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## Cute sea animals outline

You probably have a favorite sea cucumber and don't even know it. There are over 1200 species in the world's oceans – so many that scientists are even confused about how many there are – so there's probably one you'd like a lot: some of them are decorated with the colors of your favorite sports team, others look like someone crocheted an oversized zucchini of brown acrylic yarn. Even if you weren't particularly interested in a live sea cucumber, you might want to eat a dead one, or even take it as medicine. But if you had to guess, would you bet a sea cucumber is an animal or vegetable? Go ahead — take a really good look at the beauty of the photo again. Ad It's an animal, but it looks vegetable-ish, doesn't it? It's okay, they get it a lot—that we refer to them as cucumbers don't help. But they are notches, a phylum of marine animals that also contain starfish and sea urchins. Everyone in this phylum has what is called pentamer symmetry — they have five arms arranged around a center piece. Of course, the kindest thing you can say about a sea cucumber physique is that it looks very much like a big hoagie bun you wouldn't want to eat. But while it more resembles a snail than a star, the five rows of tube feet that extend from the mouth to its anus give it the same basic layout as a very elongated sea urinary that fell over on its side. Holothurians (that's the biological name for sea cucumbers) have a different approach to reproduction than we do—they are usually born either male or female, but they can change from one to another during their lives. They communicate with each other by releasing hormones into the water, which is very similar to their style of reproduction: they expel their germ cells — they are eggs and sperm — out of the water column and just assume they'll find each other, just as they assume their friend got the hormone message they left them. Holothurians eat small animals, particles of algae and general sea debris out of the water with wrinkled tentacles they keep hidden in their mouths between meals. What they have in the way of a brain is a ring of neurons around their mouths that tell them when it's time to eat, dig in the sand, go somewhere else or attack. And although they look like tube socks filled with modeling clay, a sea cucumber's defense mechanism is quite frightening. The Human-Sea Cucumber Connection Imagine approaches your younger brother with the intention of wrestling him to the ground, sitting on his chest and making him admit to listening to JoJo Siwa as he goes to sleep every night. But what if, instead of escaping, your brother shot some of his breathing bodies at you out of his butt? That's what sea cucumber combat looks like — they have the amazing ability to regenerate the bodies they lost. Some species spit out sticky string Spider webs to rise up or even their enemies, while others have a special toxin that kills or stuns small animals. Don't mess with sea cucumbers. But we DO mess with sea cucumbers! All the time. Some species are at risk of extinction because in some Asian countries, sea cucumbers are the ultimate luxury snack. Some tropical holothurian species can go for between \$10 and \$600 per kilogram (dried) in China, and one type retails for \$3,000 per kilogram. Sea cucumbers are also used in Chinese medicine to treat a variety of diseases such as muscle aging, impaired immune system, fatigue and arthritis — some even suggest they could be used in cancer treatments. The varieties used in food or medicine are becoming increasingly rare. According to the authors of a 2014 study published in Proceedings of the Royal Society B in 2014, human interest in these specific species is what drives their numbers down: For some marine life, such as bluefin tuna and sturgeon, increasing rarity makes them valuable and drives them toward extinction, wrote study authors Steven Purcell from Southern Cross University and Beth Polidoro of Arizona State University in The Conversation. But this is not true for sea cucumbers: their high value drives intense exploitation eventually making common species rare. As a result, there are about 377 species of sea cucumbers on the International Union for Conservation of Nature (IUCN) red list of endangered species, seven of which are classified as endangered and nine as vulnerable. But we need holothurians! Not only are they economically important as a seafood, they are important to ocean ecosystems — they are important filtration systems for oceans all over the world. Plus, some species provide important services for other marine life: the pearl fish, for example, takes refuge in a sea cucumber anus — sometimes entire schools of pearlfish can find shelter at the rear end of a single holothurian. They don't usually mind much—unless they need their anus to breathe at the moment. Oh, yes—sea cucumbers breathe through their anuses. Forgot to mention that part. Picture: Douglas Klug/Moment/Getty Images Haven isn't just home to what you'd consider a lot of different species of animals; they are home to a puzzling number of species of animals. Over 228,000 species have been identified in the world's oceans, and it is believed that there may be up to 2 million more that have not been identified yet. It includes everything from the smallest microscopic plankton life forms to blue whales, which are not only the largest animals in the ocean, but also the largest animals on Earth and the largest animals that have ever existed in the entire planet's history. Obviously, if you are looking for a great variety of life, the sea is the place to go. Lucky for you, you don't have to be a marine to be able to identify all the species that we have listed here, however. Some of these are as common as salmon and hammerhead sharks, while some may be of the more unusual leafy seadragon or vampire octopus variety. If you think you are up to the task of identifying them all, then you best head out to the open ocean with this quiz and see how many of our A to Z creatures from the sea you can name. TRIVIA can you name all these sea creatures? 6 Minute Quiz 6 My Personality What is your spirit animal based on your Enneagram Type? 6 Minute Quiz 6 My Personality Are You A Country, Sea or Sky Animal? 5 minute quiz 5 min TRIVIA Can you name these adorable fluffy animals? 6 minute quiz 6 min TRIVIA can you name all these striped animals from one picture? 7 Minute Quiz 7 My TRIVIA Can you recognize all these ungulates? 6 Minute Quiz 6 My TRIVIA Can you name all 40 of these animals? 6 Minute Quiz 6 My PERSONALITY Which Apex Predator Represents Your Dark Soul? 5 Minute Quiz 5 My TRIVIA Can you identify all these animals starting with the letter A? 7 minute quiz 7 my personality Which animal is your acquaintance? 