

Celebrate Rivers to Oceans Week! (June 8-14)

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Played in a sandbox or visited a river, lake or beach

Found out which drainage basin I live in

Read a book, article, or story about water

Learned about sustainable seafood options

Inspected my home for water leaks

Watched a movie that draws its inspiration from the sea or water

Did water themed arts and crafts

Listened to a water soundscape where I live

Found examples of wasteful water usage in my community

Participated in a shoreline clean-up

Learned about aquatic invasive species

Talked to my friends about the importance of rivers and oceans

Come up with your **FREE SPACE** own water-related action!

Discussed with my family ways we can save water at home

Traced the route that water travels from me to the ocean

Wore water themed clothing

Found examples of efficient water usage in my community

Symbolically adopted an animal through CWF

Learned about aquatic wildlife

Wrote a short story or song about my favourite sea creature

Became a citizen scientist

Took steps to reduce plastic use in my home

Watched a CWF webinar or video about rivers and oceans

Talked to a decision maker about water conservation

Went for a paddle on a kayak/canoe/SUP

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HERE ARE SOME RESOURCES TO HELP YOU PLAY:

If you have a smartphone you can place emojis or use the markup feature to cover the activities that you complete. You can also print it and use a pen or marker. Be sure to share your completed cards with us on social media (even if you don't get bingo) by tagging **@CWF_FCF** and using the **#RiverstoOceansWeek** hashtag.

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PLAYED IN A SANDBOX OR VISITED A RIVER, LAKE OR BEACH

There is nothing quite like a visit to the beach! Check out [WILD Family Nature Club](#) for tips and activity ideas for your next trip to the beach, and to discover how you and your family can enjoy the magic of the sun, sand and water closer to home!

FOUND OUT WHICH DRAINAGE BASIN I LIVE IN

A drainage basin is any area of land where water collects and drain off into a common body of water. Check out this [Map of Canada's Drainage Basins](#) to figure out which one you live in!

READ A BOOK, ARTICLE, OR STORY ABOUT WATER

Pick up a book, find a recent article or look for a family-friendly story that features water! Whether you're interested in lakes, rivers, oceans or aquatic plants and wildlife, there's something out there for everyone.

LEARNED ABOUT SUSTAINABLE SEAFOOD OPTIONS

Global fish populations are quickly depleting because of high demand, a loss of habitat and unsustainable fishing practices. So opt for Alaskan cod over Atlantic cod. Choose BC Spot Prawn over Farmed Shrimp. By choosing sustainably farmed or wild fish from healthy populations, you'll be saving natural, wild fish populations.

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INSPECTED MY HOME FOR WATER LEAKS

A leaking toilet alone can waste tens of thousands of litres of water per year, depending on the size of the leak. To find out if your toilet is leaking, put two or three drops of food colouring in the tank. You may have a leak if the colouring shows up in the bowl after a few minutes (without flushing.)

WATCHED A MOVIE THAT DRAWS ITS INSPIRATION FROM THE SEA OR WATER

Give a little more life to your Rivers to Oceans week celebrations by watching a movie, film or video featuring lakes, rivers, and oceans. Whether it's a documentary, or family film, this is a great way to celebrate our cultural connections with water!

DID WATER THEMED ARTS AND CRAFTS

Painting, drawing, sewing, sculpting - whatever your creative outlet is, we invite you to create a piece of art inspired by Canada's lakes, river and oceans! For a fun and easy art project for all ages, download our [Rivers to Ocean week colouring sheets](#). Share your creations with us on social media using @CWF_FCF!

LISTENED TO A WATER SOUNDSCAPE WHERE I LIVE

Listen for the sounds of water where you live. Do you hear a trickle, dripping or splash? Can you hear any signs of aquatic wildlife, like frogs? Visit a water body near you and spend some time quietly listening to the soundscape. Unable to leave home? Try the same thing while in your shower or bathtub!

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FOUND EXAMPLES OF WASTEFUL WATER USAGE IN MY COMMUNITY

Go for a walk around your neighbourhood and see if you can spot any instances where water is being wasted unnecessarily. Is someone watering their plants mid-day when extra water is more likely to be evaporated? Noticing these practices can help you learn more about some of the opportunities to make changes in your own home.

