewer eggs, making them dense and fudgy—that's the creaminess Caleb loves. Eggs help cakes rise and become light and fluffy, which is why sponge cakes have more eggs. And that extra milk in mud cake? It makes the texture even more moist and rich."

As they measured and mixed, Cassie's curiosity bubbled up like their earlier volcano. "Mum, what does 'dense' actually mean? How can you tell if something's denser than something else?"

"Brilliant question!" Mum wiped her hands on her apron. "Density tells us how tightly packed something is—how heavy it feels for its size. Here, let me show you."

She filled two identical glasses—one with water, one with Cassie's leftover banana smoothie, thick and golden.

"Which do you think weighs more?" Mum asked.

Cassie studied both glasses carefully. They looked the same size, but... "The smoothie?"

"Let's test your hypothesis on the kitchen scale."

Cassie placed each glass carefully on the scale, holding her breath. Yes! The smoothie glass was heavier!

"Same amount of space," Mum explained, "but the smoothie weighs more because it has more 'stuff' packed into that space. That's what density means—how much matter fits into a certain volume."

Now Cassie couldn't stop experimenting. She weighed butter against milk (butter was denser!),

sugar against flour (sugar won!), and even compared different types of oil. Each discovery felt like unwrapping a present.

"This is amazing!" Cassie exclaimed, carefully noting her findings in her notebook. "I wonder if I could learn to predict which things are denser just by looking and thinking about them?"

What do you think? Could you develop a sense for density too?

The oven timer dinged—a sound that made Caleb's whole face light up.

"The cakes!" he squealed.

The cakes emerged from the oven, golden and gorgeous. After they cooled, everyone took slices of each. Cassie closed her eyes, paying special attention to textures and flavours. The sponge cake was airy and light, practically floating on her tongue. The mud cake was rich and luxurious,

coating her mouth with deep chocolate.



*Two delicious cakes—one fluffy, one fudgy—and
double the chocolate fun!*

Caleb looked thoughtful, then suddenly chanted:

Light as air, floating free,
Dense and rich as it can be,
Different cakes for you and me—
Science bakes deliciously!

"What an egg-cellent experiment!" Dad announced, wandering in to sample the results.

Everyone groaned at his terrible pun, but secretly, Cassie loved it.

Chapter 2: Beautiful Fishes

"When are we going to the harbour?" Caleb asked.

For possibly the fiftieth time that hour.

"All right, my eager explorers—time to get ready!" Mum finally announced. "Sydney Harbour awaits!"

Cassie immediately donned her detective hat—a deerstalker cap she'd received for her birthday. She was determined to crack the case of Dad's mysterious surprise. She'd been to Sydney Harbour before and loved every visit: the majestic bridge stretching across the water like a steel rainbow, the Opera House gleaming like giant seashells, the ferry boats crisscrossing the sparkling blue. But what new adventure could Dad have planned?

No matter how cleverly she questioned her parents, they remained frustratingly tight-lipped.

Tough luck, Detective Cassie.

The children buckled into their car seats.
"Everyone ready?" Mum asked cheerfully.

"YES!" Cassie and Caleb chorused.

"Surprise, here we come!" Cassie called out.
"Oui, oui, oui!"—the French phrase she'd learned meant 'yes' but sounded delightfully fancy.



*Into the boot go the fishing rod and esky—adventure
is calling!*

Dad loaded the esky into the boot, then Mum added something curious—a long stick, black and red, with a funny contraption at one end.

"What's that stick thing?" Caleb asked, eyes wide.

"It's called a fishing rod!"

Cassie gasped, her detective brain connecting the clues. "Fishing! Are we going FISHING? Is that our surprise?"

"Oops!" Dad laughed, catching Mum's sheepish expression. "Someone let the cat out of the bag!"

Cassie felt triumphant. Sherlock Holmes himself couldn't have deduced better!

"Are we there yet?" Caleb asked before they'd even left the driveway.

Cassie rolled her eyes in that particular way older siblings have perfected throughout history.

"Daddy," she said thoughtfully, "how do we fish? I want to be prepared."

"Smart thinking," Dad replied. "It's easier to show you when we arrive, but let me explain the important rules first."

"Rule Number One: Slip, Slop, Slap!"

Dad began singing the classic Australian sun-safety song, and everyone joined in:

Slip, Slop, Slap!

It sounds like a breeze when you
say it like that!

Slip on a shirt, slop on sunscreen,
and slap on a hat!

Slip, Slop, Slap!

"Rule Number Two," Dad continued, his voice turning serious, "is to respect the fish and our environment. We'll safely release every fish we catch. We're just saying hello and learning about them. Deal?"

"Yes, sir!" both children agreed solemnly.

Dad explained the fishing process: "We attach fish food called 'bait' to a small hook on the fishing line. When we lower it into the water, a fish might swim over to investigate. If it bites the bait, we gently reel the line in, meet our fishy friend, take photos, and carefully release it back home."

