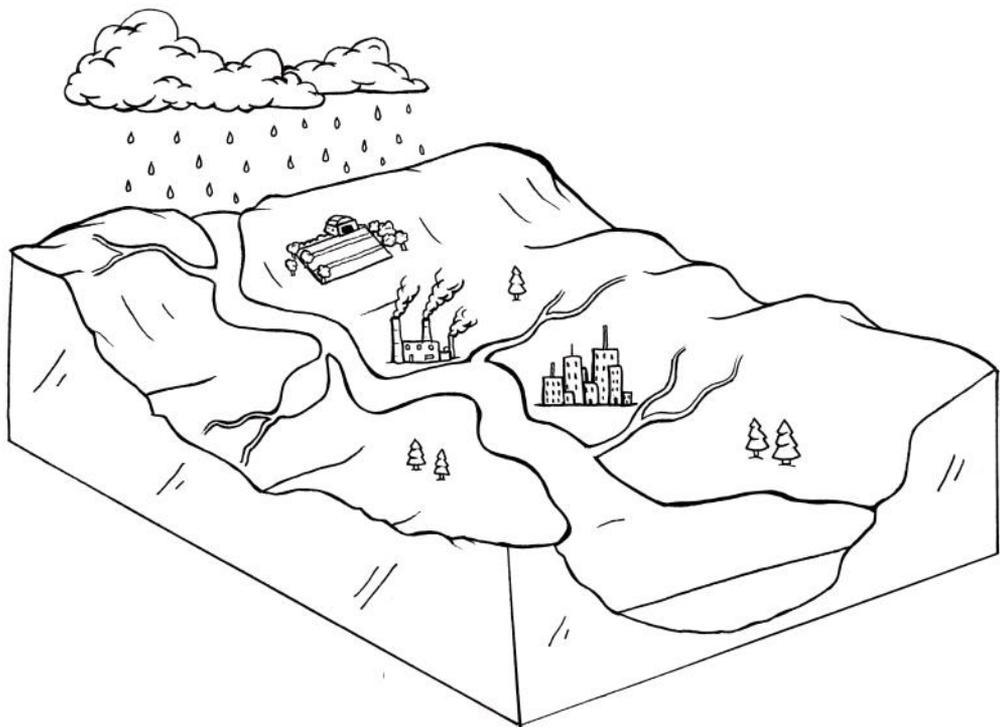


Watershed Activity Book



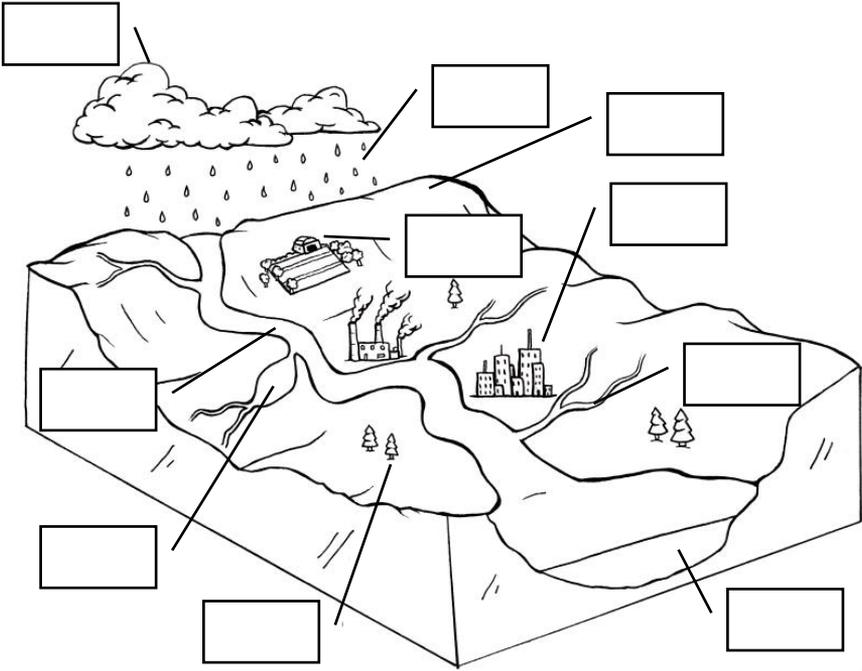
SAN DIEGO
COASTKEEPER



think **BLUE**
SAN DIEGO

Wonderful Watersheds

Everyone in the world lives in a watershed. A **watershed** is an area of land where all water drains to the same place. For example, a raindrop that lands on top of a mountain may travel through the whole watershed to end up in the ocean.