PARTICIPATED IN A SHORELINE CLEAN-UP

From plastic straws to coffee lids, everything we throw away ends up somewhere. If it doesn't make it to a landfill, it will find its way to waterways like rivers, lakes and oceans. Spend some time making a body of water near you a cleaner environment for the animals that live there by [conducting your own shoreline cleanup](#).

LEARNED ABOUT AQUATIC INVASIVE SPECIES

Invasive species are among the biggest threats to biodiversity. Learn more about the invasive plants and animals that threaten our lake and river with our [online encyclopedia](#).

WATCHED A CWF WEBINAR OR VIDEO ABOUT RIVERS AND OCEANS

With topics relating to conservation, wildlife and habitat, CWF WILD Webinars for all ages that are both informative and fun! Join us for one of our [upcoming webinars](#), or check out some of our [past recordings](#).

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DISCUSSED WITH MY FAMILY WAYS WE CAN SAVE WATER AT HOME

Canada has three mighty oceans and more than 200,000 kilometres of coastline – the longest coastline in the world – it's up to Canadians to reduce our impact on our waterways. [Take our water quiz](#) to learn how you can conserve water at home.

TRACED THE ROUTE THAT WATER TRAVELS FROM ME TO THE OCEAN

No matter where you live, work or play, you are part of a watershed. Take a moment to identify your watershed and trace the route that water takes from your community to the ocean. Check out [CWF's Online Learning Library](#) for educational resources to help you get started!

WORE WATER THEMED CLOTHING

Whether you decide to wear all blue, don an eco-friendly brand, or sport an outfit with something water-related on it, wear your outfits proudly during Rivers to Ocean week! If you're comfortable, snap a picture and share it with us on social media using @CWF_FCF!

FOUND EXAMPLES OF EFFICIENT WATER USAGE IN MY COMMUNITY

Learning about what your community is doing well in terms of water usage is just as important as knowing what areas could be improved. Look around your community for real-life examples of water conservation in action!

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SYMBOLICALLY ADOPTED AN ANIMAL THROUGH CWF

Loveable, huggable animal plush toys are gift every animal lover can enjoy. When you purchase any of the species in our [adopt-an-animal program](#), you're helping support research and programs designed to help our species at risk. This includes our efforts to conserve freshwater and marine habitat.

LEARNED ABOUT AQUATIC WILDLIFE

Check out [Hinterland Who's Who](#) to learn more about Canada's aquatic wildlife, including fish, amphibians, mammals and reptiles!

WROTE A SHORT STORY OR SONG ABOUT MY FAVOURITE SEA CREATURES

Creative writing is a great way to express your love for wildlife! Try visiting a lake, river or water body near you for inspiration. Sit and listen to the sounds and think about an aquatic creature that is special to you. If you're comfortable, share your story or poem with us on social media using @CWF_FCF! We'd love to hear it!

BECAME A CITIZEN SCIENTIST

Snap pictures of local plants and wildlife and share them using the [iNaturalist.ca app!](#)
By doing so you'll help build a living record of life in Canada!

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TOOK STEPS TO REDUCE PLASTIC USE IN MY HOME

How can you reduce your plastic footprint in your home? Take it one room at a time. Check out our online [Plastic Footprint Tool](#) and [Home Checklist](#) for tips to help you get started.

TALKED TO MY FRIENDS ABOUT THE IMPORTANCE OF RIVERS AND OCEANS

Many people are not aware of the impacts we have on Canada's lakes, rivers and oceans, and the wildlife that call these places home. By talking to your family and friends about what they can do to help, you can bring awareness to the issue.

TALKED TO A DECISION-MAKER ABOUT WATER CONSERVATION

Talk to your local decision-makers about the importance of conserving Canada's lakes, rivers, wetlands and oceans, as well as all of the plants and animals that depend on them. Let them know that water is important to you.

WENT FOR A PADDLE ON A KAYAK/CANOE/SUP

Paddling is a great way to get out on the water and explore with your family! There are many ways to pick up a paddle, including canoeing, kayaking, stand-up paddle boarding (SUP) and rafting. Check out our [WILD Family Nature Club page](#) for some tips on paddling and water safety.