

Organizer's Guide 2019



PROTECT BIRDS:
BE THE SOLUTION
TO PLASTIC
POLLUTION

WORLD MIGRATORY BIRD DAY



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PROTECT BIRDS:
BE THE SOLUTION
TO PLASTIC POLLUTION



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ENVIRONMENT FOR THE AMERICAS AND WORLD MIGRATORY BIRD DAY

Environment for the Americas (EFTA) is a non-profit organization that strives to connect people across the Western Hemisphere to bird conservation through education, outreach, and research. Each year EFTA works with hundreds of participating organizations and agencies to coordinate World Migratory Bird Day (WMBD). The following Organizer's Guide is designed to help you develop your program, event, or festival for the 2019 celebration and share the theme of plastic pollution and its impacts on birds with youth, adults, families, and other groups.



What is a World Migratory Bird Day Program or Event? We invite your organization to join us in celebrating migratory birds and promoting their conservation. We understand that organizations come in all sizes, large and small, with different capacities to host programs and events. Your efforts to share key messages about the spectacular long-distance journeys of migratory birds, the threats they face along the way, and the meaningful actions that individuals, communities, and other groups can take to protect birds can be scaled in a way that works for you.

We ask that your World Migratory Bird Day program or event:

- Engages participants in learning about migratory birds
- Shares information about some of the potential dangers that can impact migratory bird populations
- Highlights the annual conservation theme, Protect Birds: Be the Solution to Plastic Pollution, using the slogan and hands-on activities
- Promotes World Migratory Bird Day through social media, print, radio, and television
- Is registered on our global map at www.migratorybirdday.org/events



**WHEN IS WORLD
MIGRATORY BIRD DAY?**

**WMBD can be Celebrated
twice each year:**

1. On the second Saturday in May, as birds return to their nesting sites, and...
2. On the second Saturday in October, as they travel to non-breeding grounds.

But because birds don't all travel on the same day, we encourage you to celebrate when the birds are present and the timing works best for your organization. Because of this, WMBD is now celebrated almost every month of the year!

WORLD MIGRATORY BIRD DAY

WMBD Materials

Through this guide, we provide you with tips and tools to organize your WMBD event from start to finish, focusing on the 2019 conservation theme.

A general outline of your plan should include the following steps:

1. Identify a WMBD coordinator or team
2. Learn more about the 2019 WMBD conservation theme highlighting the impacts of plastic pollution on birds
3. Identify your WMBD target audience(s)
4. Determine what you need to make your WMBD event successful, including logistical and financial support
5. Identify partners willing to participate in or support your event
6. Develop fun, educational WMBD activities using this guide and other resources

Additional Materials:

EFTA provides many other materials you'll need to host a successful WMBD event. On our website, we provide a directory of educational resources, which includes materials that highlight the annual conservation theme, promotional materials, and much more.

The History of WMBD

In 1993 visionaries at the Smithsonian Migratory Bird Center in Washington, D.C. became concerned about declines in migratory bird populations across the Western Hemisphere, and envisioned a program that would spark an interest in and an enjoyment of birds that would translate into a desire to help protect them. They created International Migratory Bird Day (IMBD) to accomplish this goal. In 2007, Environment for the Americas (EFTA), a non-profit conservation organization based in Boulder, Colorado, assumed leadership of the program and more than doubled the level of participation.

After noting the success of IMBD, the United Nation's Convention on Migratory Species (CMS) began a similar program in 2005. In 2018, EFTA and CMS joined forces and signed an agreement to promote migratory bird conservation across the globe through the biannual educational campaign and celebration called World Migratory Bird Day.

WMBD is a celebration of the spectacular journeys that migratory birds take as they travel between nesting and non-breeding sites around the world. It highlights the changes in seasons, when longer days prompt millions of birds to embark on their arduous journeys to the north in spring and to the south each fall. WMBD is also about raising awareness of these long-distance travelers and the threats they face along the way through festivals, events, and programs offered at natural areas, schools, zoos, libraries, museums, and many additional locations. Through these activities, organizers create connections between birdwatchers, businesses, conservation groups, the news media, and national, state, and local officials.

WMBD is an annual opportunity to be part of the solution to bird conservation issues and to share your passion for birds in a resounding way. This Organizer's Guide is designed to provide you with the information you need to get started.

HERE'S WHERE TO FIND YOUR WMBD MATERIALS

Please don't hesitate to contact EFTA with any questions.

Education materials, flyers, presentations, and more:
migratorybirdday.org/resources

Event materials to purchase for your event:
migratorybirdday.org/shop

To register your event on the global map:
migratorybirdday.org/events/

For questions:

EMAIL: info@environmentamericas.org **CALL:** 303.499.1950



2019 World Migratory Bird Day Conservation Theme:



PROTECT BIRDS: BE THE SOLUTION TO PLASTIC POLLUTION

Each year, we work with biologists across the Western Hemisphere to select a conservation theme that describes a threat to migratory birds and emphasizes the simple but effective ways that people of all ages can help to reduce that threat.

