

Source to Sea Education Learning Resources

The Source to Sea Education Resources can be used at home or in school. These provide an understanding and knowledge of how the River Wear is connected to the North Sea, and how our everyday use of plastic items can have an effect on both these habitats. We need to better understand the impact of plastics in the environment and what we can each do to make better use, and reduce waste of, plastics.

The resources can be used individually, or by following the suggested plan below:

Our Amazing Oceans

1. Our Amazing Oceans: True or False Activity Sheet and Fact Sheet

Test your knowledge of our amazing oceans by doing the True or False activity, then check your answer using the fact sheet.

2. Marine Colouring Sheet

Print this out and colour in. Can you name all the species?

The River Wear

3. River Wear Activity Sheet

Learn about the River Wear then have a go at the quiz.

4. Life in the River Wear Activity Sheet and Photo Pack

Life in the River Wear Activity Sheet and Photo Pack. Using the photo pack, you will identify some of the species that live in the River Wear and make a freshwater habitat food chain.

5. Make a Frog Mask Sheet

Print this out and colour in. Cut out to make a mask.

Plastics and the environment

6. Fantastic Plastic Activity Sheet

Find out what is good about plastic as a material and why it is used for so many items that we use every day. Make a timeline to show how long it takes a variety of everyday items to decompose.

7. My Plastic Diary

Record how many plastic items you use in a week.

8. Plastics in the River Wear Activity Sheet

Learn about how plastics find their way into the River Wear, the different types of plastic pollution (macroplastic and microplastic), and how we can reduce our use of them.

9. Plastics In the Water Activity Sheet and Photo Pack

Using the photo pack, identify the plastic items that have made their way into our rivers and seas, think about the effect they have on wildlife and make a 'Plastic Pledge'.