



Cheshire

Living Seas

Activity pack

Our Living Seas

WHAT'S INSIDE

Our Living Seas.....02

Marine Life.....03-04

Actions..... 05-10

Discover11-16

Activities.....17-20

The Irish Sea..... 21

Stay connected.....22



Let's bring wildlife back to our seas

The sea covers over two thirds of the Earth's surface. We really do live on a blue planet.

We want to bring wildlife back to our seas, as well as protect them from current and future threats.

This booklet is packed full of tips and activities from The Wildlife Trusts to help you bring wildlife back to our seas.

As your local Wildlife Trust, we want to inspire local communities to feel connected to and care for their coasts and seas.



Seas are fascinating places, full of weird and wonderful species.

Did you know around half the UK's wildlife lives in the sea? We believe that our seas should be Living Seas.

In Living Seas:

- Wildlife and habitats are recovering from past decline as our use of the seas' resources becomes environmentally sustainable.
- ~ The natural environment is adapting well to a changing climate.
- Ocean processes are helping to slow down climate change.
- ~ People are inspired by marine wildlife and value the sea for the many ways in which it supports our quality of life.

Our seas are under pressure like never before. Many aspects of our everyday lives impact our seas. By understanding this impact and taking action, you can bring marine wildlife back.

How long until it breaks down?

Item	Approximate Breakdown Time
Plastic bags	~10-20 years
Plastic straws	~250 years
Polystyrene cup	~100 years
Plastic toothbrush	~500 years
Plastic lighter	~250 years
Plastic bottles	~500 years
Disposable nappies	~500 years
Crisp packet	~70-80 years

The Wildlife Trusts North West Wildlife Trusts

Marine life

From shingle spits and rocky shores, towering red sandstone cliffs and vast sandy shorelines, to saltmarshes and estuaries, a variety of habitats support a wealth of wildlife in our seas. Delve deeper and discover more about the marine life of our coasts and seas.

Did you know...?



Minke whale vocalisations can be as loud as 150 decibels - that's the same as a jet plane taking off!

This allows them to communicate over long distances underwater.

The little cuttlefish really lives up to its name - it only reaches about 5cm long!

If disturbed, it releases a jet of ink and will change its colouration to pale to confuse predators and make its escape!



A group of jellyfish is known as a "smack", but is more commonly referred to as a "bloom".

Coastal and marine habitats



Coastal habitats are found wherever the land meets the sea. They are dynamic, ever changing environments.

With some 31,000km, the UK has one of the longest national coastlines in Europe.

The coast is home to many habitats, with cliffs, rocky shores, sand and shingle beaches, sand dunes, mudflats, saltmarshes and machair. In the UK, no-one lives more than 80 miles from the sea!



There's another world waiting beneath the waves. The sea can seem like just a huge expanse of water – vast, deep and maybe a little scary. However a huge variety of habitats can be found here.

Seals weave in and out of sunlit kelp forests, cuttlefish flash all the colours of the rainbow, starfish graze along the muddy seabed and sharks slip through the open water.



These habitats don't just support the diverse array of plants and animals which live there. They also help us. For example, it's been calculated that seagrass is responsible for 15% of the ocean's total carbon absorption!

Actions



The sea and me

wildlife watch 

Even if you live far from the sea, there's lots you can do every day to make our sea healthier...

1 Say no to straws!

Straws never decompose and have been found in the stomachs of marine animals. If you really want to use a straw, then get a reusable metal one.



3 Think reusable

Take shopping bags out with you, and buy a reusable water bottle.



2 Don't let go

What goes up must come down! Balloons are very bad for wildlife so please don't let go.

Leave only footprints!



4 Say yes to sustainable fish

Where you can, choose fish caught locally, in season and using the best methods. Find out more at cornwallgoodseafoodguide.org.uk



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Go on a beach clean

wildlife watch 

You will need:

- an adult helper
- a group of friends (optional but useful!)
- thick gardening gloves 
- buckets 
- litter picking tool 
- suitable footwear (sturdy boots for rocky beaches) 

Ask an adult to take you on a beach clean...

Check with an adult if you're not sure whether to pick something up.



You could try separating litter into different buckets for recycling.

Note for adults
There can be dangerous objects on the beach, please take care and do not pick up anything that could harm you.



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Top tips to reduce your plastic use



In the bathroom

Swap your plastic toothbrush for a bamboo one.



Get rid of your exfoliating shower puffs and bottled shower gel. Use unpackaged bars of soap instead. You can also get solid shampoo and conditioner.



