



Be a **Puffin Protector** and pick up, pack up and picket for puffins!

Puffins need our help: the global climate emergency, pollution and exploitation of our seas are all impacting on puffin population numbers. By making choices in our daily lives, we can all make a positive difference and help protect our wildlife and wild places.

My pact for protecting puffins...



Whether you have two minutes or an hour to spare, picking up litter is an active way that you can help puffins. Marine pollution is one of the biggest threats to our ocean's health. It doesn't matter if you pick up litter on the beach, next to a river or in a town. Every piece of litter collected is one less piece that can strangle or be eaten by Yorkshire's coastal and marine wildlife.

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Top litter picking tips

- ✓ Have an adult helper with you at all times
- ✓ Always wear gloves and sturdy footwear
- ✓ Take strong bin bags or buckets to collect your litter
- ✓ Avoid broken glass, sharp objects, dog poo bags and heavy items – if you're not sure about it, leave it.
- ✓ Wash your hands afterwards

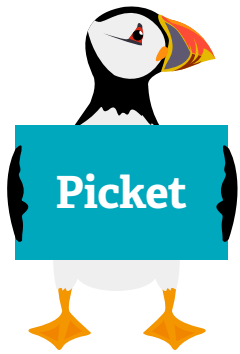


Avoiding single-use plastic is another way to help puffins and a great way to start is with your packed lunch! Sadly 20,000 tonnes of plastic are dumped in the North Sea each year and 40% of plastic produced is just used once then thrown away. Over many years, the plastic breaks down into smaller and smaller pieces and builds up right through the food chain. The secret is to start small and swap to plastic-free alternatives for a handful of items first of all. Once a change becomes a habit, you can add more.

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Top swap suggestions:

- ✓ Say no to clingfilm! Wrap sandwiches in a beeswax wrap or pop them in a container instead
- ✓ Buy loose fruit and veg in the supermarket or local store
- ✓ Carry a reusable water bottle with you so you can fill up on the go!
- ✓ Take your own containers to deli counters to buy meat, fish or cheese
- ✓ Make your own packaging free snacks and have fun in the kitchen!



Stand up for what you believe in and be a voice for puffins! To make big changes – including the creation and protection of nature reserves out at sea (Marine Protected Areas) – we need the help of the Government and MPs. We can all influence their actions

by writing to your local MP about issues that are important to us or supporting campaigns led by organisations such as Yorkshire Wildlife Trust.

You can make every word count when asking others to help protect wildlife and wild places by:

- ✓ Always being polite
- ✓ Using facts and evidence
- ✓ Explaining why the issues matter to you personally
- ✓ Suggesting solutions (not just listing problems)
- ✓ Trying again if you don't get the response you were hoping for

My Puffin Protector checklist

- ✓ I've picked up litter for puffins
- ✓ I've made a single-use plastic swap
- ✓ I've spread the word that puffins are in trouble and need help

Completed your challenge? Share the news that you're a Puffin Protector with friends and family.
#YorkshirePuffinFestival
#PuffinProtector



Inspired to do more?

Why not join a Yorkshire Wildlife Trust Waves of Waste beach clean?

We'll provide you with a litter picker but please bring your own gloves. We take a sample survey of the litter collected

Visit our website for dates and locations:
ywt.org.uk/events

You can find further tips on how to go plastic free on our website:

[How to use less plastic | The Wildlife Trusts](#)

www.wildlifetrusts.org/actions/how-use-less-plastic

There are lots of re-useable items in our online shop – they make fantastic gifts so you can encourage others to make a swap too!

[Shop | Wildlife Trust Shop | Yorkshire Wildlife Trust](#)
ywtshop.org.uk

ywt.org.uk





Puffin *Scientific name: Fratercula artica*

Let me introduce myself...



Where I live

Out at sea for most of the year, bobbing around in the water in large groups with other puffins. During the summer, I nest on cliffs and islands around the coast of Scotland, northern England, South West England and Wales.



Favourite food

Sand eels! I catch these small fish by diving and swimming. One puffin has been recorded carrying 83 sand eels in its beak at once!



Family life

With my lifelong mate, we raise one single chick a year (a puffling). We take it in turn to feed our puffling but leave the nest and return to sea before it flies off all on its own.



When and where to see me in Yorkshire

May – July at Yorkshire Wildlife Trust's wild and rugged Flamborough Cliffs nature reserve.



I'm endangered

The climate crisis is causing sea temperatures to rise and the fish I eat are heading northwards to find colder waters. I have to travel further and further to find food and many chicks are going hungry.

With a brightly coloured beak, decorative eye markings and clumsy waddle on land, it's no wonder I'm known as the 'clown of the sea'!



A mouthfull!

Spines inside my beak (denticles), allow me to grip onto and carry multiple fish as I swim and fly.

Fantastic feathers

I'm fabulous at flying – flapping my wings up to 400 times a minute and speeding through the air up to 88km (55 miles) per hour

Brilliant beak

My beak (or bill) changes colour throughout the year. In winter it's grey but during the breeding season it becomes bright and multi-coloured. The more colourful, the more handsome I am!