In 2019, we tackle the challenges of plastic pollution and provide you with information about why and how plastics harm birds. Use these simple activities to host a plastic cleanup and to engage members of the public in learning how they can reduce their use of plastic.



Meet the 2019 World Migratory Bird Day Artist



Arnaldo Toledo Sotolongo

Cuban artist Arnaldo Toledo has been passionate about nature and the arts from a young age. With support and encouragement from his parents, he spent much of his childhood expressing his interpretations of nature through his drawings of the local wildlife. After years of practice, dedication, and field observation, Arnaldo focused on creating illustrations that were both artistic and biologically accurate. Today, Arnaldo works as a scientific illustrator, photographer and designer for the Botanical Garden Center of Studies at the Central University "Marta Abreu" Las Villas.

Contact Arnaldo about his work at:
arnaldotoledo88@gmail.com

Through WMBD, everyone can learn how to change their behaviors to help protect birds.

Join us in sharing the 2019 theme using these social media tools:

TAGS:

-  @EnvironmentfortheAmericas
-  @EFTA_BirdDay
-  @EFTA_BirdDay

HASH TAGS:

- #BirdDay
- #EFTA_BirdDay
- #WMBD
- #WMBD2019
- #PreventPlasticPollution
- #BetheSolution

Find more social media tools and icons at
www.migratorybirdday.org/resources



ABOUT PLASTIC



The issue of plastics and their impact on birds is a timely conservation topic that addresses the lives of people of all ages. Plastics have become an integral part of our lives, present in personal hygiene, food storage, toys, and common household items. It is challenging to complete a day without using plastic. Yet, that is just what WMBD asks people to do. It is our hope that by learning about this issue all of us can help people reduce their use of plastics and protect birds at the same time.

Since plastic was introduced in the 1950's, an estimated 8.3 billion metric tons have been created. As the use of plastics grows, so, too, does the amount of plastic pollution that invades most ecosystems worldwide. Only about 9% of plastic materials are recycled, leaving more than 6.3 billion metric tons of plastics in landfills or polluting the environment. Plastic is not biodegradable, not digestible, and can remain in the environment for hundreds of years. As plastics break down into smaller and smaller pieces, known as microplastics, they become hazards for organisms throughout the food chain. Although microplastics are small, they are known to pose health complications for birds and other animals that consume them due to the toxins they concentrate in the environment.

For migratory birds, plastic debris poses a risk of both ingestion and entanglement, which can lead to illness, entrapment, and serious injury. It is estimated that 80% of seabirds and shorebirds have ingested plastic.

Microplastics are less than 5 millimeters and are usually invisible to the human eye.

FACT

Some of the plastic items most commonly found as litter and ways that people can reduce their use of them:

- **Bottles for drinks, such as sodas and water, and for shampoos and soaps.** A reusable metal bottle keeps your drink fresh, and you never have to throw it away.
- **Food containers/cups/plates/forks/knives/spoons from restaurants, picnics, and parties.** Travel with your own metal cutlery and purchase reusable glass or metal storage containers.
- **Bags from the grocery store and many other shops.** Once you get into the habit, it's easier than you think to take cloth bags with you to any store.
- **Straws for drinking and stirring coffee and other liquids.** Try one of the new reusable metal and bamboo straw options or just say "no" when you are eating out.
- **Toys.** Consider your choice of toys and the impacts they will have once they are no longer used. Recycle toys your children have outgrown or trade toys with friends who have kids of similar ages.
- **Toothbrush.** How many do you use in a lifetime?! Consider using bamboo toothbrushes, which are now available in many stores.
- **Electronics that include many plastic pieces, from cables to components.** Buy electronics from companies that offer recycling and participate in (or request) electronic recycling in your community. Make careful choices about the electronics you purchase and seek durable items.
- **Packaging for food and other household goods.** It can be hard to get out of a store without plastic packaging. Can you find an alternative? Is that purchase absolutely necessary? Choose fruits and vegetables that aren't wrapped or in clamshell containers. Find a grocery store with bins for bulk purchases. Take your own reusable bags for your purchases.

ACTIVITY 1 Plastic Cleanup



Hosting a plastic cleanup is an effective way of sharing the enormity of plastic pollution. Your WMBD cleanup can be fun and help to protect birds!

Planning Your Cleanup

Pick a location. Choose a location that has easy access, sufficient parking, and is in need of a cleanup.

Identify the property owner and obtain permission. Landowners may be private, city, or a national park or wildlife refuge. It is important to have the proper permissions before you begin to plan your event.

Choose a date and a time. Check with cooperating partners to determine an appropriate time to schedule your event.

Determine how garbage will be picked up and disposed of properly. Talk with your city's waste disposal company or learn where the city dump is located, when it is open, and how much it costs to dispose of garbage.

