

NATIONAL GEOGRAPHIC SOCIETY **SEEK** CHALLENGES



The National Geographic Society is sponsoring four months of challenges in the Seek app, focused on encouraging youth and other interested individuals to explore nature and think about how we depend on and affect the natural world. Each month has a particular theme and call to action.

MARCH 2021: **NATGEO NATURE CHALLENGE**

Nature is all around us, and time spent in nature helps to build health and happiness. If possible, we encourage you to pick a place—such as a local park, protected area, or your yard—that you visit every month as part of your explorations with Seek. For this month’s mission find any ten species that make you feel happy!

To find resources to help you use Seek and learn more about biodiversity, visit [NatGeoEd.org/BioBlitz](https://www.natgeo.org/education/bio-blitz)

Get involved: Spend some time getting reacquainted with or learning how to use Seek. Visit the home screen to see what species live nearby. Let us know your favorite local plant or animal, or one you’d really like to observe using #NatGeoSeekChallenge on Twitter!

► **RELATED EDUCATOR RESOURCES:**

[National Geographic activities about biodiversity](#)

APRIL 2021: **RESTORATION & RECOVERY CHALLENGE**

Climate change, species loss, and plastic pollution are three of the greatest challenges our planet currently faces and all are driven by human activity. This year’s theme for Earth Day—April 22nd— is “Restore Our Earth.” We all need to work together to build a more sustainable future for both communities and wildlife—your individual actions can help to make a difference!

Get involved: Trash has a big impact on the world’s ecosystems. As you explore nature this month, pay attention to the litter you see and think about where it may have come from. Make a list of things you could do at home to reduce the waste that your family generates, and share this list with the rest of your family—and with us using #NatGeoSeekChallenge on Twitter!

► **RELATED EDUCATOR RESOURCES:**

[Introduction to Earth Day](#)

[United Nations Decade on Restoration](#)

[Helping Restore a Watershed](#)

MAY 2021: HEALTHY ECOSYSTEMS CHALLENGE

Healthy ecosystems provide us with many different benefits, including cleaning our water and air, storing carbon, and providing habitat to support biodiversity. Some species—such as lichens, moss, and odonates (dragonflies and damselflies)—are known to be indicators of ecological health. When you see these species it's a good sign that your habitat is healthy!

Get involved: Healthy ecosystems have important benefits to our own health and well-being. Time spent in nature can help people recover from stress, improve their mood, and think more clearly. Find a peaceful spot in nature and spend some time focusing on the sights, sounds, smells, and textures around you. Write down some of your observations. How does this time spent in nature make you feel? Share a photo of your spot using #NatGeoSeekChallenge on Twitter!

► RELATED EDUCATOR RESOURCES:

[National Geographic activities about ecosystems](#)

JUNE 2021: CONSERVATION CHALLENGE

All of us, regardless of our age or experience, can have a positive impact on biodiversity conservation. For example, we can help take care of a particular place like our own yard, a protected area, or a local park. Protecting nature starts by learning about the plants, fungi, and animals that are in the places that you care about. Your challenge this month is to look in your yard or a local park and take an inventory of as much biodiversity as you can.

Get involved: This month, focus on learning something about each species you document, including which are native and which were introduced. Reflect on all of your observations over the past four months. What differences have you noticed in biodiversity and the human footprint across this period, and across the different places you've explored? Identify something you can commit to doing to help make a local place (such as your yard or a park) healthier for native species. Write down your goal, take a photo of it, and share it with us at #NatGeoSeekChallenge on Twitter!

► RELATED EDUCATOR RESOURCES:

[National Geographic activities about conservation](#)

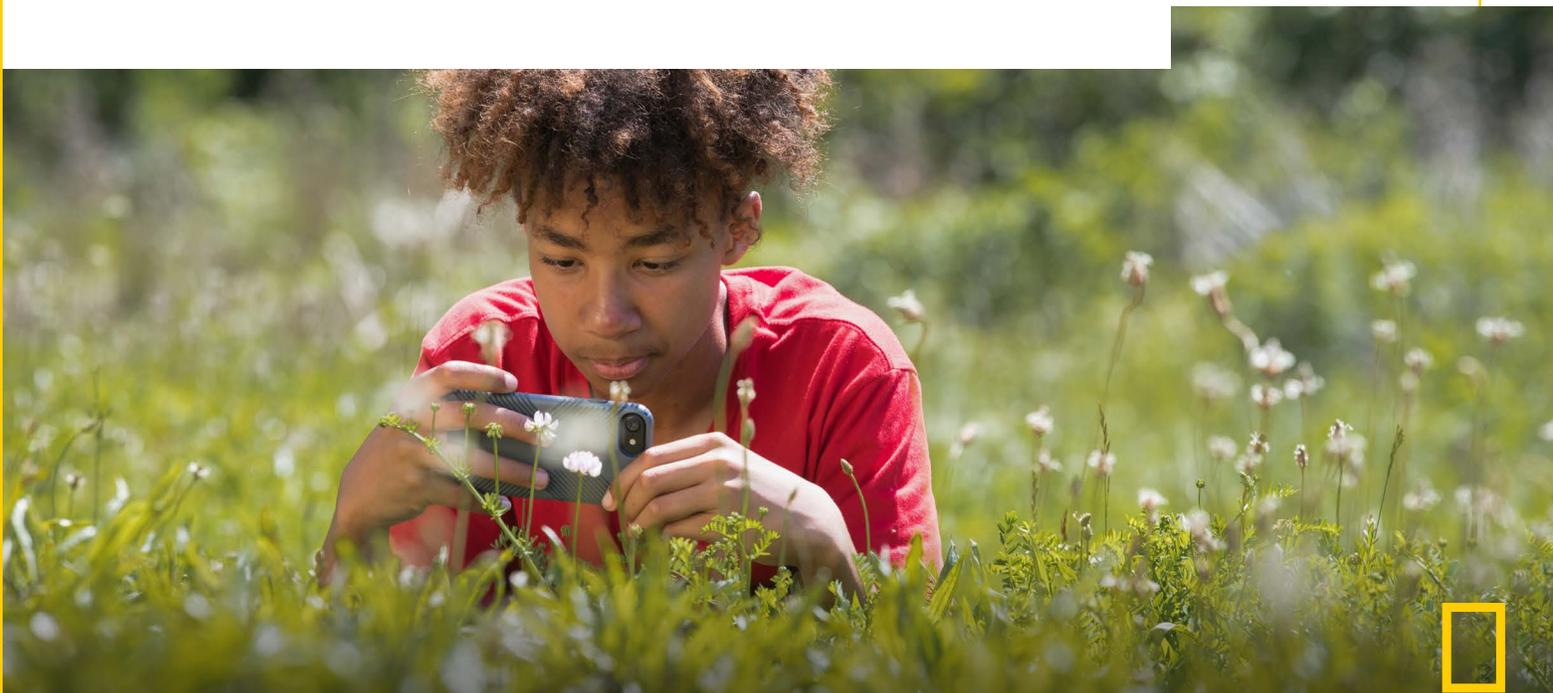


Photo by Rebecca Hale