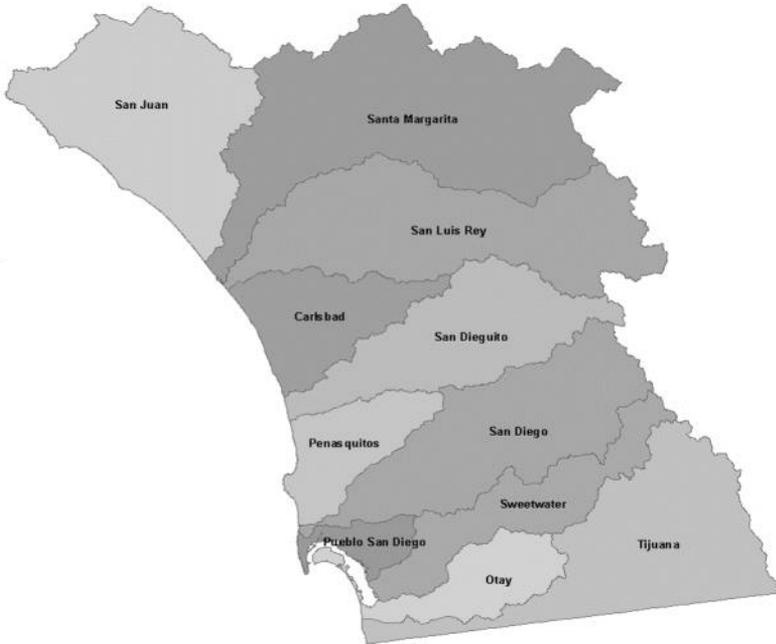
We need your help! Look at what features the lines are pointing to. Then, fill in the box with the word that matches it.

- 1. Mountains
- 2. River
- 3. Stream
- 4. Rain
- 5. Cloud
- 6. Ocean
- 7. Trees
- 8. City
- 9. Farm
- 10. Lake

San Diego Watersheds



DIRECTIONS: San Diego County is split into many different watersheds. Find your community in the table below, and then circle the watershed where you live.



San Dieguito	Del Mar, Solana Beach, Rancho Santa Fe, Ramona
Penasquitos	Poway, Mira Mesa, Sorrento Valley, Clairemont, La Jolla, Mission Bay
San Diego	Ocean Beach, Mission Valley, Santee, El Cajon
Pueblo San Diego	Point Loma, City Heights, North Park, Downtown, Barrio Logan
Sweetwater	Chula Vista, Spring Valley, Rancho San Diego
Otay	Coronado, Imperial Beach, Dulzura
Tijuana	San Ysidro, Tijuana, Tecate

Water Changes The Watershed

Think about the last time it rained. Where did the water go? If you've seen water moving downhill, then you have seen runoff.

Runoff is the water that flows over land when it rains.

Over time, runoff can change the shape of the land. **Erosion**

happens when water, ice, or wind moves over the land and changes its shape. The more the water moves over rock, the more it wears down the surface.

Runoff can change our watershed in other ways too.

Pollution is something that is toxic or harmful to the environment. Some examples of pollution are trash, oil, and pet waste. When it rains, runoff can pick up the pollution and carry it into a nearby creek or river. Then it can travel to the ocean and make it dirty.

It's important that people do things that help the environment. You can help by keeping the area around your home, school, or park clean.



DID YOU KNOW? The Grand Canyon was formed by erosion. Over time, a river wore the flat land down until it became a deep canyon.

Picture Clues



DIRECTIONS: Some of the sentences are incomplete. Use the picture clues to fill in the missing words.

Many watersheds start in the hills or _____.



When it _____ or snows in a watershed, the water doesn't stay in one place.



It moves downhill and then into creeks, streams, and _____.



The smaller rivers get larger as they move through the watershed. Eventually, all the water drains to the same place. Most watersheds end in a large lake, river, or _____.



WHAT'S THAT WORD?

Erosion- a process where water or wind changes the shape of the land.

Pollution- something that is toxic or harmful to the environment.

Watershed- an area of land where all water drains to the same place.

Solutions to Water Pollution

Each of these pictures shows one way that someone can help keep their watershed healthy. Can you figure out what's going on?

DIRECTIONS: Look at what the person in each picture is doing. Then, complete the sentence with the right words.



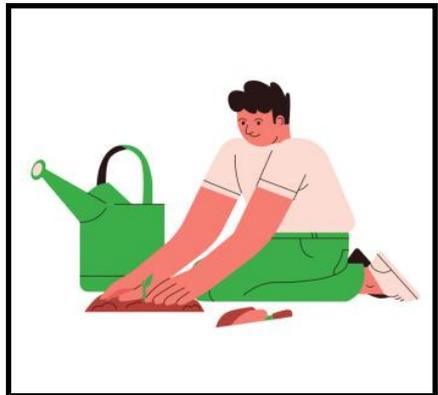
Picking up _____ stops pollution from getting into the water.



We can talk to others about why _____ is bad for our watershed.



Washing the car at the _____ prevents soapy water from going into nearby creeks.



Planting _____ helps keep the soil in place when it rains. This stops erosion.

I Can Help Too!



DIRECTIONS: Choose one solution from the previous page that you would like to try. In the box below, draw your watershed before and after you take action. Then, write 1 sentence about what you will do.

BEFORE

AFTER

To help my watershed, I will _____

WATERSHED PLEDGE

Now that you have learned about watersheds, you can help too. Sign the pledge below and try one of the actions. Thank you for taking care of your watershed!

I promise to care of my watershed. I will help by:

- Throwing away my trash when I'm done
- Not littering
- Planting trees
- Cleaning up trash at my home, school, park, or beach
- Sharing what I know with others

Signed,

