GUIDANCE

1. Important Briefing Information
   When briefing children before all games which involve collecting litter or beach material please highlight that the plants and animals must come first. If seaweeds are attached to the rocks, please do not pull them off. If shells are firmly stuck to the rock, please do not attempt to remove them – this means there are living animals inside and removing them could kill them. If you do move living animals please put them back where they were found.
   Please ensure that litter is clean, and do not pick up anything sharp or dirty, such as broken glass. Always wash hands after handling litter and wildlife.
   At the end of the game, please ensure that all the litter collected is removed and recycled or disposed of properly.

ACTIVITY 1

Litter Relay

Materials needed:
Litter, black bags, hoops, and litter pickers.

Set up:
Draw a start line and a finish line in the sand. Place the litter pickers at the start line and the bins/black bags at the finish line. Ensuring that there is litter in the middle.

How to play game:
Line the children up in teams at the start line. Explain that they have to pick the litter picker up, run to the middle and pick up a piece of litter. They then have to run to the finish line and place the litter in the bin/bag. Then run back to the start line and hand the litter picker over to the next team member. Continue until all team members have completed challenge or until the litter has all been collected.

Aim of the game:
To demonstrate the correct way to dispose of rubbish.
ACTIVITY 2

Mock Beach Litter Pick

Materials needed:
Litter, litter pickers, bags, hoops, and a bin.

Set up:
Put the bin and/or recycling bin next to the area to be cleaned

How to play game:
Ask children to clean the beach of litter and put the appropriate items in the bin/recycling facility where possible.
Ask the children how long they think each item might last in the marine environment – and give the correct answer.

Aim of the game:
To educate children on the types of litter found on beaches, the appropriate disposal route, and how long things last there if you do use it.

Support information and facts:
How long it takes litter items to break down in the marine environment:
Orange peel/ Banana skin 2 years
Cigarette end 1-5 years
Wool sock 1-5 years
Plastic bag 10-20 years
Aluminium can 80-100 years
Glass bottle 1 million years
Plastic bottle indefinitely

Impact on wildlife:
Turtles, which we do occasionally see in Scottish waters, often mistake plastic bags in the water as jellyfish – their main food type, and eat them. Once swallowed they can’t digest the plastic and it fills their stomach, either stopping them from eating as they feel full. Eventually they can starve.
Fulmar feed solely at sea and 98% of North Sea fulmar have plastic pieces in their stomachs.

ACTIVITY 3

Memory Game

Materials needed:
Paper, pens, a flag, litter and 10-15 natural items found on the beach.

Set up:
Cover the items with the flag. Prepare a simple fact about each item.

How to play game:
Ask the children to sit down around the flag. Remove the flag. Let them touch and feel the items. Tell them a simple fact about each item. Cover the items with the flag and ask the children to write down as many of the items that they can remember.

**Aim of the game:**
To demonstrate the natural items which can be found on the beach.

**Support information and facts:**
- **Limpet** only move when the tide is out and always return to exactly the same spot on the same rock when the tide starts to go out again. They feed on seaweed.
- **Seaweed** can be used in ice-cream and toothpaste. The seaweed that lives on the shore where the tide goes out are usually brown, the seaweed that grows below or very near the high tide mark are green, while in very deep rock pools and beneath the sea the seaweed is red.
- **Feathers** – Seagulls can have a wing span (from tip to tip) of 148 cm.
- **Crab leg** (pincer) – Crabs hide their eggs under their tail.
- **Pebble/shell** – Over millions of years the sea and sand on the beach washes against the pebbles and shells and eventually little bits fall off. These pebbles and shells get smaller and smaller and eventually end up as sand.
- **Dog Whelks** eat other shell fish like barnacles and limpets. If you find a limpet with a small hole in it, it is likely that the dog whelk has attacked it with a shell dissolving acid and sucked the limpet out with its tongue. Yuck!
- **The common hermit crab** is well known for its habit of living in empty shells, like the winkle and the whelk. As it grows bigger it moves home, trying different empty shells out for size.
- **How long it takes litter items to break down in the marine environment:**
  - Orange peel/ Banana skin: 2 years
  - Cigarette end: 1-5 years
  - Wool sock: 1-5 years
  - Plastic bag: 10-20 years
  - Aluminium can: 80-100 years
  - Glass bottle: 1 million years
  - Plastic bottle: Indefinitely