Check your cleaning products don't contain microbeads - avoid things containing polyethylene and polypropylene.



In the kitchen

Say no to cling film and use reusable Tupperware or beeswax wraps instead.



Kitchen sponges are made of plastic. Switch to a biodegradable option.



Make your own! Biscuits and other snacks usually come in throwaway plastic packaging.



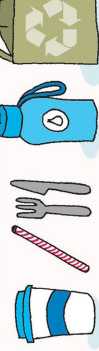
Did you know clothes release microfibres when washed that go down the drain? Use shorter wash cycles or purpose-made microfibre-catching laundry bags.

Many teabags use plastics to seal the bags. Go for brands that are plastic-free or try loose-leaf!



Out and about

Do a little forward planning. Carry your own coffee cup, shopping bags and refillable water bottle. Go a step further by carrying your own cutlery, straws and food.



Food shopping? Choose loose produce over packaged and only buy what you need. Local greengrocers, community allotments or farmers' markets are often plastic free.



Having a take-away? When you're ordering over the phone ask to skip the cutlery or sauce sachets.

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The Seashore Code

The most important thing to remember when you visit the beach is to help look after it. Always make sure you follow the Seashore Code!



Handle me with care

Poking or squeezing soft-bodied animals like sea anemones can harm them.



Put me back

Use hands and buckets to catch creatures not nets, and make sure you put everything back in its home. Don't leave animals in buckets for a long time.



Watch where you walk

Be careful not to knock or crush small sea creatures. Don't force animals off the rocks, especially limpets and anemones.



Don't make me homeless

Make sure a shell is empty before taking it home and try not to take too many.



I don't like litter

Take all your rubbish home with you - litter kills marine life.



Look after yourself

Always check the tide and keep away from the cliffs.

7 small actions

You may think that the actions that you alone take won't help. No matter where you live or what you do, you are connected to the sea and you can make a difference for better or for worse. By making some small changes, you can help protect our seas.

As well as reducing our plastic use, following the shore code and shopping sustainably, there are lots of other ways you can help.



Reduce your carbon footprint

Walk or cycle when you can and wash your clothes on a cooler setting. Why not enjoy a holiday in the UK and explore some of our beautiful beaches instead of travelling abroad?

Take action for your local coast

If you visit the coast, always clean up after yourself and your dog and don't disturb the wildlife. Why not do a two-minute beach clean?



Watch what you wash away

Think about how your home is connected to the sea. Make sure you only flush the three P's (pee, poo, paper) never cotton buds, sanitary products or wet wipes, even if they claim to be flushable.



Love the sea

If we all love and value our seas and coastlines we have more chance of protecting them. Get out into the sea air and explore. It's also great for our health and wellbeing!

Learn and spread the word

The sea covers over two thirds of the Earth's surface. The more we learn about the issues facing our seas, the more we can do to protect them.

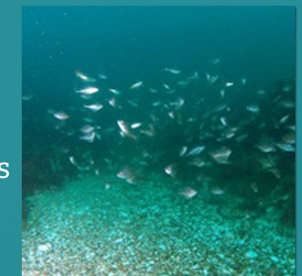


Ask for change

While we can all make small changes at home, we also need to see change at a higher level. The power of the people can do amazing things! Add your voice to a local or national campaign.

Eat less fish

Over two thirds of world fish populations are over-exploited. When you do buy seafood, don't purchase over-exploited types or from those that use environmentally damaging methods such as trawling. Avoid top predators like tuna.



Discover



www.wildlifewatch.org.uk

Limpets



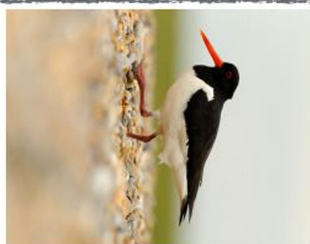
Crab



Marram grass



Oystercatcher



Sea holly



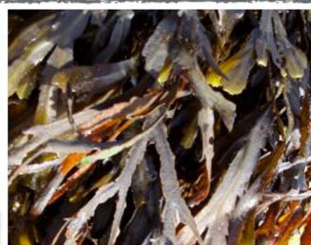
Barnacle



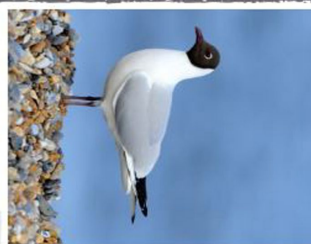
Thrift



Seaweed



Black-headed gull



Mussel shell



Coastal Wildlife Spotter



Barnacle (C) Lara Howe / Thrift (C) Amy Lewis / Seaweed (C) Gemma de Gouveia / Black-headed gull (C) Amy Lewis / Mussel shell (C) Gemma de Gouveia / Limpets (C) Lara Howe / Crab (C) Anna Gulhrrie / Marram grass (C) Neil Wyatt / Oystercatcher (C) Amy Lewis / Sea holly (C) Neil Wyatt