"We'll document everything in your nature journals," Mum added. "You can draw the fish, note their colours, count their fins—like real marine biologists!"

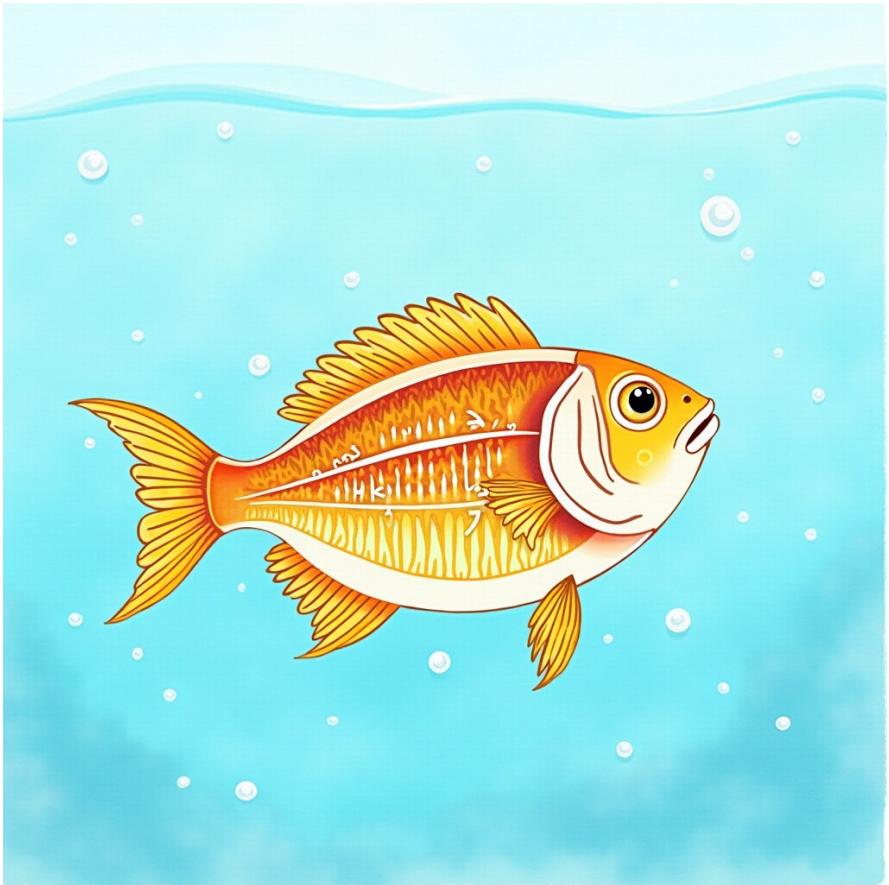
"Can we play with the fishes?" Caleb asked hopefully.

"Fish can't breathe out of water, Caleb," Cassie reminded him gently. "They'd be very uncomfortable."

"But you might see fish swimming nearby," Mum assured him. "Maybe you can play 'spot me if you can'—see how many different fish you can identify!"

Cassie had been thinking. A question was forming, the way questions always did—like bubbles rising to the surface. "But Mum... how do fish breathe underwater? Why can't they live on land like us?"

Are you wondering the same thing?



See how water flows through the fish's gills so it can breathe underwater!

"Fish have special organs called gills," Mum explained. "See, we breathe oxygen from the air using our lungs. Fish breathe oxygen too, but they get it from water using their gills. When water

flows through the gills, tiny blood vessels inside absorb the oxygen dissolved in the water."

"So gills are like underwater lungs?" Cassie suggested.

"That's a wonderful way to think about it! But gills only work with water—they can't extract oxygen from air. That's why fish must stay in water to survive."

"Are there any fish that can breathe air?" Cassie asked, fascinated by the possibility of rule-breakers in nature.

Mum's face lit up. "What an excellent question! There actually is a rare group called 'air-breathing fish.' They have a special extra organ that lets them gulp air and breathe for short periods. One type is called the lungfish—they genuinely have lungs like us!"

"Can we see them today?" Caleb bounced excitedly.

"Unfortunately, lungfish live in Queensland, quite far from here. But isn't it amazing to know they exist? Nature is full of surprising adaptations—solutions that creatures have developed to survive in their environments."

"Speaking of amazing adaptations," Dad interjected, "there's a brilliant scientist named Professor Emma Johnston who studies harbour life right here in Sydney. She's discovered incredible things about how fish and other sea creatures survive—even in busy harbours full of boats and activity!"

"A real scientist who studies our harbour?" Cassie's eyes went wide.