Limit the number of participants, especially if this is your first cleanup and you have limited assistance. We recommend a first-time event have no more than 30-50 participants.

Visit your site before hosting the activity to be sure that no hazards are present.



Address Safety Issues

SAFETY COMES FIRST! Keeping your staff, volunteers, and participants safe is absolutely crucial.

Require volunteers to sign a waiver of liability for your own protection and to emphasize the importance of safety.

Examine your cleanup location. Is it close to a road or dangerous machinery? You may need to mark restricted areas where your volunteers should not collect plastic. If the site is near vehicles and/or roads, provide bright or reflective clothing, or safety vests, and/or set boundaries.

Familiarize yourself with plants and animals at the site that could pose potential safety hazards. For example, is poison ivy or oak present? Could venomous snakes be present?

Most sites will have items that could be hazardous if not handled correctly, such as injured or dead wildlife, sharp items including broken glass, toxic materials such as cleaning products and batteries, and other items such as hypodermic needles. **Only participants with the required safety equipment and who are trained and experienced should remove these items.**

Require participants to wear appropriate clothing during the cleanup, including closed-toed shoes and the recommended gloves.

Note any boundaries that volunteers should be aware of. Be sure participants don't wander onto private property, into areas where they could become lost, or areas where they could become separated from the group.

Never burn plastic or other trash, which can result in toxic smoke and potentially spread fire. Work with your city or other partners to ensure that you can properly dispose of the garbage.

Recruit Participants:

Identify your target audience and the number of people you want to participate. The more people you invite, the more help you will need organizing and managing your cleanup. The age of your participants will also affect its organization. For example, you may want more supervision if you are working with youth.

RECRUITING TIPS TO GET YOU STARTED

- **Work with a group you already know.** This may include scouts, a senior group, an environmental or bird club, or a neighborhood.
- **Ask participants to RSVP** so that you can be sure your numbers don't exceed your capacity to safely manage the activity.
- **Recruit local** conservation organizations and clubs.
- **Make and distribute event fliers** around your community and/or neighborhood to increase participation if your event is open to the public.
- **Incorporate your activity** into other WMBD events.
- **Unless you are working with a youth group,** determine the minimum age at which children may participate without an adult supervisor.

ACTIVITY 1 Plastic Cleanup (continued)

Plan Day-of-Event Timing

Develop a detailed schedule of the cleanup to organize the day and ensure you complete all of your activities.

The schedule should include the following times:

1. Setup before participants arrive.
2. Instructing participants and distributing materials, equipment, and data forms.
3. Cleanup start and finish.
4. Gathering equipment from participants.
5. Pickup of garbage by the city, natural area, or other partner.

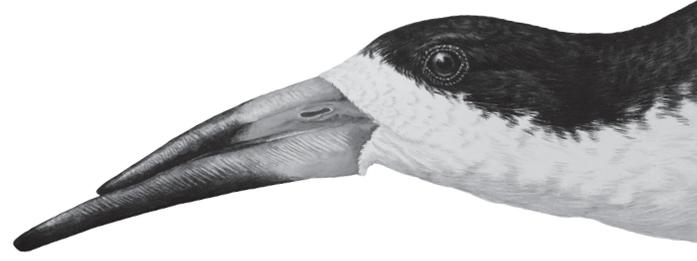
Have Fun!

There are a number of ways to make your event more fun, but they will require planning ahead.

Give rewards. You can acknowledge the team that has the heaviest bag, the team that collects the most garbage, and the team that finds the most interesting or unusual item.

Take plenty of photos and post them on social media.

Have a dinner or other wrap-up after the cleanup to celebrate your accomplishments.



Day of Event

Event setup

1. Arrive before the participants.
2. Set up sign-in, water, snack, and shade stations.
3. Place signage to identify stations, such as First Aid and Registration.
4. Organize the supplies (gloves, garbage bags, and data forms) so that they are easy to distribute. Place gloves into one container, garbage bags into another, and data forms on clipboards with a pencil into a third.
5. Put up any boundaries required for hazards or restricted areas.
6. If your community recycles, plan to have participants separate their items into bags for recycling and bags for trash.

End of Day

1. Properly dispose of all garbage and recyclables.
2. Inspect the site to ensure that all of your supplies and equipment have been removed.

After the Event

1. Thank the cleanup volunteers and sponsors.
2. **Compile Data.** If you have an event coordinator, have him/her gather volunteer data forms, compile the data, and submit online.
3. Enter your cleanup data at www.migratorybirdday.org/events and select the **Submit Cleanup Data**.
4. When naming your cleanup event, please precede the name with WMBD-, such as WMBD-Clear Creek.
5. As with the cleanup data, if there is a coordinator, the bird observations should be compiled. Submit your bird observations to eBird, using the account: **EFTA_Birdday** The password is: **WMBD2019DMAM**

OBJECTIVES

- **To engage your community**, hands-on, in an action that helps to protect birds.
- **To demonstrate** plastic pollution in our environment.
- **To motivate** participants to reduce their plastic use.