How to go rockpooling



You will need:

- Buckets or clear Tupperware containers
- A field guide or ID sheet
- Sturdy footwear
- Camera and/or pens and paper
- An adult to help you keep an eye on the tide

- 1 Half fill your buckets or containers with sea water. Have more than one to keep bad tempered animals apart!
- 2 Use your hands to carefully lift crabs, starfish and other sea creatures into your containers. Watch out for spines and pincers! Nets can cause damage to rockpools and are best avoided.
- 3 Use a guide to identify your creatures. Take notes, sketch them or photograph them.
- 4 Return the animals to where you found them when you've finished looking and wash your hands before eating.

Be careful not to damage delicate animals

Don't prise limpets, anemones or seaweed from their rocky homes

Replace rocks to the same position once you've looked underneath

Don't take living plants and animals home with you



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How to go eco-friendly crabbing



What you need:

- line (buy at a seaside shop)
- mesh bag - the sort you get with laundry powder tablets (optional)
- bait - bacon, cheese and fish all work (never use limpets or other wildlife as bait)
- net
- large bucket

- 1 Tie the mesh bag onto the line. Put the bait into the bag (if you don't have a mesh bag tie the bait onto the line)
- 2 Dangle into the water and when a crab finds the bait put the net under it and carefully pull it up
- 3 Put the crab in the bucket (don't mix small and big crabs because they'll fight)
- 4 For a closer look, use your thumb and forefinger and gently pick it up from the back at widest part of shell

Don't keep the crabs out of water for long, and put them back gently

no more than 3 crabs in a bucket

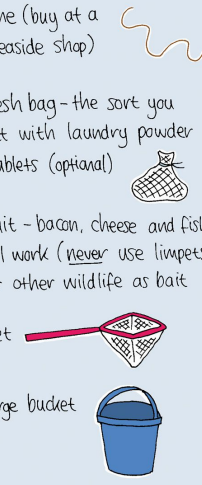
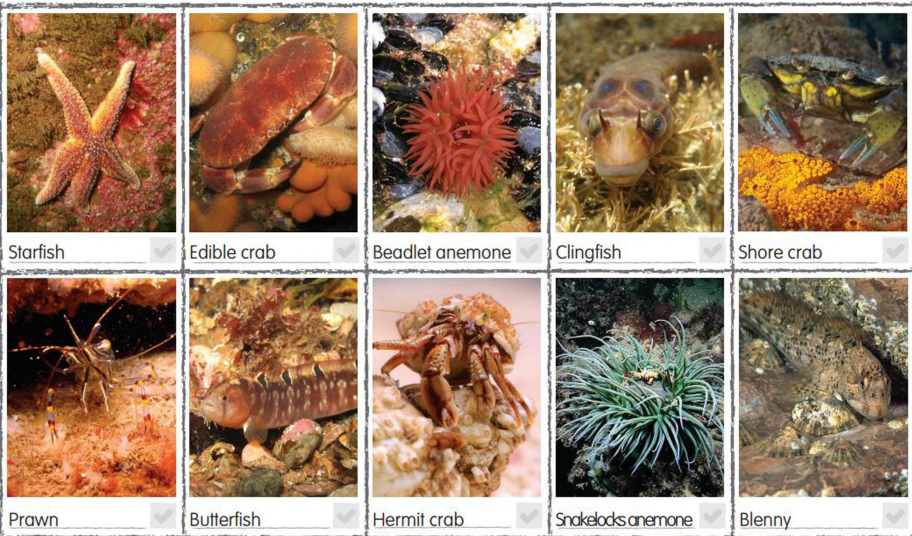


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Rockpool detective



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Credits: Starfish (c) P Lightfoot / Edible crab, prawn and butterfish (c) Polly Whyte / Beadlet anemone (c) Richard Burkmar / Clingfish (c) Andrew Pearson / Shore crab (c) Eric Burgers (Flickr) / Snakelocks anemone and blenny (c) Paul Naylor / Hermit crab (c) Amy Lewis

Shoreline detective

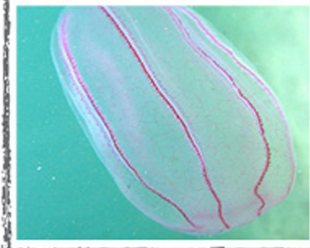


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Beach plant, pebbles, oyster shell, seaweed and driftwood by Sarah Wynne / Mermaid's purse by Paul Naylor / Cockle shell by Sion Roberts / Whelk eggs by gozzat - flickr / Whelk shell by Amy Lewis / Gull feather by NicoledB - flickr

Jelly detective

Never touch jellyfish - some have a nasty sting!