"She leads research teams that investigate marine ecosystems and work to protect ocean life," Mum said. "Professor Johnston believes that

understanding how creatures live helps us take better care of them. Scientists from many backgrounds—including Indigenous rangers who've cared for these waters for thousands of years—work together to protect marine life. Maybe we'll spot some scientists at work today!"

Caleb was gazing dreamily out the window. "I love watching fish swim. They wiggle their little tails so beautifully, like underwater dancers."

"Daddy, how do fish swim?" Cassie asked.

"Fish have specially designed body parts called fins—flat, flexible structures made of thin bones covered with skin. Fins act like paddles and rudders, helping fish move through water. Most fish have six different types of fins, and each one has a specific job!"

"Six fins?" Cassie looked at her own arms and legs. "I'm learning to swim with just these four!"

Dad chuckled. "Your swim teacher will eventually give you flippers—artificial fins made of rubber or plastic. They work like a fish's caudal fin—that's the tail fin—to help you move faster through water."

"Caudal?!" Cassie giggled. "That's a funny word!"

"Fish fin names are quite fancy," Dad agreed. "There's dorsal fins on the back, pectoral fins on the sides like arms, pelvic fins on the bottom near the tail, anal fins underneath near the back, caudal fin for the tail, and sometimes a small adipose fin."

"Those names are tongue-twisters!" Cassie laughed, trying to memorize them.

"I'm going to watch super carefully how fish use all their fins," Caleb declared seriously.

"That's the scientific spirit!" Dad said proudly. "Observation is one of the most important skills a

scientist can have."

Cassie began to hum, then sing softly:

Fishes in the water,
Fishes in the sea,
Swimming through the harbour,
Wild and happy and free!

Paddling through the current
With their many fins—
Pectoral, caudal, dorsal too—
Watch those graceful fins!

Caleb joined in, making up additional verses:

Water rushes gently through
Their delicate little gills,
Bringing them the oxygen
That every creature needs!

Splash, splosh, splish!
Here comes a little fish!
Splash, splosh, splish!
Swimming is its wish!



*The harbour bridge appears like a steel
rainbow—Sydney at last!*

By the time they finished their spontaneous fish song, the Sydney Harbour Bridge was coming into view, and both children pressed their faces against the windows in anticipation.

Chapter 3: Buoyancy Quest

■ SAFETY REMINDER: Always stay with a trusted adult near water—harbours, beaches, and pools all need supervision, even for strong swimmers! ■

Dad parked the car and Cassie's breath caught.

Sydney Harbour spread before them like a shimmering blue jewel. The Opera House gleamed brilliant white against the azure sky, its distinctive shell-shaped roofs catching the sunlight. Across the water, Luna Park's enormous smiling face beamed welcomingly. Sailboats dotted the harbour like white birds floating on impossible blue, and ferries crisscrossed the water, leaving v-shaped wakes behind them.



Sydney Harbour sparkles like a blue jewel—so many boats floating without fins!

"It's so beautiful," Cassie whispered.

"Wait," Caleb said, pointing at an elegant yacht gliding past. "How are those boats swimming?"

They don't have fins!"

"Fantastic observation!" Mum crouched down to his level. "But boats aren't swimming—they're floating! There's an important difference. When you swim, you're moving yourself through the water using your body. When something floats, part of it sits in the water while part sits above, and the water holds it up."

"But how does floating work?" Cassie pressed, her scientific curiosity fully engaged.

"Excellent question! Remember learning about gravity at Cronulla Beach?"

"Gravity pulls everything down!" the children recited together, jumping twice for emphasis. "It makes jumping brilliant!"

(If you want to discover gravity with Cassie, look for "Curious Cassie's Beach Ride Quest: A Celebration of Sir Isaac Newton's Discoveries!")

"Exactly right," Mum said. "When a boat sits on water, gravity tries to pull it down to the bottom—just like gravity pulls you down when you jump. But there's another force working against gravity. It's called buoyancy, and buoyancy pushes things UP!"

"So it's like a battle?" Cassie's eyes widened.
"Gravity pulling down, buoyancy pushing up?"

"Perfect description! When gravity wins, objects sink. When buoyancy wins, they float. It's a tug-of-war between two forces."

"What decides who wins?" Caleb asked,
completely absorbed.

Mum pulled out a large clear container and filled it with water right to the brim. She held up Cassie's empty juice bottle.

"Is this bottle heavy or light?"

"Super light!" both children agreed.

Mum gently placed the bottle in the water.
SPLASH! Some water sloshed over the edge, but the bottle bobbed happily on the surface!

"See what happened? The bottle pushed some water out of the way—that's called displacement. The water that was pushed aside creates the buoyant force pushing up on the bottle. Because this empty bottle is so light, gravity isn't pulling very hard downward. Buoyancy wins the battle—the bottle floats!"

"Can I try something?" Cassie asked, an idea forming.

She removed the bottle and carefully filled it with water until it was heavy. She lowered it into the container and... *glug glug glug...* down it went, settling on the bottom!