NEED CLEANUP SUPPLIES?

Visit www.migratorybirdday.org/shop to purchase a Family or Group Cleanup Kit

AGES

8 years – Adult
Younger children must be accompanied by a parent or guardian

MATERIALS

- Protective gloves
- Garbage bags
- Data form

TIME

3 - 6 hours

TRASH COLLECTED

Citizen scientist: Pick up all trash and record all items you find below. No matter how small the items, the data you collect are important.

EXAMPLE: **TOTAL #**
↓
 Plastic Bags: ||||| ||| - **8**
 Please **DO NOT** use words or check marks. Only numbers are useful data.

MOST LIKELY TO FIND ITEMS: **TOTAL #**
↓

Cigarette Butts: =	Beverage Bottles (Plastic): =
Food Wrappers (candy, chips, etc.): =	Beverage Bottles (Glass): =
Take Out/Away Containers (Plastic): =	Beverage Cans (Metal): =
Take Out/Away Containers (Foam): =	Grocery Bags (Plastic): =
Bottle Caps (Plastic): =	Other Bags (Plastic): =
Bottle Caps (Metal): =	Paper Bags: =
Lids (Plastic): =	Cups & Plates (Paper): =
Straws/Stirrers (Plastic): =	Cups & Plates (Plastic): =
Forks, Knives, Spoons (Plastic): =	Cups & Plates (Foam): =

FISHING GEAR: **TOTAL #**
↓

Fishing Buoys, Pots & Traps: =
Fishing Net & Pieces: =
Rope (1 yard/meter = 1 piece): =
Fishing Line (1 yard/meter = 1 piece): =

PACKAGING MATERIALS: **TOTAL #**
↓

6-Pack Holders =
Other Plastic/Foam Packaging: =
Other Plastic Bottles (oil, bleach, etc.): =
Strapping Bands: =
Tobacco Packaging/Wrap: =

OTHER TRASH: **TOTAL #**
↓

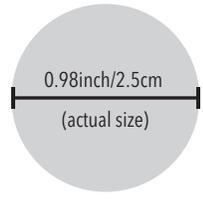
Appliances (refrigerators, washers, etc.): =
Balloons: =
Cigar Tips: =
Cigarette Lighters: =
Construction Materials: =
Fireworks: =
Tires: =

PERSONAL HYGIENE: **TOTAL #**
↓

Condoms: =
Diapers: =
Syringes: =
Tampons/Tampon Applicators: =

TINY TRASH LESS THAN 0.98 INCH / 2.5CM: **TOTAL #**
↓

Foam Pieces: =
Glass Pieces: =
Plastic Pieces: =



DEAD/INJURED ANIMAL	STATUS	ENTANGLED	TYPE OF ENTANGLEMENT ITEM
	Dead or Injured	Yes or No	

ITEMS OF LOCAL CONCERN:

1.	2.	3.
----	----	----

CLEANUP SUMMARY (circle units)

Number of Trash Bags Filled: <input style="width: 80%;" type="text"/>	Weight of Trash Collected: <input style="width: 80%;" type="text"/> lbs/kgs	Distance Cleaned: <input style="width: 80%;" type="text"/> miles/km
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WORLD MIGRATORY BIRD DAY COORDINATOR TRASH DATA FORM



DEAR CLEANUP COORDINATOR:

Thank you for your hard work, dedication and valuable time spent for this important cause! We appreciate your commitment and passion for reducing plastic pollution.

Before you complete this form, compile all data from the Volunteer Trash Data Forms. For each item of trash, add the total number of pieces and enter this number in the "Total" box on the back of this data form. Numbers are the only valid form of data, so please DO NOT use words or check marks in the boxes next to ocean trash items.

Submit your Cleanup Data to: www.migratorybirdday.org/events/

Submit your Bird Observations to: www.ebird.org (User Name: EFTA_BirdDay, Password: WMBD2019DMAM)

NAME AND ORGANIZATION: _____

EMAIL: _____

CLEANUP SITE DESCRIPTION

Type of Environment (choose one):

- Saltwater (Ocean/Bay/Estuary)
 Freshwater (River/Stream/Lake)
 Inland (No Water Body Present)

Mode of Data Collection (choose one):

- Land (beach, shoreline or inland)
 Underwater
 Watercraft (powerboat, sailboat, kayak or canoe)

CLEANUP SITE LOCATION

Please title your cleanup with WMBD first

Cleanup Site Name (beach, park, etc.): WMBD- _____

State or Province: _____

Zone or County: _____

Country: _____

Nearest Crossroad/Landmark _____

CLEANUP SUMMARY

Month: _____ Day: _____ Year: _____ Total Number of Volunteers at this site: Adults: _____ Children: _____

Total Weight of Trash Collected: _____ lbs. or _____ kgs. Total Number of Trash Bags Filled: _____

Estimated Distance Cleaned: 1/4 1/2 3/4 1 2 3 4 5 (circle one) Other: _____

Distance Measured In: _____ Miles or Kilometers (circle one)

MOST UNUSUAL ITEM(S) COLLECTED:

1. _____ 2. _____ 3. _____



Please submit your cleanup data online at www.migratorybirdday.org/events/.

