

My ocean



KNOW:

We are all connected to the ocean even if we can't see it, hear it or feel it
What I do affects the ocean and everyone can make ocean friendly behaviour changes

Me and the sea

Mindful moment...

Depending on who you are and what you care about, the ocean can mean different things to you. To some the ocean is a playground, to others it is a peaceful, calm place. And to others it is a deep, dark, scary place. All these feelings about the ocean are okay.

Think of an image in your mind (or draw it if you like) that sums up how the ocean makes you feel. It might be a childhood memory, a family photograph, a view or an experience. Whatever it is...share, compare and discuss.



Blue heart mapping

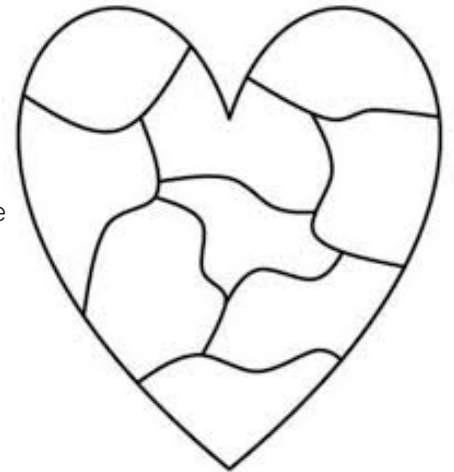
Ask the group: What do you care about most? What makes you, you?
What could you not live without? Share a 'this is me top three' with each other.

Heart map

Use the template (right) to draw a large heart (or your own version) either on paper, in the sand, or chalked on the ground. Working from the core outwards, write or draw the things most fundamental to you, getting less essential as you move into the outer reaches of your heart. Prompts for the group include:

- Who or what do you care about most?
- Where is your favourite place to relax?
- What is your happiest childhood memory - a family holiday perhaps?
- What is your most treasured possession?
- What is your dream?
- What are your hobbies?
- What's your favourite animal?
- What is your favourite food?

Then 'Blue your heart'. Colour in sections blue which do or could link you to the ocean. If nothing does, then not to worry. Maybe the people you have mentioned link you to the ocean? Look around the group to see who has the 'bluest' heart and discuss



**Don't know where to start...
...speak from the heart!**

My ocean masterplan

Ocean conservation should always start closest to home. But where is 'your ocean'?

Conduct some research into your closest beach, coastal zone or regional sea. Find out: a) what marine ecosystem features are important within it; ii) what are the human impacts on the ecosystem; iii) what can be done to protect it? and iv) who are the NGOs or community groups already working hard to protect it, who you could get involved with?

Task: Create your 'ocean masterplan' or manifesto, either as a group or individually. You can write it, draw it, or both!

Extra resources

- <https://news.un.org/en/story/2017/05/55683>
-podcast-saving-blue-heart-planet-sylvia-earle