Waterproof feathers

Waterproof feathers allow me to keep warm as I float out at sea or dive underwater.

Super swimmer

When swimming, I flap my wings as if I'm flying through the water. I also use my feet to steer.

Down time

In winter, I shed my flight feathers. I can't fly again until new ones grow back.





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YOU'LL NEED:

- Scissors
- Tape or glue
- String or ribbon

INSTRUCTIONS:

1. Cut out the mask and beak sections (don't forget the eyes!)
2. Fold along the dotted lines
3. Stick the two pieces of the beak together
4. Attach the beak to the mask
5. Add string and wear with pride!

Make a puffin mask



Add string here!

Fold these pieces down and use them to attach the two sides of the beak together



ywt.org.uk





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Make a flying puffin!

1. Colour me in!
2. Cut me out
3. Cut along the dotted lines
4. Slot my wings through my body and push my wings forward
5. Thread string through the hole

Hang me
from somewhere
high or move me
up and down to
watch me fly!



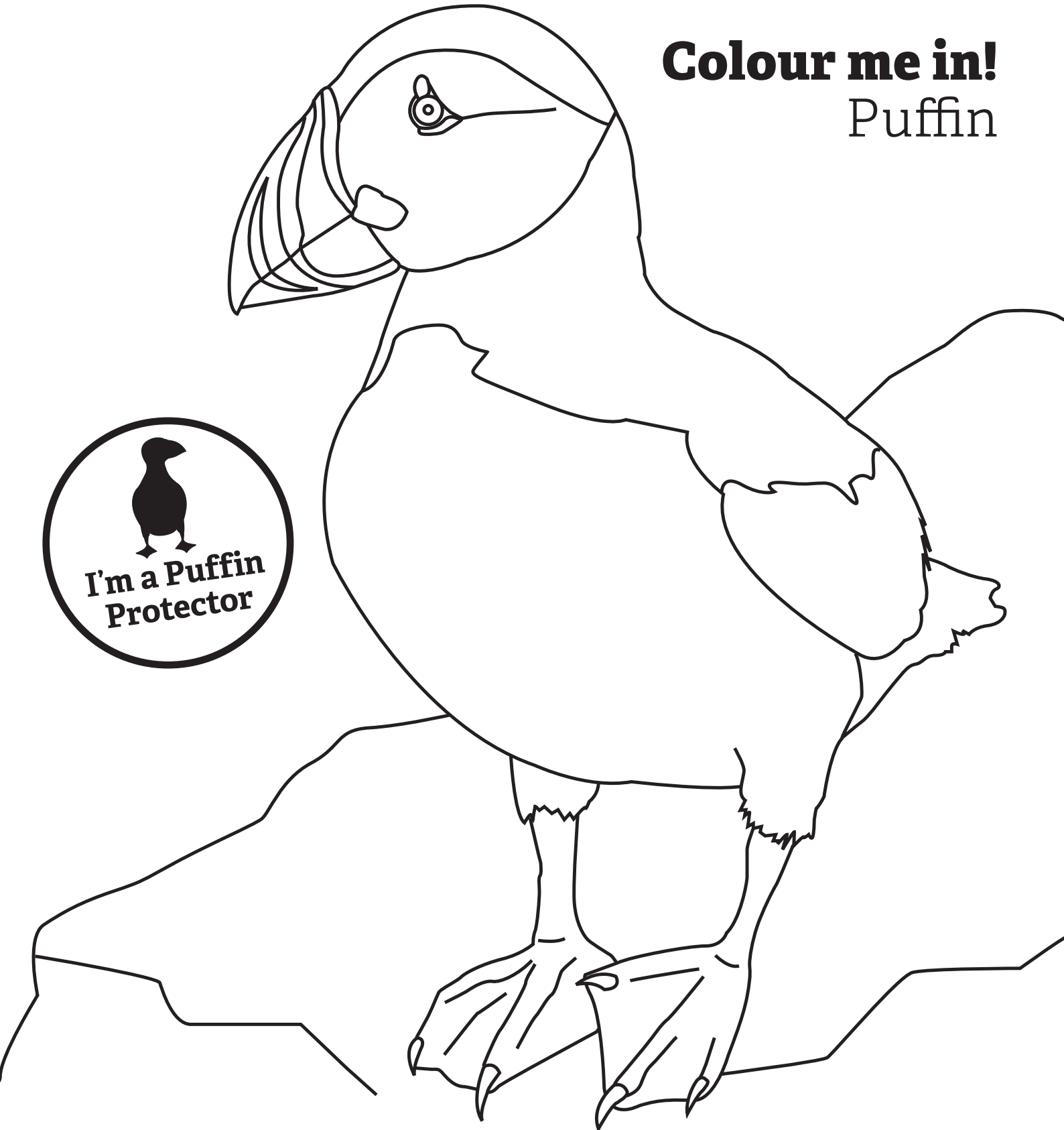


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YORKSHIRE
PUFFIN
FESTIVAL

Colour me in!
Puffin



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