Me & My Watershed

Program Overview
In our Me & My Watershed program, 3rd-5th grade students will investigate the guiding question, “How am I a part of my watershed?” The core lessons in this program will provide students with a foundational understanding of what a watershed is, and how they are connected to their local watershed. Through nature journaling, students have the chance to explore, observe, and personally reflect on these connections. In the Me & My Watershed: Creekside program, students investigate, monitor, and advocate for the health of local creek ecosystems within our watershed. Through the Me & My Watershed: From Me to the Sea program, students learn how trash travels through a watershed, examine the impact of trash in our watershed, and take action to personally and collectively address this issue.

Program Outline
Students will participate in a set of core lessons that are the same in both program versions, plus a set of additional lessons that are specific to a theme (Creekside or From Me to The Sea).

<table>
<thead>
<tr>
<th>Program</th>
<th>Me &amp; My Watershed: Creekside</th>
<th>Me &amp; My Watershed: From Me to the Sea</th>
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<tbody>
<tr>
<td>Core Lessons</td>
<td>● Getting to Know Our Watershed</td>
<td>● We All Live Downstream</td>
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<td>● Watershed in Your Hands</td>
<td>● Trash Transformations</td>
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<td>● Web of Life</td>
<td>● Storm Drain Scavenger Hunt!</td>
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<td>● Nature Journaling</td>
<td>● Watershed Cleanup</td>
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<td>Additional Lessons</td>
<td>● Who Lives Near Creeks?</td>
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<td>● Ecosystem Interdependence Hike</td>
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<td>● Create a Creek</td>
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<td>● Water Quality Monitoring</td>
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<td>Action Project</td>
<td>Action projects may include raising community awareness, planting seeds to promote water quality and healthy habitat, or changing home and school habits to protect our local watershed.</td>
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Program Goals
1. Students will strengthen their relationship with our local watershed through hands-on, place-based activities and personal reflection.
2. Students will participate in outdoor activities that strengthen their connection to nearby nature.
3. Students will take meaningful action to protect their local watershed.

The Watershed Project’s mission is to inspire Bay Area communities to understand, appreciate, and protect our local watersheds.

If you have any questions about this program, please contact us at: education@thewatershedproject.org

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Standards Connections

Me & My Watershed supports learning and engagement in the following Next Generation Science Standards Disciplinary Core Ideas:

- LS2.A - Interdependent Relationships in Ecosystems
- LS2.C - Ecosystem Dynamics, Functioning, and Resilience
- LS4.D - Biodiversity and Humans
- ESS2.A - Earth Materials and Systems
- ESS2.C - The Roles of Water in Earth’s Surface Processes
- ESS3.C - Human Impacts on Earth Systems

This program also incorporates concepts from the following 3-5 Common Core English Learning Language and History/Social Studies Standards:

- Produce clear and coherent writing in which the development and organization are appropriate to task, purpose, and audience.
- Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 3-5 topics and texts, building on others’ ideas and expressing their own clearly.
- Write routinely over extended time frames (time for research, reflection, and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes, and audiences.

The program also incorporates concepts from the following elementary school Common Core Health Standards:

- Describe how a healthy environment is essential to personal and community health.
- Discuss how reducing, recycling, and reusing products make for a healthier environment.
- Explain that all individuals have a responsibility to protect and preserve the environment.
- Use a decision-making process to determine personal choices that promote personal, environmental, and community health.

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