



Restore the beauty to a natural area blighted by litter

You will need

- [Litter observation form](#)
- Camera or camera phone

What to do

This activity supports Requirement 2 of Cubs Naturalist Activity Badge.

When visiting the seashore over three months, it's probable that you will find not only interesting plants and wildlife, but also a range of litter. This activity provides a way to help tackle the seashore eyesores at source.

1. Everyone should note items of litter they see on the beach on the [observation form](#) and take photographs. This could be done once or on several visits. Make notes about any clusters of litter and the position and condition of any bins. For safety reasons, do not pick up the litter unless part of a [beach clean](#) activity.
2. At a group meeting, review everyone's forms and the photographs. Note the items that were seen the most. Identify any patterns related to the litter – was it gathered in particular areas? Did there seem to be a source? Was there a particular type of litter?
3. Discuss everyone's observations about litter bins. For example, did bins seem to be in the right place, were they full, were they easy to use, was litter able to escape from them?
4. As a group, agree the actions everyone would like to take to try to reduce the amount of litter on the beach. For example:
 - Contact the landowner about the number, type and positions of bins
 - Start a petition to improve the bins on the beach and the frequency of refuse collections
 - Create an anti-littering campaign, using friends' and family members' social media accounts to share photos you took of the problem
 - Write to your local politician about introducing a Deposit Return Scheme
 - Petition manufacturers to reduce the amount of packaging they use
 - Run a [Bin the Butt campaign](#) to encourage people to properly dispose of cigarette butts.

Reflection

How do you feel when you think about the amount of litter on our beaches?
Many people know they shouldn't drop litter. Why do you think they do it?



Litter observation form

Type of litter: Describe the litter you can see



Photographs: Take photos of any litter

Location of litter: Where is the litter?



Photographs: Take photos of where you found it

Litter bins: Are there bins? Where are they located? Do they have lids?



Photographs: Take photos of the bins

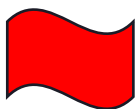


Stay safe while at the beach

Know your flags



Red and yellow = Lifeguarded area – safe to swim



Red = Do not go in the water – dangerous



Black and white = Do not swim in this area. This is for surfboards, paddleboards, kayaks



Orange windsock = Strong winds

In an emergency

- ➔ On arrival at the beach, agree a place to meet if one of you gets lost.
- ➔ If you see someone getting into difficulty in the water, tell a lifeguard.
- ➔ If you can't find a lifeguard, call 999 or 112 and ask for the coastguard.

Stay safe

- Only enter the water to swim between the yellow and red flags
- Don't take inflatables into the sea
- Check tide times to avoid getting cut off
- Don't climb up or go near the top or bottom of cliffs
- Don't swim in cold water (below 15°C). It can seriously affect movement and breathing
- Keep away from soft sand and mud
- Beware of slippery rocks



Explore responsibly

- Leave animals where you find them
- Carefully lift and replace any rocks you move and leave attached seaweed in place
- If you want to take a couple of seashells home, only take the empty shells (like limpets and mussels) and leave shells that could provide a home for hermit crabs (like whelks and periwinkles)



Be tidy

- Take your rubbish home. Don't bury or burn it
- Always scoop your dog's poop and bin it responsibly



Watch with care

- Watch wildlife quietly from a distance, especially birds and seals with pups
- If you take a dog with you, keep it on a lead near birds and people



Mind your step

- Keep to paths and dune boardwalks
- If you dig holes in the beach, please fill them in before you leave
- Don't climb up or go near the top or bottom of cliffs
- Check tide times to avoid getting cut off
- Keep away from soft sand and mud
- Beware of slippery rocks

Seashore safari



I see seashells on the seashore

Do you know your barnacles from your limpets or your sea potato from your sandhopper?

Can you tell the difference between a common whelk and a dog whelk at a glance?

Well, if you like scouring the beach for bits of driftwood and shells or you love the natural treasures the tide brings in - but you're not sure what everything is - our Seashore safari will reveal the secrets of rockpools and the strandline.

The strandline is the top bit of the beach where man-made and natural objects are left washed up as the tide recedes. And it's a totally fascinating place!

Take our Seashore safari with you every time you head to the beach and see how many seashore surprises you can find.

Visit our website for more fascinating facts and intriguing information about our UK seas
www.mcsuk.org

Who are the Marine Conservation Society?

We're a bunch of people who love the sea! Our work is supported by thousands of amazing members and volunteers.

Today, our ocean is in poor health because of decades of human activity. But we're determined to change this by working with communities, businesses and governments.

For more than 30 years, we've been the voice of the sea. We want to see a cleaner, better-protected, healthier ocean. One we can all enjoy.

There are plenty of ways you can help the ocean. Here are just a few ideas:



Beach cleans and litter surveys

Our year-round beach clean and survey programme helps us identify where rubbish comes from so we can help stop it getting on the beach. Find a clean near you on our website.



Sea Champions

Join our network of active volunteers who spread our message in their local area all over the UK.



Marine life sightings

Spotted a basking shark, turtle or jellyfish? Tell us about it at the wildlife sightings section on the website.



Learn more about our seas

Explore our amazing UK seas and find out how you can look after them with our learning resources for schools, groups, families and young people.





Explore responsibly

- Leave animals where you find them.
- Carefully lift and replace any rocks you move and leave attached seaweed in place. If you want to take a couple of seashells home only take the empty shells (like limpets and mussels) and leave shells that could provide a home for hermit crabs (like whelks and periwinkles).



Keep it tidy

- Take your rubbish home – don't bury it or burn it.
- Poop scoop your dog's waste then bin it responsibly.



Watch with care

- Watch quietly from a distance, especially near birds and seals with pups.
- Control your dog and keep it on a lead near birds and seals.



Mind your step

- Keep to established paths and dune boardwalks.
- If you dig holes in the beach, please fill them up again.
- Don't climb up or go near the top or bottom of a cliff.
- Check tide times to avoid being cut off.
- Keep away from soft sand and mud, and beware of slippery rocks.



Have fun!



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Rockpool Spotter Sheet

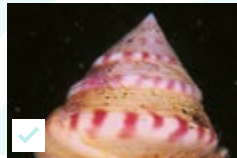
Name: _____



Barnacles



Common limpet



Painted top shell



Purple/flat top shell



Grey top shell



Cockle



Razorshell



Common whelk



Dog whelk



Common starfish



Cushion star



Beadlet anemone



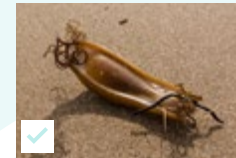
Common periwinkle



Cuttlebone



Skate/Ray egg case



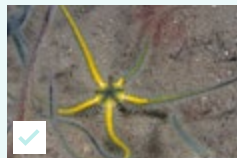
Catshark egg case



Snakelocks anemone



Breadcrumb sponge



Brittle star



Star ascidian



Bladderwrack



Velvet swimming crab



Hermit crab



Common shore crab



Common blenny



Rock goby



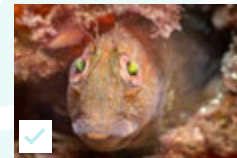
Prawn



Mussel



Pipefish



Tompot blenny



Sea scorpion



Sandhopper