One bottle floats, one bottle sinks—Cassie and Caleb discover the secret!

"Brilliant experiment!" Mum exclaimed. "The bottle displaced exactly the same amount of water both times, so the buoyant force was the same. But now gravity is much stronger because the bottle is

heavier. Gravity wins this battle—it sinks!"

Cassie and Caleb experimented over and over, testing different objects, filling containers to different levels. Empty bottle? Floats! Full bottle? Sinks! Every single time, without fail!

"I can test this in the bathtub at home!" Cassie realized. "And in the swimming pool! Everywhere there's water!"

Just then, an enormous cargo ship approached the wharf, its hull riding high on the water despite its massive size. The crew lowered a huge anchor over the side. *SPLASH!* The anchor plummeted straight to the bottom, disappearing beneath the surface.

Cassie watched thoughtfully, her forehead wrinkling in concentration. "Mum, I'm confused. That ship is enormous—way, way heavier than the anchor. So why did the anchor sink while the huge ship floats?"

"That's exactly the right question to ask—you're thinking like a true scientist!" Mum's pride was evident. "Here's the secret: the bottom of a ship is called the hull, and it's designed to be hollow inside—like a giant bowl. When the ship sits on water, that bowl shape pushes aside an absolutely enormous amount of water. Much, much more than the small anchor does!"

"So the ship creates way more buoyancy!" Cassie said, the understanding dawning.

"Precisely! The anchor is solid metal—heavy and compact. It pushes aside only a tiny bit of water, so the buoyant force is small. Gravity easily wins. But the ship's clever design—hollow on the inside, spread out over a large area—creates enough buoyancy to beat gravity, even though the ship is heavier overall!"

Cassie whispered softly:

Hollow hulls push water wide,
Creating lift on every side,
Heavy ships float with such
pride—
Physics secrets deep inside!

"Ships are like floating bowls!" Caleb summed up perfectly.

"Would you like to hear a story about the scientist who discovered these principles?" Mum asked, her eyes twinkling mischievously.

"Yes, please!"

"Long, long ago in ancient Greece, there lived a brilliant mathematician and inventor named

Archimedes. One day, the king came to him with a problem: 'Someone made me a beautiful golden crown, but I suspect the crown-maker cheated me—secretly replacing some of the gold with cheaper silver. Can you prove whether it's pure gold without damaging my crown?"

"How could he figure that out?" Cassie was intrigued.

"Archimedes thought and thought, but couldn't solve the puzzle. Then one day, he decided to take a bath to relax his mind. He stepped into his bathtub—which was filled completely to the brim—and water sloshed over the sides. And suddenly, watching that water overflow, he had an incredible idea!"

"What was the idea?" Caleb asked breathlessly.

"He realized he could measure how much water different objects push aside! If the crown was pure gold, it would displace the same amount of water as

an equal weight of pure gold. But if it had silver mixed in, it would displace a different amount, because gold and silver have different densities!"

"Did his idea work?" both children asked together.

"It did! He proved the crown-maker had cheated the king. And here's the funny part—Archimedes was SO excited about his discovery that he leaped out of the bath and ran through the streets shouting 'EUREKA! EUREKA!'—which means 'I found it!' in Greek!"

"The story says he was so excited, he forgot to get dressed first!" Dad added with a chuckle.
"Though we don't know if that part is really true or just a funny addition to the story!"

Cassie and Caleb burst into laughter, shouting "EUREKA! EUREKA!" until other harbour visitors started smiling at their enthusiasm.



Eureka!" shout Cassie and Caleb, celebrating their brilliant discovery!

When they'd calmed down, Mum continued: "Remember density from our cake experiment? Density affects buoyancy too! Denser liquids create stronger buoyant forces. That's why it's easier to

float in the ocean than in a freshwater swimming pool—salt water is denser than fresh water, so it provides more buoyancy!"

"Can we test that at home?" Cassie asked eagerly.

"Absolutely! You could try floating objects in plain water, then in very salty water, and observe the difference. Very scientific!"

Caleb suddenly pointed at the sky. "Look! That balloon is floating too!"

A red helium balloon drifted overhead, escaped from some child's grasp, ascending steadily into the blue.

"That's buoyancy working in air!" Dad said.

Cassie was eager to apply what she'd learned. "The balloon is filled with special light gas—helium—so gravity can't pull very hard. But the air around it is denser than the helium inside,

creating a buoyant force pushing up. Buoyancy wins—the balloon floats upward!"

Everyone applauded Cassie's explanation.

"Some fish use buoyancy in an incredibly clever way," Mum added. "Many fish have a special organ called a swim bladder—it's like a tiny balloon inside their body! By filling it with air or releasing air, they can control whether they float up, sink down, or hover at whatever depth they want. It's like they have their own personal buoyancy control system!"

