

Ocean futures



KNOW:

The ocean is largely unexplored and as a global society we know very little about it. We can demystify the ocean by experiencing it and being hopeful about its future.

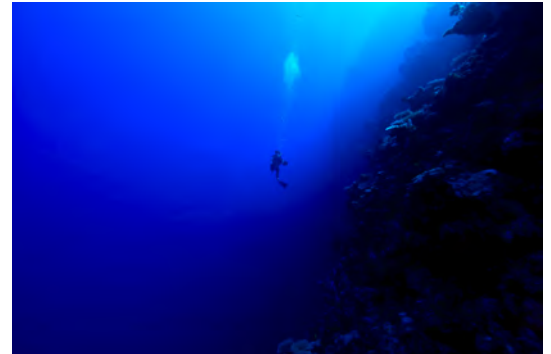
Into the deep

Mindful moment...

It is a human instinct to find deep, dark bodies of water frightening and somewhere to avoid. But not all of us feel that way - to many the ocean is a playground or a place of calm.

Look at the picture (right). How does it make you feel?

Share words and feelings that this image triggers. Discuss those which are more positive and those which are more negative responses. Know and accept that we are all different but if we accept our feelings we can get to know our ocean better...and that's key to protecting it...



As an extension (or an alternative)...try the deep dive workshop in the resources below

My ocean dream

We have become used to endless bad news about the ocean and its poor health and whilst there are lots of reasons to be angry and upset, having 'ocean optimism' about a healthy future ocean is possible.

Ask the group 'what is your ocean nightmare'? Get them to draw or imagine what this looks like. Share and discuss. Prompts to ask: Where is this? Are there people in the picture? What is the biggest threat?

Ask the group 'what is your ocean dream'? Get them to redraw or reimagine the scene in an ideal healthy future. Share and discuss again.

Prompts to ask? What has changed? Why has it changed? Are there people in this picture?



Coral reef destruction



A healthy biodiverse reef

Finding blue hope

Hope is important and it is the best starting point for ocean action and change.

A network of blue 'Hope Spots' are being created around the world. See the website below for more details. These protected areas are pockets of the ocean which can be a focus for change. But it can be hard to convince people that change is possible, given all the ocean bad news we hear about our ocean.

Task: Find a piece of ocean bad news and create an action based campaign with a possible solution to the problem, that would help people find the hope. You could make a poster, create a video, or even write a speech!

Tip: Try and find an ocean activism campaign online that works and try and apply a similar approach to your problem.

Extra resources

- <https://neal.fun/deep-sea/>
- <https://www.chasingcoral.com/>
- <https://www.youtube.com/watch?v=aGGBGcjdjXA>
- <https://missionblue.org/hope-spots/>