5 Minute Quiz 5 Min How much do you know about dinosaurs? What is an octane rating? And how do you use a proper noun? Lucky for you, HowStuffWorks Play is here to help. Our award-winning website offers reliable, easy-to-understand explanations about how the world works. From fun quizzes that bring joy to your day, to compelling photography and fascinating listings, HowStuffWorks Play offers something for everyone. Sometimes we explain how things work, other times, we ask you, but we are always exploring in the name of fun! Because learning is fun, so stick with us! Playing quizzes is free! We send trivia questions and personality tests every week to your inbox. By clicking Register, you agree to our privacy policy and confirm that you are 13 years old or over. Copyright © 2020 InfoSpace Holdings, LLC, a System1 Company Sign up for the BuzzFeed Quizzes Newsletter – Binge on the latest quizzes delivered directly to your inbox with Quizzes newsletter! Last updated on November 5, 2020 Have you been in a rut before? Or are you in a rut right now? You know you're in a rut when you get ideas and inspiration. A rut can manifest as a productivity vacuum and be one reason why you don't get results. Even when you spend more time on your work, you can't seem to get anything constructive done. Is it possible to learn how to get out of a rut? Over time, I have tried and found several methods that are helpful in pulling me out of the rut. If you experience wheeltracks too, whether as a working professional, a writer, a blogger, or a student, you will find these useful. Here are 12 of my personal tips to from ruts:1. Work on Small TasksWhen you are in a rut, tackle it by starting small. Clear your minor tasks that have been piling up. Reply to your emails, organize your documents, clear your work space, and reply to private messages. When I'm done with it, I generate positive momentum, which I bring up to my work. If you have a big long-term goal you can't wait to get started on, break it down into smaller goals first. This will help each piece feel manageable and help you feel like you are moving closer to your goal. You can learn more about goals vs goals here. 2. Take a break from your work DeskWhen you want to learn how to get out of a rut, get away from your desk and go take a walk. Go to the bathroom, walk around the office, or go out and get a snack. According to research, your productivity is best when working for 50 minutes to an hour and then taking a 15-20 minute break. Your mind may be too bogged down and will need some airing. By moving away from your computer, you can create extra space for new ideas that hid behind high stress levels.3. Upgrade YourselfTake down time to upgrade your skills and skills. Attend a seminar, read a topic of interest, or start learning a new language. Or any of the 42 ways here to improve yourself. The modern computer uses different fonts because Steve Jobs fell into a calligraphy class back in college. How's that inspiration?4. Talk to a FriendTalk to someone and get your mind off work for a while. Relying on a support system is a great way to work with self-care as you learn to get out of a rut. Talk about anything, from casual chatting to a deep conversation about something you really care about. You'll be amazed at how the short meeting can be rejuvenating in its own way.5. Forget trying to be Perfectif you're in a rut, the last thing you want to do is step on your own toes with perfectionist tendencies. Perfectionism can lead you to fear failure, which can ultimately hinder you even more if you try to find motivation to work on something new. If you allow your perfectionism to fade, soon, a little trickle of inspiration will come, and then it will build up with more oozing. Before you know it, you have a whole stream of ideas. Read more about How not to let Perfectionism Secretly Screw You Up.6. Paint a vision to work towardsif you continually get in a rut with your work, maybe there is no vision inspiring you to move on. Think about why you're doing this, and what you're doing it for. What is the ultimate goal or vision you have for your life? Make it as alive as possible. Make sure it's a vision that inspires you and use it to trigger you into action. You can use the power of visualization or even create a vision on board if you like to have something to physically remind you of your goals.7. Read a book (or Blog)The things we read are like food for our brain. If you have ideas, it's time to your brain with good material. Here's a list of 40 books you can start with. You can also stock your browser with only feeds of high quality blogs and follow authors who inspire and motivate you. Find something that interests you and start reading. 8. Have a Quick NapIf you are at home, take a quick nap for about 20-30 minutes. This cleans up your mind and gives you a quick boost. Nothing quite like starting on a fresh start after catching up on sleep. A Harvard study found that whether they took long naps or short naps, participants showed significant improvement on three of the four tests in the study's cognitive assessment battery.9. Remember why you do thisSometimes we lose sight of why we do what we do, and after a while we get worn out. A quick rehearsal on why you even started on this project will help. What were you thinking when you thought about this? Trace your thoughts back to that moment. Remember your inspiration, and maybe even journal about it to make it feel more tangible.10 Find some competitionWhen we learn to get out of a rut, there's nothing quite like healthy competition to spur us forward. If you're on ideas, then check out what people are doing in your space. Colleagues at work, competitors in the industry, competitors' products and websites, and network conventions can all inspire you to get a move forward. But don't let this throw you back to your perfectionist tendencies or low self esteem. 11. Go ExerciseThen you don't make progress at work, you might as well spend time getting in shape and increasing dopamine levels. Sometimes we work so hard that we neglect our health and fitness. Go jogging, swimming, cycling, or whatever kind of workout will help you start feeling better. When you improve your physical health, your mental health will improve as well. The different facets of themselves are all interconnected. If you need ideas for a quick workout, check out the video below.12. Take a few vacation daysif you are stuck in a rut, it is usually a sign that you have been working too long and too hard. It's time to get a break. Beyond the quick tips above, arrange one or two days to take off from work. Don't check your (work) emails or do anything work-related. Relax, do your favorite activities, and spend time with family members. You will return to your work loaded and ready to start. Contrary to popular belief, the world does not come from taking a break from your work. In fact, you will be much more ready to make an impact after proper rest. More tips to help you get out of a RutFeatured photo credit: Ashkan Forouzani via unsplash.com unsplash.com

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