"Fish have balloons inside them?!" Caleb was utterly amazed.

"Nature is full of incredible engineering," Mum said softly. "That's what makes studying it so exciting—and why scientists like Professor Emma Johnston dedicate their lives to understanding ocean creatures. Every adaptation is like a brilliant solution to a problem."

Caleb began to chant:

Balloons rise through the air,
Ships float without a care,
Fish with bladders everywhere—
Buoyancy is nature's dare!

Chapter 4: Rock Pool Treasures

While Dad organized the fishing equipment, Mum noticed something wonderful along the harbour's rocky edge.

"Children, come look at this!" she called, crouching carefully near the waterline. "But remember—we stay on the rocks away from the edge, and always watch where we step!"

Cassie and Caleb scrambled over, stepping cautiously on the uneven rocks. Between large boulders, seawater pooled in natural stone basins—tiny aquariums created by nature itself!

"It's a rock pool!" Mum said, her voice filled with wonder. "When the tide goes out, seawater gets trapped in these rocky bowls. They become like miniature worlds full of creatures!"



A whole underwater world hidden in the rocks!

Cassie peered in carefully. At first, she saw only water, pebbles, and swaying seaweed. But then—

Something moved.

"Mum! I saw something!"

A small crab scuttled sideways across the pool's bottom, its legs moving in a peculiar synchronized dance before it tucked itself beneath a rocky ledge.

"There! There it is!" Caleb whispered excitedly, bouncing on his toes.

"Rock pools are wonderful windows into marine life," Mum said softly. "But remember—we look with our eyes, not our hands. These are the animals' homes, and we're just visitors."

Cassie nodded solemnly. She was a scientist now, and scientists respected nature.

"Why did the crab walk sideways?" Caleb asked, attempting to imitate the crab's distinctive shuffle.

"Excellent observation!" Dad said, joining them. "Crabs have wide, flat bodies—like dinner plates with legs. Their legs are attached at the sides, and the joints bend sideways rather than forward and

backward like ours. This body design makes sideways movement much faster and more efficient than walking forward!"

"Everything about an animal's body helps it survive," Mum added. "That's called adaptation. Over very long periods of time—thousands and thousands of years—animals gradually develop special features that help them thrive in their particular environment."

Cassie spotted something else—a beautiful purple sea star clinging to the rock just below the water's surface, completely still.

"Look! A starfish!"

"Scientists actually call them 'sea stars' now," Mum explained gently, "because they're not really fish at all! Fish have backbones—internal skeletons made of bone or cartilage. But sea stars belong to a group called invertebrates—animals without backbones."

"No backbone?" Cassie was puzzled. "But how do they hold their shape? Wouldn't they just flop around?"

"Sea stars have evolved a brilliant solution. Their bodies are supported by seawater! They use something called a 'water vascular system'—they pump seawater through channels inside their bodies to stay firm and to move around. See those tiny tube feet underneath?"

Cassie leaned closer. The sea star's underside had hundreds of tiny tubes, like miniature fingers, each one moving independently with gentle purpose.

"Each tube foot works like a tiny suction cup," Mum continued. "The sea star fills them with water to create suction and grip the rocks. That's how it holds on tight, even when waves crash over it!"

"Water power!" Caleb said, deeply impressed.

"And here's something absolutely amazing," Dad added. "If a sea star loses one of its arms to a predator, it can grow a completely new one! Some species can even grow an entire new body from just a single arm—as long as part of the central disc is attached!"

Cassie's jaw dropped. "That's like a superpower!"

"Nature is full of superpowers," Mum smiled. "You just have to know where to look."

Caleb had wandered to the far side of the rock pool, staying safely on the rocks. "What are THESE squishy-looking blob things?" he asked, pointing at gelatinous lumps clinging to the stones like colourful gumdrops.

"Those are sea anemones!" Mum said enthusiastically. "Right now the tide is low, so they've pulled in their tentacles to stay moist and protected. But when the water covers them again,

they'll open up like beautiful underwater flowers!"

"Do they sting?" Cassie asked cautiously.

"They can! Anemones have thousands of tiny stinging cells in their tentacles—like microscopic harpoons—to catch small prey that floats by. But remarkably, there's one type of fish that's completely immune to the stings. Do you know which one?"

Cassie thought hard, searching her memory. Then her face brightened. "Clownfish! Like in the movies!"

"Exactly right! Clownfish have a special slimy coating on their skin that protects them from anemone stings. They live right inside the anemone's tentacles, where predators can't reach them. And in return, the clownfish helps keep the anemone clean and brings it food scraps!"

"So they help each other?" Cassie asked, fascinated by this arrangement.

"Precisely. Scientists call it a symbiotic relationship—when two different species help each other survive. The ocean is absolutely full of these remarkable partnerships!"

Can you think of any other animal partnerships you know about?

