

Planet Aware Ocean Challenge



YOUR NAME.....

Get started!

This summer join in Planet Aware's Ocean Challenge. This is your chance to connect with your coasts, understand why they matter, and help keep them healthy. You can do as many or as few of the challenges as you like! Everything you need - including the Seashore Code is on our website: www.planetaware.co.uk

1. Rockpool Ramble / Seashore Safari

Get out and discover the weird and wonderful animals and plants living in this ever changing habitat. *Take a photo share it * Tell your friends something amazing about the creature or plant you found! What do I need? Suitable shoes (trainers/wellies), patience! Maybe take a small net, tray/ bucket (but try to watch creatures in their habitats rather than remove them) Where can I do this? Any rocky shore, but you can explore pier legs/groynes./outcrops

How long will it take? 10 mins to an hour - as long as you want!

REMEMBER: Keep an eye on the tide and weather.

Wash your hands afterwards. **Read the Seashore code

Date(s) I did this challenge.....



2. Find some nurdles

Nurdles are tiny pieces of plastic that look like lentils and you can find them on many beaches.

What do I need? The nurdle ID chart (download from our website) and a jam jar. Tweezers and an old sieve are also handy. Where can I do this? Sandy beaches or along the strandline on pebbly ones when the tide is out. How long will it take? 10 minutes to an hour - as long as you want! **REMEMBER:** Keep an eye on the tide and weather and wash your hands afterwards.

Date(s) I did this challenge.....



3. Do a Beach clean/litter pick

Cleaning up litter encourages others to think about how they dispose of their rubbish, sets a great example and you can feel proud of yourself for doing a good deed for the day!

What do I need? Gloves / hand sanitiser and a bag - litter picker if you have one. Where can I do this? Anywhere there is rubbish and it is safe to litter pick.

How long will it take? 10 minutes to an hour - as long as you want!

REMEMBER: Keep an eye on the tide and weather and wash your hands afterwards.

Date(s) I did this challenge.....

Trevel Sustainably and do walk or cycle to the beach if you can!

4. Eco-Swap

The things we buy in our every day lives use up the planet's resources - and the way we use them and then throw them away can harm our oceans and the creatures that live in them. Find out more and swap products that harm our seas. Instead, use less damaging ones. From avoiding single use plastic bottles to making a reusable bag out of a T-shirt you were about to throw away there are lots of good swaps you can make.

What do I need? Imagination and information. Try to reuse what you have already. Where can I do this? Starting at home is good - products in the kitchen and bathroom will often be ones you can easily eco-swap.

REMEMBER: Use up the things you have already, reuse and upcycle, reduce the amount of things you buy.

Date (s) I completed this challenge.....



5. Create some beach art

Even if you think you are not a natural artist - let your imagination reign and create a piece of art to promote awareness of our amazing Oceans and the creatures they are home to.

What do I need? Get creative with things you may have found or seen on the beach or use regular art stuff.

Where can I do this? At home or out and about! Get out in the garden / park / beach depending on the weather!!!

REMEMBER: If things don't turn out the way you want the first time, try again. The process of creating art is just as important as the end product so enjoy! (and tidy up after...)

Date (s) I completed this challenge.....

6. Write a letter

The more time you spend observing and finding out about the Oceans, the more you will realise how important they are to us. So help protect our Oceans by writing a letter or creating a video or picture to send to someone that can help create change such as your MP or the head of a company.

What do I need? Pen/paper/pens/envelope/a phone to video
Where can I do this? Find a quiet spot and a block of time to think about what you want to write/draw or what you might say in your video. REMEMBER: Keep your sentences clear and to the point, give examples, if you are videoing make sure anyone in your video has given permission to be filmed.

Date (s) I completed this challenge.....

7. Design a poster

We want more and more people to get involved in learning and caring about our Oceans. Create an eye catching poster to tell people about next year's summer Ocean challenge

What do I need? A4 paper, pens, glue, other craft pieces, camera

Where can I do this? Find a space wherever you feel comfortable creating

REMEMBER: You will need to leave a blank space at the top or bottom quarter of your poster so we can add details. Give your poster a bold title such as 'Ocean challenge: get out to the beach' or look through a book or on line for inspiration.

Date (s) I completed this challenge.....

Always follow the Seashore Code

- +Tread carefully over rocks and don't trample seaweed and animals living here
- +Always put rocks, seaweed and animals back where you found them
- +Try to watch creatures in the rock pools rather than taking them out. Don't put creatures that might fight or eat each other in the same bucket or leave them for too long



REMEMBER! Keep yourself safe!
Wash your hands after being on the beach and after picking up anything off the beach.
Keep an eye on the tide and weather.
If it feels unsafe don't do it.
Follow advice on Covid-19.

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