Comb jelly



Compass jellyfish



Moon jellyfish



Rough-skinned jellyfish



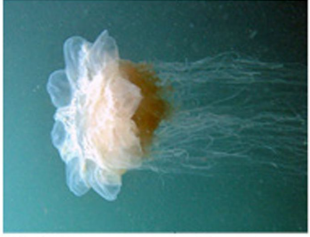
Stalked jellyfish



By-the-wind-sailor



Portuguese man of war jellyfish



Lion's mane jellyfish



Mauve jellyfish



Blue jellyfish

Comb jellyfish (I) / White / Compass jellyfish (I) / Portuguese man of war jellyfish (I) / Lion's mane jellyfish (I) / Mauve jellyfish (I) / Rough-skinned jellyfish (I) / Stalked jellyfish (I) / By-the-wind-sailor (I) / Portuguese man of war jellyfish (I) / Blue jellyfish (I) / Common jellyfish (I) / Portuguese man of war jellyfish (I) / Lion's mane jellyfish (I) / Mauve jellyfish (I) / Rough-skinned jellyfish (I) / Stalked jellyfish (I) / By-the-wind-sailor (I)

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Marine animal spotter



Basking shark



Sunfish



Minke whale



Orca



Harbour porpoise



Risso's dolphin



Common dolphin



Bottlenose dolphin



Grey seal



Common seal

www.wildlifewatch.org.uk Credits: Common seal, grey seal and minke whale (I) Amy Lewis / Bottlenose dolphin (I) Harry Hogg / Common dolphin (I) Eleanor Stone (Marx Witt) / Harbour porpoise and Risso's dolphin (I) Nikl Clear / Orca (I) Gillian Day / Sunfish (I) Andy Peiers / Flickr Creative Commons (I) Basking shark (I) C Speedie



Activities

A WHOLE of a wordsearch

See if you can find all these creatures in the wordsearch - up, down, backwards, forwards or diagonally, they're all in there. Also see how many times you can find the word WATER. Two other words are hiding in there too, something that does a lot of damage to the coast and the sea. Here's a clue: P _____ R _____

Z	R	T	E	G	U	I	L	L	E	M	O	T	S	E	E
P	R	E	T	A	W	D	H	E	A	D	E	D	E	R	P
O	U	R	T	B	A	S	K	I	N	G	S	H	A	R	K
N	D	N	A	A	S	A	F	E	P	U	T	C	L	U	W
I	O	R	W	O	W	E	S	U	L	S	N	O	C	B	A
F	L	O	C	I	T	S	A	L	P	T	A	I	M	B	T
F	P	A	T	Z	L	E	T	L	I	C	R	A	B	I	E
U	H	T	Y	O	G	A	N	N	E	T	O	U	H	S	R
P	I	L	O	T	W	H	A	L	E	S	M	O	T	H	U
K	N	P	P	B	W	O	H	S	I	F	R	A	T	S	S
G	O	W	A	T	E	R	E	T	A	W	O	G	U	L	L
P	O	R	P	O	I	S	E	B	L	A	C	K	L	Q	E
K	C	O	R	A	R	E	T	A	W	R	A	E	H	S	Y

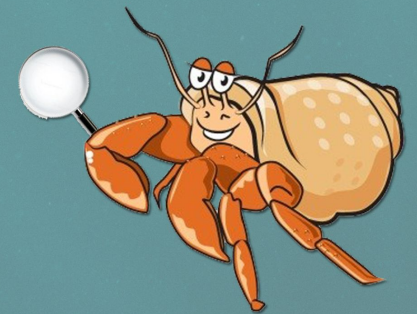
Labels in the wordsearch: Littlewake, black-headed gull, gannet, crab, starfish, seal, seahorse, pilot whale, basking shark, dolphin, porpoise, turtle, cormorant, shearwater, tern, urbird.

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Beach scavenger hunt

Can you help Claude the hermit crab find these things on the beach?

