

Tides are the rise and fall of the Earth's seas and oceans, and they are caused by the pull of gravity from the sun and moon. Tides cause changes in the depths of the water, meaning that seas and oceans are continually experiencing cycles of high and low tides.



Key vocabulary

sea level

The average level of the surface of the ocean, used as a starting point from which to measure the height or depth of any place.

gravity

The force that pulls things down toward the surface of the Earth and keeps them from floating away into space.

high tide

The time at which the water level in an ocean, a gulf, or a bay is at its highest point.

tide

The constant change in sea level that is caused by the pull of the sun and the moon on the earth.

low tide

The time at which the water level in an ocean, a gulf, or a bay is at its lowest point.

neap tide

The lowest low tide.

spring tide

The highest high tide.

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