Cassie noticed something peculiar. Some of the rocks appeared to be moving! No, wait—those weren't rocks at all...

"Mum, that rock has LEGS!"

Mum laughed delightedly. "That's a hermit crab! Unlike regular crabs, hermit crabs don't grow their own hard shells. Instead, they find empty snail shells and move into them like tiny mobile homes! As they grow bigger, they have to search for larger shells to move into."

"Shell shopping!" Caleb giggled at the idea.

"And look at this one's colouring," Dad said, pointing to a small crab half-hidden among green and brown seaweed. "See how it's greenish-brown? That's camouflage—coloration and patterns that help an animal blend into its surroundings so predators can't easily spot it."

Once Cassie understood what to look for, she spotted camouflaged creatures everywhere! A tiny fish the exact colour of sand. A nearly transparent shrimp. A snail whose shell looked identical to the pebbles surrounding it. It was like one of those hidden picture puzzles, except real and alive!

"It's amazing how invisible they can be!" she exclaimed.

"Scientists who study harbours—like Professor Emma Johnston—have discovered that rock pools are like tiny, complete ecosystems," Mum said. "An ecosystem is a community where all the living

things interact and depend on each other for survival."

"What do you mean by 'depend on each other'?"
Cassie asked.

"Think about it like this: tiny algae and seaweed grow on the rocks, using sunlight and nutrients from the water. Small snails and limpets eat the algae. Crabs eat the snails. Bigger fish might eat the crabs. And when any creature dies, bacteria break down its body, releasing nutrients back into the water that help more algae grow. Everything is connected in a circle—scientists call it a food web!"

Cassie gazed at the pool with completely new eyes. It wasn't just a puddle trapped between rocks—it was an entire world with its own food chains, neighbourhoods, dramas, and survival stories!

"Professor Johnston's research proved that even in busy harbours—with boats and activity—these little ecosystems can adapt and survive," Dad added. "She showed that marine life is remarkably resilient. But it still needs our help to stay healthy."

"That's why we never leave rubbish near water," Mum emphasized. "And why we look but don't touch the rock pool creatures. Every single animal here has an important role in keeping the ecosystem balanced!"

Caleb had been very quiet, watching something intently. "Mum," he whispered carefully. "The jelly thing is doing something!"

Everyone gathered around. A small wave had just washed over the rock pool, bringing fresh seawater and oxygen. And slowly, magically, the sea anemone began to open. Soft tentacles unfurled like delicate flower petals, swaying gracefully in the gentle current.



The sea anemone blooms like a magical underwater flower!

"Ohhhh," Cassie breathed. "It's so beautiful.
Like an underwater garden."

For a long moment, the whole family stood in reverent silence, watching the anemone bloom in slow motion.

"Thank you for showing us your home," Caleb whispered to the rock pool.

Mum squeezed his hand gently, her eyes glistening. "That's the perfect thing to say, sweetheart."

As they headed back to the fishing spot, Cassie's mind buzzed with everything she'd learned. Crabs that walked sideways. Sea stars powered by water. Anemones that partnered with clownfish. Hermit crabs house-hunting for new shells. So many incredible adaptations, all in one tiny pool!

"Mum," she said thoughtfully, "I used to think the harbour was just water and boats and bridges. But there's so much MORE living here—whole worlds I couldn't even see before!"

"That's exactly what scientists want people to understand," Mum replied warmly. "When we truly know about the amazing creatures sharing our world, we naturally want to protect them. Knowledge leads to care, and care leads to conservation."

Cassie nodded firmly, already planning the rock pool section of her nature journal. Maybe she'd draw the anemone opening, like an underwater flower greeting the returning tide. Maybe she'd create a diagram showing how all the creatures depended on each other. So much to document!

Cassie began humming, then singing softly:

*There's a world in the rocks by
the sea,
Full of wonders for you and for
me!
If you look close, what will you
find?
Amazing creatures of every kind!*

Caleb joined in immediately:

*Crabs that scuttle side to side,
Hermit crabs with shells to hide,
Sea stars gripping with suction
feet,
Camouflaged creatures—what a
treat!*

Together, they sang the chorus:

*There's a world in the rocks by
the sea,
An ecosystem wild and free!
Look but don't touch, let them
be—
Nature's treasure for you and
me!*

Mum and Dad added their own verse:

*Anemones wave their tentacles
round,
Hidden creatures wait to be
found,
Everything's connected, large
and small,
The rock pool truly needs them
all!*

All four finished together:

*There's a world in the rocks by
the sea,
A tiny world of mystery!
Scientists study, you can too—
The rock pool's waiting there for
you!*

By the time their rock pool song ended, they'd reached the fishing spot, and both children were buzzing with anticipation for the next adventure.