**ACTIVITY 4**

**Big Beach Maze**

**Materials needed:**
Spade or pole for drawing the outlines. Litter pickers, litter, bags and hoops.

**Set up:**
Draw a large circular or square maze in the sand with one route from opposite corner to opposite corner. Place the clean litter at one end, and the bin / black bag at the other

**How to play game:**
The children have to pick up a bit of litter with the litter picker and carry it to the bin at the other end of the maze.
Aim of the game: To encourage children to dispose of rubbish in the bin.

ACTIVITY 5

Beach Treasure Hunt

Materials needed: Paper, pen, and collecting bucket or tray.

Set up: Collect five-10 items that you can ask the children to look for.

How to play game: Ask the children to sit in a circle and talk them through the items you have collected, explaining that they might find them on a beach. Ask the children if they think that these items belong on the beach or not. Ask the children to write down the items on the paper and then find as many of them as possible, returning them to the circle area.

Aim of the game: To teach children what should naturally be found on a beach and what shouldn’t.

Support information and facts:

<table>
<thead>
<tr>
<th>Not on beach</th>
<th>Should be on beach</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plastic bottle</td>
<td>Seaweed</td>
</tr>
<tr>
<td>Cotton bud stick</td>
<td>Limpet</td>
</tr>
<tr>
<td>Crisp bag</td>
<td>Razor shell</td>
</tr>
<tr>
<td>Drink can</td>
<td>Drift wood</td>
</tr>
<tr>
<td>Sweet wrapper</td>
<td>Feather</td>
</tr>
</tbody>
</table>

ACTIVITY 6

Seaweed Picture

Materials: Spade or pole for drawing the outlines.

Set up: Ask children to draw a picture in the sand and then decorate it with shells and seaweed. Adults can help children draw outlines in the sand.

How to play game: Send children on a hunt with collecting buckets or pots and ask them to bring back different colours of seaweed that they find on the beach. Once they return ask them to arrange what they have found in the body of the creature. Remember to take photos!
Aim of the game:
To teach children of the importance of seaweed on the beach, such as the habitat it provides for sand hoppers and other small invertebrates. Also highlight the many uses seaweed has to man – for example, it can be found in some ice-creams, toothpaste, milkshakes, and in some countries people eat it like salad.

ACTIVITY 7

Sand Sculpture / Litter Critters / Sea Monsters

Materials needed:
Litter, seaweed, shells, drift wood, pots, buckets, milk cartons, string, scissors, and tape.

Set up:
Draw the outline of a large sand monster.

How to play game:
Send children on a hunt with collecting buckets or pots and ask them to bring back items of drift wood, seaweed, shells, litter etc. found on the beach. Once children return with items ask them to arrange what they have found in the body of the creature – perhaps make one section natural and one man made? Take photos!

Aim of the game:
To educate children on the many types of litter which can be found on our beaches, and that these items can still have a value, be reused, and made into sculptures and pictures.

Support ideas:
Sea Snake – Make a head of a snake out of sand. Then ask kids to collect items that have been washed up by the sea, such as, shells, seaweed, bottles, cans, shoes etc. Ask the children to arrange the items they have found in a long tale – each item makes it longer, wider!

Octopus – Make a head out of sand. Ask children to collect items on the beach and add them to the octopus to create eight legs.

Whale/fish/starfish/seahorse – Draw the basic outline and ask children to find items to fill shape or decorate it with.