If you are unable to submit it online, please contact EFTA at info@environmentamericas.org

Environment for the Americas
 5171 Eldorado Springs Drive, Suite N. Boulder, CO 80303
info@environmentamericas.org
www.migratorybirdday.org



Thanks to Ocean Conservancy for support of World Migratory Bird Day.

TRASH COLLECTED

Citizen scientist: Record the total number of items picked up by volunteers at the Cleanup site. The data you record are important for creating solutions to plastic pollution.

Please DO NOT use words or check marks.
Only numbers are useful data.

TOTAL #



EXAMPLE

28

Plastic Bags

TOTAL #



MOST LIKELY TO FIND ITEMS



- Cigarette Butts
- Food Wrappers (candy, chips, etc.)
- Take Out/Away Containers (Plastic)
- Take Out/Away Containers (Foam)
- Bottle Caps (Plastic)
- Bottle Caps (Metal)
- Lids (Plastic)
- Straws/Stirrers (Plastic)
- Forks, Knives, Spoons (Plastic)

- Beverage Bottles (Plastic)
- Beverage Bottles (Glass)
- Beverage Cans (Metal)
- Grocery Bags (Plastic)
- Other Bags (Plastic)
- Paper Bags
- Cups & Plates (Paper)
- Cups & Plates (Plastic)
- Cups & Plates (Foam)

TOTAL #



FISHING GEAR:

- Fishing Buoys, Pots & Traps
- Fishing Net & Pieces
- Fishing Line (1 yard/meter = 1 piece)
- Rope (1 yard/meter = 1 piece)

TOTAL #



PACKAGING MATERIALS:

- 6-Pack Holders
- Other Plastic/Foam Packaging
- Other Plastic Bottles (oil, bleach, etc.)
- Strapping Bands
- Tobacco Packaging/Wrap

TOTAL #



OTHER TRASH:

- Appliances (refrigerators, washers, etc.)
- Balloons
- Cigar Tips
- Cigarette Lighters
- Construction Materials
- Fireworks
- Tires

TOTAL #



PERSONAL HYGIENE:

- Condoms
- Diapers
- Syringes
- Tampons/Tampon Applicators

ITEMS OF LOCAL CONCERN:

TOTAL #



1.
2.
3.

TOTAL #



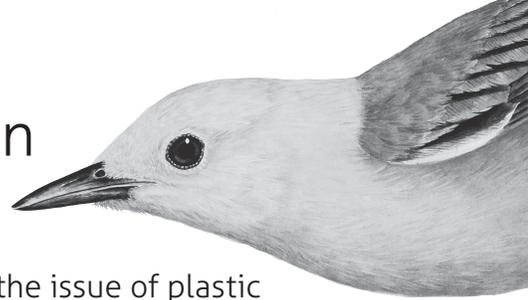
TINY TRASH LESS THAN 2.5CM:

- Foam Pieces
- Glass Pieces
- Plastic Pieces

DEAD/INJURED ANIMAL	STATUS	ENTANGLED	TYPE OF ENTANGLEMENT ITEM
	Dead or Injured	Yes or No	
	Dead or Injured	Yes or No	
	Dead or Injured	Yes or No	

Thank you for your valuable contributions to World Migratory Bird Day!

ACTIVITY 2 Explore Plastic Pollution



Overview

Host a plastic cleanup event to introduce your visitors or community to the issue of plastic pollution and how it can harm wildlife. During your WMBD event, create a mock site that is polluted by plastics to help participants understand the challenges of plastic pollution and to discuss its impacts on birds and other wildlife. It's a great way to examine this topic in a safe environment! Refer to page 6 for details about some of the plastic items that are most commonly found as litter.

Upon completion of this activity, ask participants to make a written pledge to reduce their plastic use. (see page 17)

Setup

Select a site where you can place a large container to hold plastics.

Pick an area where it will be easy to clean up both during and after the activity — this can be messy! Please choose used plastics for this activity (**don't purchase more plastics**) and clean them before use.

Next, choose a substrate or material, such as sand, soil, or water, in which the plastics will be hidden. Fill your container with it and thoroughly mix in your plastic examples, leaving some items below the surface and placing others above.

Get Started

Depending on the type of event you are hosting, you will need to either start all participants at the same time or be prepared to work with individuals as they arrive at your education station. Regardless, be sure that all participants understand the activity before they begin. One simple way to provide instructions is to create stations around your container, placing the "tools" for extracting plastics at each station.

