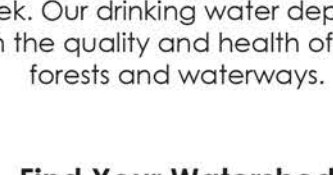


POCKET Nature Journal Watersheds



What is a Watershed?

A watershed is all of the land that drains runoff (from precipitation) into a body of water, such as a creek, river, lake, bay or ocean. Everyone lives, works, plays and uses water from a watershed!



This week is National Drinking Water Week. Our drinking water depends on the quality and health of our forests and waterways.

Find Your Watershed

Head over to:

<https://mainelakes.org/lake-health/watershed-map/>
(Link provided online as well)

Find where you live on the interactive map and answer the following questions:

1. What watershed do you live in?
2. What is the closest body of water to your home?

Try zooming in and out to see how a watershed can change depending on scale.

Upstream Downstream:

The watershed you live in is affected why what people upstream are doing. In Western Maine the health of our forests protects our water which also protect water for folk downstream in Portland.

Portland Water District supplies water to over 200,000 customers. Sebago Lake and the Sebago Lake watershed provide such excellent quality of water that filtering it is unnecessary.



Activity

A Crumpled Watershed Model

For the step-by-step instructions visit our Pocket Nature Journal Website.

Materials:

- A sheet of paper (grab one from the recycling bin)
- Water soluble markers in blue, green, brown and red
- A spray bottle filled with water

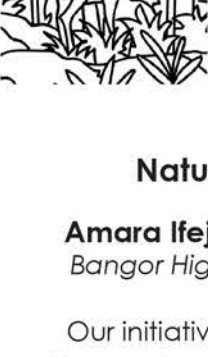
Activity

Photo Contest:

May 3-9th is National Drinking Water Week. Our friends at Portland Water District are holding a photo contest with prizes! Visit their website: www.pwd.org FMI.

Water Coloring Pages:

Print out & color one of these amazing water-themed coloring pages from Sebago Clean Waters, featuring local artists Hilary Irons & Sarah Lederer



Nature Quote:

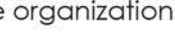
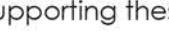
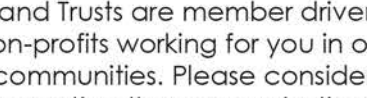
Amara Ifeji & Melissa Tian
Bangor High School Seniors

Our initiative to co-lead the Stormwater Management and Research Team (SMART) stems from the rights of those who are robbed of access to clean drinking water and is our way of rewriting the narrative of our future.

To learn more about Amara & Melissa's impressive work and accomplishments through their work with SMART visit the Pocket Nature journal website:

www.wfltmaine.org/nature-activities

The activities in this journal can be done on almost any quiet patch of earth in our area.



Land Trusts are member driven non-profits working for you in our communities. Please consider supporting these organizations.