Chapter 5: Marine Biology Champions

"This has been the best day ever!" Cassie declared, her face glowing with happiness. "I've learned about cakes and density, fish with gills and fins, gravity and buoyancy pushing and pulling, boats that float, and rock pools full of secret creatures! What was YOUR favourite thing, Caleb?"

Caleb leaped up, arms stretched toward the sky, and shouted at the top of his lungs: "EUREKA! EUREKA!"

Everyone dissolved into laughter. Other families on the wharf looked over, smiling at the joyful commotion.

Dad set up the fishing rods with practiced care, attaching bait to each hook. He handed one rod to

Cassie and one to Caleb, showing them how to hold them properly.

"Now comes the hardest part of fishing," Dad said with a gentle smile. "Patience. We wait quietly for curious fish to investigate."

Cassie readied her camera. Caleb opened his drawing notebook and arranged his crayons in rainbow order. They were going to create the most spectacular nature journal ever!

The harbour water lapped gently against the wharf. Seabirds wheeled overhead, calling to each other. A ferry horn sounded in the distance. For several peaceful minutes, nothing happened—

Then suddenly, Caleb's rod bent dramatically!

"Daddy! Daddy! I got something!"

Dad hurried over, placing his hands over Caleb's to help guide the rod. "Gently now... that's it... nice and easy..."

Together, they carefully reeled in a beautiful silvery fish!

"Wonderful catch!" Dad exclaimed. "This is a Yellowfin Bream—a common Sydney Harbour fish!"



Dad shows Caleb all the special parts of his very first catch!

Dad pointed out all six fins—dorsal, pectoral, pelvic, anal, adipose, and caudal. The Bream's gills opened and closed rhythmically on each side of its head, and its large, intelligent-looking eyes

observed them with what seemed like curiosity.

"Does the Bream have a swim bladder?" Cassie asked, remembering their earlier conversation.

Mum checked her phone quickly. "Yes! Bream definitely have well-developed swim bladders. That's partly what makes them such strong swimmers."

Caleb beamed with pride as he knelt beside their scaly friend. With Dad's help, he gently lowered the Bream back into the harbour, watching it swim away with powerful tail strokes.

"Bye-bye, fish! Thank you for visiting us!"
Caleb called after it.

Now Cassie's rod began to tug and dance!

"I've got one!" she squealed.

With Dad's guidance, she reeled in a sleek, streamlined fish with distinctive markings.

"Hello, beautiful Flathead!" Cassie said softly, careful not to frighten it.

They took quick photographs and made rapid sketches, noting every detail, before carefully releasing the Flathead back to its home.

"Flathead are quite clever," Mum said. "They lie on the sandy bottom, camouflaged perfectly, waiting for prey to swim by. Then—snap!—they catch their meal!"

"My fish is a camouflage expert!" Cassie said proudly.

As they packed up their equipment, Caleb noticed something bobbing in the water nearby.
"Mum, look—a plastic bag!"

Mum's expression turned serious. "Oh no. This is extremely dangerous for marine life."

She used the fishing rod to carefully hook the plastic bag and pull it to shore, depositing it in a

nearby rubbish bin.

"Good spotting, Caleb," Dad said. "That bag could have harmed so many creatures."

"Plastic in the ocean is one of the biggest problems marine scientists are trying to solve," Mum explained gravely. "Fish and sea turtles often mistake plastic bags for jellyfish and eat them. The plastic can't be digested, so it fills their stomachs, making them think they're full when they're actually starving. It's heartbreakingly."

"Every piece of rubbish we keep out of the water helps protect sea life," Dad added. "That's why we always take our rubbish home with us—and pick up any litter we find, even if it's not ours."

Walking back toward the car, Cassie noticed a group of people in wetsuits and snorkelling gear heading purposefully toward the water, carrying scientific-looking equipment.



Real scientists at work! Cassie and Caleb couldn't believe their eyes.

Dad chatted briefly with them, then returned looking impressed.

"Guess what? Those are marine biologists from the University of Sydney! They're conducting research on creatures living in this very harbour—the same kind of work Professor Emma Johnston pioneered!"

"Really?" Cassie's eyes lit up like stars. "What are they studying?"

"They're documenting how different species adapt to the harbour environment—which creatures thrive, which struggle, and how human activity affects them. Scientists use this information to help protect marine ecosystems."

"Professor Emma Johnston is one of Australia's most important marine scientists," Mum said proudly. "She studied tiny creatures called bryozoans—animals so small they look like moss on rocks—and discovered how they survive in challenging waters. Her research showed that marine life is surprisingly resilient and adaptable."

"But resilience doesn't mean they don't need our help," Dad cautioned. "That's why Professor Johnston also works to influence government policy and public understanding. She leads Science & Technology Australia, which means she helps ALL kinds of scientists across the country communicate their important discoveries."