Questions and Discussion

It is important to initiate discussion about this topic and to provide participants with solutions to reducing their use of plastics. Consider the following discussion questions as well as some of the potential solutions that we list on page 6:

1. How many plastic items did you find that you use at home?
2. How can these plastics harm birds and other wildlife? And you?
3. What types of plastic items did you find?
4. What are microplastics?
5. What can you do to reduce your plastic use?

OBJECTIVES

- **To clean** a polluted area.
- **To raise awareness** of the impacts of plastics on birds.
- **To motivate behavioral changes** by encouraging participants to reduce their plastic use.
- **To contribute** information about plastics by submitting your data to:
www.environmentamericas.org/events

AGES

All children should be accompanied by an adult unless the cleanup engages a youth group with sufficient supervision.

TIME

15 minutes +

MATERIALS

- A kiddie pool, tub or other large container
- A variety of plastic items of different sizes
- Old t-shirts to prevent soiling clothes
- Microplastic alternatives, such as millet or rice
- Tongs to remove plastics
- Sieve/colander to sift out small pieces
- Data forms
- Pens or pencils

Please do not purchase any new plastics for this activity!

ACTIVITY 3 Plastic Pollution Scavenger Hunt

Overview

Explore the variety and quantity of plastics through a fun scavenger hunt. Plastics have become such a common part of our world that we often do not recognize how present they are in our food, toys, electronics, personal items, and more. Whether you host this activity in a school, home, or park, you are certain to find examples of many plastics that are used only once, and others that have longer lives.

Setup

Review your site and select your scavenger hunt area. If you feel your area doesn't have enough commonly used plastics, you can add plastics to the site for the purpose of the activity. Please don't purchase plastics! Find examples from your own home or office and clean them before use. If your scavenger hunt will be held outdoors, determine what the boundaries will be and whether you need to mark them.

A plastic pollution scavenger hunt activity sheet is available on page (15). Print enough for each participant or for participants to work in teams or groups. You will also need to provide pencils and may want to provide clipboards.



DEFINITIONS

Single-use plastic: *Plastic items that are thrown away after they've been used once or are empty.*

Reusable plastic: *Plastic items that are used multiple times before being thrown away.*

AGES

4 – 12

Get Started

This activity may be done individually at a festival or as a group activity. However you choose to do it, give the participants clear instructions about how to begin, how much time they have (if there is a limit), and where they should return their scavenger hunt results.

Questions and Discussion

It is important to initiate discussion about this topic and to provide participants with solutions for reducing their use of plastics. Consider the following discussion questions:

1. What was the most common plastic item you found?
2. What was the most surprising plastic item you found?
3. Which items do you use?
4. How can these items be harmful to birds, other wildlife, and you?
5. How can you reduce your plastic use?

OBJECTIVES

1. To learn about the many types of plastics we use.
2. To understand where plastics are in your area.

MATERIALS

- Scavenger hunt printouts
- Pencils

TIME

15 – 30 minutes

ACTIVITY 3 Plastic Pollution Scavenger Hunt (continued)

Directions: How much plastic can you find? Put the number in the box by each item.

PLASTIC ITEM

NUMBER FOUND

1. Water, Soda, Juice Bottles

2. Shampoo / Soap Bottles

3. Other Bottles

4. Bottle Caps

5. Drink Cups

6. Bags

7. Forks, Knives, Spoons

8. Food Bags (Ziplocs, etc.)

9. Snack Wrappers (candy bars, chips, etc.)

10. Small bits of plastic

11. Fishing Line

12. 6-Pack Rings

13. Toys

14. Electronics

TOTAL NUMBER OF PLASTICS

FACT

Many plastics are too small for us to see and are called microplastics. They are no thicker than this line.

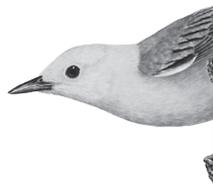
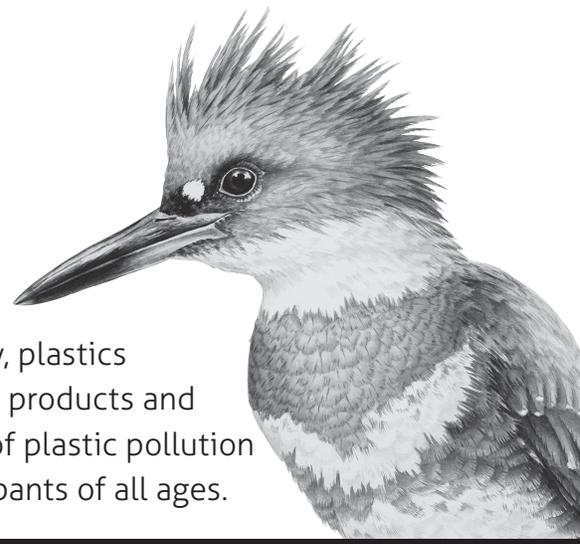
Even small plastics can be harmful to birds.



