

# MARYLAND COASTAL BAYS PROGRAM

## COASTAL CALENDAR CHALLENGE

Are you ready to get to know your Coastal Bays waterways?!

Challenge yourself to get to know the Coastal Bays better through these fun observation and engagement activities! Feel free to share photos you take by emailing [lwist@mdcoastalbays.org](mailto:lwist@mdcoastalbays.org). Good luck!



LET THE CHALLENGE BEGIN!



		<p>Pick a new habit to start at home. Some ideas include recycling, composting, using less fertilizer, using less water to shower, and planting a native plant. <b>1</b></p>	<p>Challenge yourself to sketch a picture of a tree near your house or in a park. Try to determine the species using the leaves and bark. <b>2</b></p>	<p>Sit outside (at your house, the beach, the park) and count how many different birds you hear/see. Grab some binoculars to get a better view of what you're hearing! <b>3</b></p>	<p>Join MD Coastal Bays' iNaturalist group on your computer or phone. This citizen science program allows you to document all the fascinating creatures and plants you see in our watershed! <b>4</b></p>	<p>Set up a few buckets or containers to catch water the next time it rains. Use that rain to clean your car or water indoor plants! <b>5</b></p>
<p>With a piece of paper and pen/pencil, sit beside a window and sketch what you see. What is outside is different for all of us, so just sketch YOUR environment! <b>6</b></p>	<p>Research your local forests, and find out what species live there. If you are able, try to plant a native tree! <b>7</b></p>	<p>Head to a local park, beach, or your backyard and search for materials to bring home to make a craft. Ideas: shells, pinecones, seeds, twigs, etc. *no removing items from the National Park. <b>8</b></p>	<p>Check out the MCBP website to learn more about our programs and projects that you can become a part of. <b>9</b></p>	<p>Pick up litter in your neighborhood or local park and dispose of it properly. Where do you think this litter came from? <b>10</b></p>	<p>Install a rainwater gauge (these can be homemade) to track rainfall at your house. <b>11</b></p>	<p>Challenge yourself to head to a new area of the watershed you have never been before and explore. <b>12</b></p>
<p>Slow down, get down, and look around! Get close to nature by laying down in the grass or sand and "exploring" on a whole new level! <b>13</b></p>	<p>Research local farmers and farmers markets in the area. Make an effort to purchase local when possible and support local agriculture. <b>14</b></p>	<p>Grab a hand net, go to a beach or waterway, and see what critters you can find. Take pictures of what you catch to try and identify them later. <b>15</b></p>	<p>Build your own scavenger hunt for your backyard or local park. Try to find things of different colors, textures, and sizes! <b>16</b></p>	<p>Test the soil from your yard or garden. Head online to look up soil kits and different ways of testing. <b>17</b></p>	<p>Take time to reflect on the Coastal Bays watershed, and write down a few reasons it is special to live here. Share an image on social media and tag #mdcoastalbays! <b>18</b></p>	<p>Think of your favorite animal that lives in the Coastal Bays watershed. Draw a picture of it and the environment that it lives in. <b>19</b></p>
<p>Find a flower or plant that you would like to learn more about. Research it, and then look up how to press a flower. Pressed flowers can be made in bookmarks and wall art! <b>20</b></p>	<p>Head to the beach and find a shell that you do not know the name of! Try to identify it back at home. If you can't head to the beach, look one up online! <b>21</b></p>	<p>Research ways to reduce plastic waste. Try to avoid using single-use items like: plasticware, plastic straws, and plastic bags. <b>22</b></p>	<p>Sit outside and write down all the animals you see in a 10 minute time period. See if they are the same or different from the AM to PM. <b>23</b></p>	<p>Ever wonder where the water from your ditch or street drain ends up? Click to learn more about the bay you live on. <b>Assawoman Isle of Wight Newport Sinepuxent Chincoteague</b> <b>24</b></p>	<p>Find an event or workshop to participate in that helps the Coastal Bays. There are many local organizations working towards improving watershed health. <b>25</b></p>	<p>Try to make a meal using only locally sourced ingredients like seafood, vegetables, and eggs! Check out what vegetables and fruit are in season! <b>26</b></p>
<p>Do you know any history about the Coastal Bays watershed!? Look up local museums to visit to learn more about the local cultural and natural history. <b>27</b></p>	<p>Challenge yourself to make your yard friendlier to native plants and pollinators! Plant a native plant, put up a bird house, research best lawn practices, etc. <b>28</b></p>	<p>Learn all five names of the Coastal Bays! Research to determine which bay you live on and its health using the Coastal Bays yearly report card. <b>29</b></p>	<p>Reflect on the past 30 days, repeat your favorite day, and share this Coastal Bays Challenge with a friend. Job well done! <b>30</b></p>			



[www.mdcoastalbays.org](http://www.mdcoastalbays.org)