"And there are many other inspiring scientists too," Mum added. "Dr. Vanessa Pirotta studies whales using drones, Dr. Charlie Huveneers researches sharks, and Indigenous rangers combine traditional knowledge with modern science to care for Country. They all show young people that there are so many ways to become a scientist!"

"She teaches that curiosity is everyone's superpower," Dad said. "You don't need special equipment or a fancy lab—just the willingness to ask questions and never stop learning, exactly like you two do!"

Cassie felt warmth spreading through her chest.
"So asking 'why?' and 'how?' is how scientists start?"

"Absolutely," Mum confirmed. "Every single great discovery in history began with someone wondering about something and refusing to stop questioning until they understood. Your curiosity is your superpower."

"Maybe I'll be a marine biologist when I grow up," Cassie said thoughtfully. "I could study fish and help keep them safe from pollution."

"Me too!" Caleb agreed enthusiastically. "And I'll yell 'EUREKA!' when I discover important things!"

Everyone laughed, and Mum pulled both children close for a hug.

On the drive home, Cassie and Caleb planned their nature journal entries. They had so much to

document: density experiments with cakes, fish anatomy with gills and six types of fins, buoyancy battles between gravity and upward force, tiny ecosystems hidden in rock pools, and the wonderful harbour creatures they'd met.

"Thank you for the best surprise ever," Cassie told her parents sincerely.

Dad caught her eye in the rearview mirror and smiled. "The real surprise is how much you both taught US today. You asked questions we'd never thought about, noticed things we'd overlooked, and reminded us that the world is full of wonder—if we just pay attention."

That night, after enjoying the last slices of both sponge cake AND mud cake (science says you need both for proper comparison!), Cassie fell asleep dreaming of fish with tiny balloon swim bladders floating through a sea of science and wonder, while she swam alongside them, notebook in hand, discovering new questions with every

stroke.

As she drifted off, she murmured softly:

*Ask the questions, seek to know,
That's how understanding grows!
In the harbour, lab, or school,
Curiosity's the greatest tool!*

Dear Young Scientist,

Thank you for joining Cassie and Caleb on their harbour adventure! Remember, the questions you ask today might lead to important discoveries tomorrow. The ocean needs curious, caring scientists like you to help protect it for future generations.

Simple Actions You Can Take:

What questions will YOU ask next?

Keep exploring,
Keep wondering,
Keep discovering!

Additional Learning Resources:

Want to Learn More? (Always explore with a trusted adult!)

For Grown-Ups:

This story introduces concepts in physics (density, buoyancy, gravity), biology (marine adaptations, ecosystems, symbiosis), and environmental science (conservation, pollution impacts). These align with Australian Curriculum Science standards for Foundation to Year 4.

The experiments and observations described can be expanded into hands-on learning experiences that develop scientific thinking, observation skills,

and environmental awareness.

Acknowledgments:

This story honours the Gadigal people, the traditional custodians of Sydney Harbour (Warrane), and celebrates the work of marine scientists including Professor Emma Johnston AO, whose research and advocacy continue to inspire future generations of ocean protectors.

About the Author

Suneeta Mall is a passionate storyteller who believes that curiosity is the greatest teacher. Through engaging narratives and relatable characters, Suneeta creates stories that inspire young readers to ask questions, explore the world around them, and discover the wonder in everyday science.

With a dedication to making learning an adventure, Suneeta's work encourages children to embrace their natural curiosity and see themselves as young scientists and explorers.

This story has been enhanced and expanded using FableFlow, bringing Cassie's harbour quest to life with additional depth, educational content, and interactive elements to further inspire young learners.

When not writing, Suneeta enjoys visiting harbours, museums, and science centers—always

on the lookout for the next great story waiting to be told.

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Acknowledgments

This book is dedicated to every curious child who has ever asked "Why?" or "How does that work?" Your questions make the world a more wonderful place, and your sense of wonder reminds us all to never stop exploring.

Special thanks to Suneeta Mall, whose original vision brought Cassie's adventure to life. Your commitment to inspiring young minds through storytelling continues to spark curiosity in readers everywhere.

To educators, parents, and caregivers who encourage children to experiment, make messes, and discover the science hidden in everyday moments—thank you for nurturing the next generation of scientists, engineers, and explorers.

To Cassie and Caleb, and all the young readers embarking on their own harbour quests: May you always stay curious, ask bold questions, and

remember that every great discovery begins with a single experiment.

"The important thing is not to stop questioning. Curiosity has its own reason for existing." — Albert Einstein

Keep exploring, keep discovering, and keep making your own bubbling, fizzing, glittering adventures!

Join curious Cassie and her little brother Caleb on an amazing fishing trip to Sydney Harbour! You'll discover why boats float, how fish breathe underwater, and what secrets hide in rock pools. Get ready for cool experiments, catchy songs, and marine science mysteries inspired by real Australian scientists—because the best adventures start when you ask "But why?"

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