ACTIVITY 4 Plastic Art

Overview

Use art to express the extent of plastic pollution and its impacts on birds. Art is an effective expression of current events, and trash has been used in art since the early twentieth century. More recently, plastics have been used in art to depict the abundance and variety of plastic products and their impacts on wildlife, especially marine life. Exploring the issue of plastic pollution through art can be an effective way to discuss this topic with participants of all ages.



Art is an effective expression of current events, and trash has been used in art since the early twentieth century.

Setup

This activity can be easily hosted in a classroom, at home, or at an event. You may need to provide the plastics if you do not work with participants who could receive prior information to bring their own. Again, please do not purchase plastics for the art project. Find items at your home or office and clean them before use.

There are a variety of formats you can use to create your plastic art, murals, collages, recycling, posters, and sculptures. Depending on your choice, provide plenty of room for artists to work. Using containers to hold plastics will make them easy to share.

Get Started

Spark creativity by sharing some examples of art created from plastic.

Mural: Creating a mural out of plastic is a great way to show the variety of plastic items that people use every day. A mural can also make a statement about the issue of plastic pollution by illustrating how plastics can impact birds.

Collage: Though a collage of plastics may not directly relate to birds, it does bring attention to the wide variety of plastic items. This collage can create a platform to discuss how certain items affect migratory birds and the environment.

Recycling: Use a plastic item as the canvas, such as a bottle, or make it into a piece of art or a useful new item, such as a vase.

Sculpture: Creating a sculpture can involve everyone. The result may be a beautiful likeness of a bird and a powerful statement about plastics.

Poster: Posters can be placed on bulletin boards and on walls in the workplace or at schools. Create posters that provide messages about plastic pollution or ways to reduce plastic pollution.

OBJECTIVES

1. To allow creative expression of a conservation issue.
2. To illustrate the many types of plastics.
3. To create a visual message about plastic pollution.

AGES

Preschool – Adult

MATERIALS

- Plastics of different types, sizes and colors
 - Glue • Paint • Paper
- (bring paper firm enough to support objects)

TIME

Varies depending on the project

ACTIVITY 5 Take the Plastic Pledge



Overview

Some studies show that making a pledge can increase the likelihood that people will make behavioral changes. For example, when households were asked to make verbal or written pledges to recycle, both groups showed higher commitments to recycling. Those that made a written pledge were most likely to change their behavior. Ask your participants to take the plastic pledge to reduce their plastic use.

Setup

At an event or festival, provide examples of common single-use plastics, or plastics that are used just once before discarding (see page 6), and examples of how they impact birds. You can use photos or even stuffed animals to illustrate entanglement and ingestion. You may also have examples of behavioral changes that are simple, such as substituting a plastic bag with a cloth bag or a plastic water bottle with a reusable water bottle. Provide a table where participants can easily write and sign their pledges. This activity is an ideal way to conclude your event or lessons about plastic pollution.

Get Started

Using printed information, images, or discussion, share the importance of making a written commitment to reduce plastic pollution. Discuss the importance of selecting behavioral changes that can be realistically accomplished and explain how. You may want to provide a small prize for everyone who makes a pledge.

Engage participants in exploring how they can personally reduce plastic pollution.



Pledge examples

- **I pledge to say no** to at least one single-use plastic item per week.
- **I pledge to pick up** plastic pollution and dispose of it properly.
- **I pledge to recycle**/properly dispose of any plastic item I use.
- **Write your own** plastic pledge!

OBJECTIVE

To motivate behavioral changes that reduce plastic pollution.

PLASTIC PLEDGES

Find Plastic Pledge downloadables at www.migratorybirdday.org/resources

AGES

All

MATERIALS

- Pens/pencils
- Plastic pledge sheets

TIME

5 - 15 minutes

ACTIVITY 6 Make a Bird Mask



Overview

Learn about the WMBD focal bird species and create a mask inspired by one of them. Discuss how each bird is impacted by plastic and ways that you can help reduce that risk. Use a bird identification guide to help inspire your mask.

Setup

If you plan to work with multiple ages, be sure you have a table that is appropriate for shorter participants. This activity can be messy, especially if you have lots of fun items that can be used to decorate the masks. Consider covering your tables with butcher paper to prevent stray marks from crayons, glue, and especially permanent markers.



DON'T FORGET

Post photos and share your creativity through social media.

Get Started

Mask making is an interactive and creative way to connect young people to birds. Using the 12 bird species on the 2019 World Migratory Bird Day poster, you can share the incredible diversity of feathers, beaks, and eyes as participants create their own masks. From the tall, long-billed Tricolored Heron to the tiny Prothonotary Warbler, the species illustrate the many ways birds find food, find mates, and more. To incorporate the conservation theme and the impacts of plastic pollution, integrate a conversation about plastics and how they affect birds. Participants may want to incorporate plastics into their masks to illustrate the topic.