- Something that smells of the sea
- Something smooth
- Something colourful
- A hermit crab's home
- A plant from the sea
- Something interesting
- Something that doesn't belong



CRAB

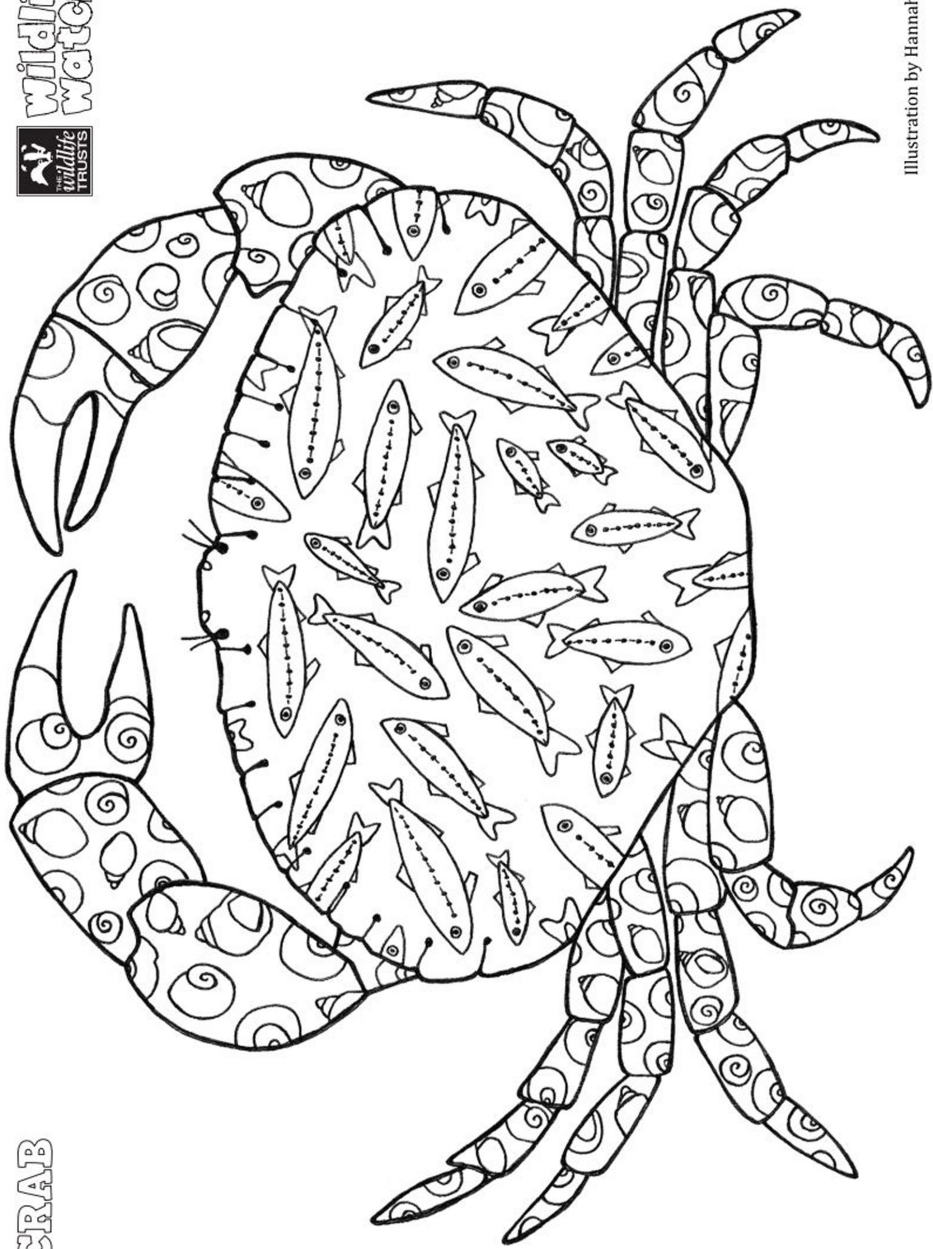


Illustration by Hannah Foley

DOLPHIN

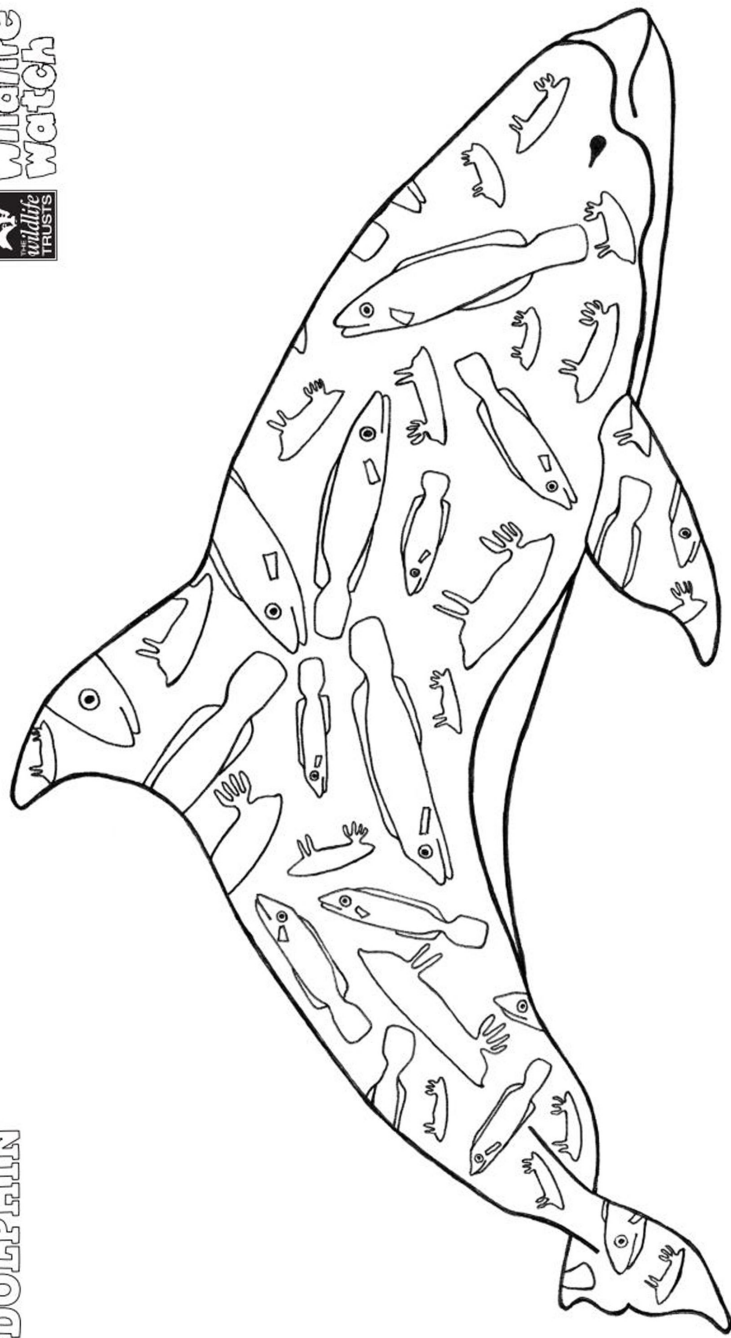


Illustration by Hannah Foley

The Irish Sea

Cheshire, Cumbria, and Lancashire Wildlife Trusts have come together to deliver The Wildlife Trusts' vision for our seas across our Irish Sea:

Living Seas North West



Our vision is for marine wildlife to thrive. From the depths of the ocean to the coastal shallows.

The Irish Sea covers 45,000km and is 300m deep at its deepest point. As Living Seas North West, we're working together to help marine life thrive in our region. We:

- Deliver marine conservation projects
- Teach people about marine life
- Campaign to protect our precious Irish Sea



There is a wealth of wildlife in the Irish Sea. Delve deeper and meet our local resident seal population or find out more about the marine life of our coasts and seas.

- @livingseasnw
- @LivingSeasNW
- @livingseasnw
- @NorthWestLivingSeas

livingseasnw.org.uk

Stay connected

Cheshire Wildlife Trust is your region's leading conservation charity, fighting to bring wildlife back across Cheshire, Halton, Stockport, Tameside, Trafford, Warrington and Wirral.

We protect more than 30 nature reserves on your doorstep ranging from wildflower meadows to coastal dunes to ancient woodlands. Beautiful wild spaces to connect with nature and enjoy.



We have a short section of coastline around the Wirral peninsula and two of the richest marine environments in the region: the Dee and Mersey Estuaries. They are arguably our most important wildlife habitats, recognised nationally and internationally for the wildlife that they support.

You can follow us on Facebook, Twitter, Instagram and YouTube for more WILD activities, tips, advice, what to look out for in nature and how Cheshire Wildlife Trust is working to bring wildlife back.

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