Questions and discussion

Creating bird art requires focus and brings attention to details. While your participants are at work or after the activity, you can ask them:

1. Did you notice aspects of the bird's face that you did not see before?
2. Why did you choose this bird? What attracted you to this particular species?

OBJECTIVES

1. To **examine birds** in the 2019 World Migratory Bird Day artwork or in your area.
2. To **determine** the characteristics of birds.

AGES

Kindergarten - Adult

MATERIALS

- Mask • Scissors • Glue • Crayons • Markers • Paint
- Other decorative items • Popsicle sticks • String
- Bird identification guide • WMBD 2019 poster • Table

BIRD MASK TEMPLATES

Don't want to make your own bird masks? Purchase pre-cut masks for a group or class at migratorybirdday.org/shop

TIME

30+ minutes

ACTIVITY 7

World Migratory Bird Day 2019 Matching Game



Cut on dashed lines

BELTED KINGFISHER (*Megaceryle alcyon*)

- They burrow in the banks by water.
- They regurgitate pellets that hold their prey's bones and scales, which they cannot digest.

BLACK SKIMMER (*Rynchops niger*)

- They nest on the ground in open areas with loose substrate and sparse vegetation.
- This species has a distinct bill shape. The lower mandible is longer than the upper.
- Feeding on the water's surface makes Black Skimmers vulnerable to eating floating plastics.

CHILEAN FLAMINGO (*Phoenicopterus chilensis*)

- This species gets its pink coloration from a pigment found in their food.
- Chilean Flamingos can eat microplastics while filter-feeding, and their long legs and necks can become entangled in plastic fishing line and other trash.

COMMON TERN (*Sterna hirundo*)

- They nest in large colonies.
- As they incubate their eggs, Common Terns fill their nests with materials found nearby. They have been known to use plastic items in their nests, which can entangle adults and young.
- Common Terns dive into the ocean to capture the small fish they eat.

KILLDEER (*Charadrius vociferous*)

- This bird is a name sayer; its call sounds like its name.
- Killdeer will act like their wings are broken to keep predators away from their nests or chicks.

LESSER SCAUP (*Aythya affinis*)

- The Lesser Scaup is one of the most abundant and widespread diving ducks in North America.
- They feed mostly at night and may mistake plastics for food.

MAGELLANIC PENGUIN (*Spheniscus magellanicus*)

- This species nests in burrows in colonies.
- Plastics, especially plastic bags, have been found in the stomachs of this penguin.

MAGNIFICENT FRIGATEBIRD (*Fregata magnificens*)

- Magnificent Frigatebirds are excellent flyers, but are very clumsy walkers because of their short legs and strong feet. This seabird lacks waterproofing on their feathers.
- Magnificent Frigatebirds often eat the fish or bait on hooks and become entangled in fishing line.

NORTHERN FULMAR (*Fulmarus glacialis*)

- Northern Fulmars spend most of their time at sea.
- This seabird often follows fishing and other boats and feeds off scraps.
- Northern Fulmars often ingest plastic when they dive for fish, mistaking it for prey.

OSPREY (*Pandion haliaetus*)

- Ospreys plunge-dive to capture fish, often becoming submerged in the water.
- This raptor builds large nests made of sticks.
- Because they fish in lakes and other places with lots of human activity, this species comes into contact with many plastics, including fishing line and bags.

PROTHONOTARY WARBLER (*Protonotaria citrea*)

- This is the only species on the 2019 World Migratory Bird Day poster that eats mostly insects.
- Microplastics eaten by mosquito larvae stay with them into adulthood, and move up the food web if eaten by this warbler.

TRICOLORED HERON (*Egretta tricolor*)

- This species has long legs and can search for food in the water. It is known as a "wader."
- When walking in water, Tricolored Herons and other herons and egrets come into contact with plastic pollution and can be entangled by fishing line and other plastics.

IMPORTANT NOTE:

**Before starting Activity 7, you must make copies of this page.
Provide one copy for each participant in the Matching Game.**

ACTIVITY 7

World Migratory Bird Day 2019 Matching Game (continued)

Overview

Explore the characteristics of the birds of the 2019 WMBD poster by playing this simple matching game.

Setup

Preparing this activity couldn't be simpler. We've provided everything you need, except the engaging person who will work with participants. Just cut out each of the bird images and each of the statements about the bird or print them on card stock paper if they will be handled by a lot of people.

Get Started

Lay out the bird images and bird statements on a table. Participants match the statements to the images of the birds. This activity does not require any bird identification knowledge, and there are many ways you can raise awareness of birds, bird identification, and bird conservation.



Cut on dashed lines



AGES

Kindergarten - Adult

MATERIALS

- Copies of bird characteristics cutouts (page 19)
- Bird image cutouts • Table

TIME

As long as participants want to play!