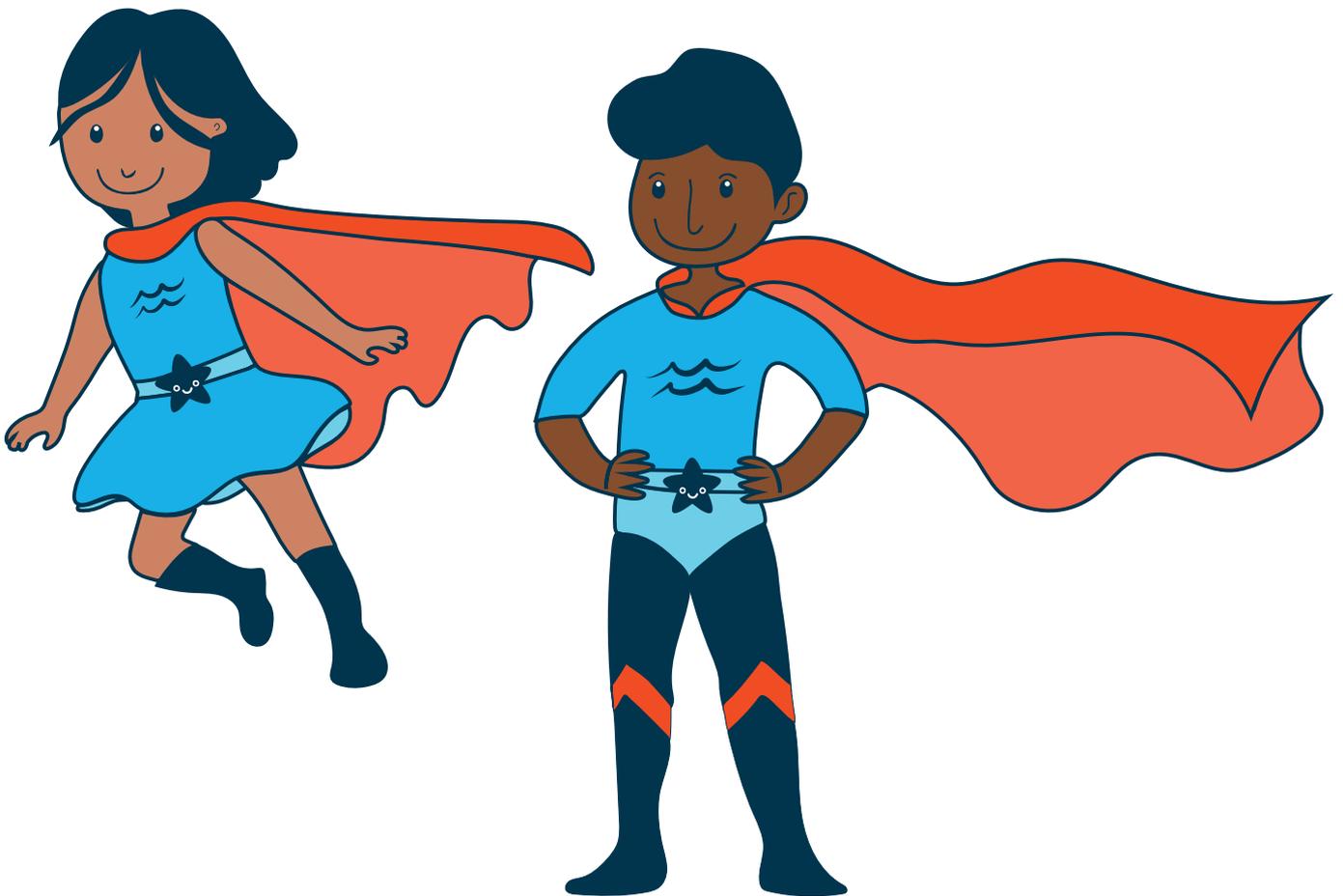


GREENPEACE

**PROTECT
THE OCEANS**

School Holiday
Activity Pack!



this pack belongs to:

BECOME AN OCEAN SUPERHERO!

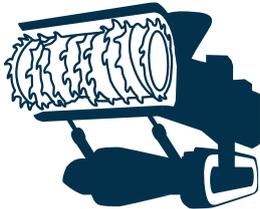
The ocean is an amazing place, where polar bears swim alongside giant icebergs and tropical fish explore colourful coral reefs. It's big too. Really big. Bigger than all the countries on Earth! That's why so many creatures live there, like surfing dolphins, waddling penguins and seriously strange looking squid.



Protect my home!

But our oceans are in danger and need help, fast! Giant fishing boats are scooping up all of the fish, turtles and whales are choking on plastic rubbish and companies with big drills want to smash up the seafloor!

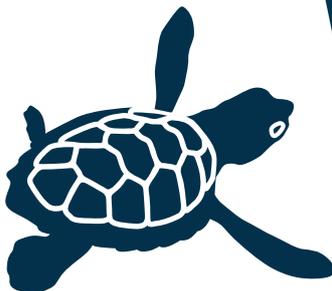
Big drills like this could smash up the seafloor!



Luckily, we have a plan to save the oceans. But we can't do it on our own. Will you join us? Will you become an Ocean Superhero?

Important leaders from around the world are meeting to talk about the oceans. At this meeting, we want them to agree to protect the oceans from danger. We think that if lots of people speak up and tell the leaders why the oceans need defending, they'll listen. That's where you come in.

We can do it!



This pack shows you how to become an Ocean Superhero and how to tell those important people what you think. With your help, we can make sure that all of the sea creatures, from ginormous whales to tiny sea snails, are safe below the surface.

Before we can begin, we need to find out something very important...

WHAT'S YOUR OCEAN SUPERHERO NAME?

First letter of your first name

First letter of your last name

A Agent

B Bionic

C Captain

D Doctor

E Epic

F Flying

G Giant

H Heroic

I Incredible

J Just

K King

L Lightning

M Mega

N Night

O Outstanding

P Professor

Q Quirky

R Rebel

S Super

T The

U Ultra

V Valiant

W Wonder

X X-treme

Y Young

Z Zippy

A Albatross

B Blackfin Barracuda

C Clownfish

D Diamondfish

E Electric Eel

F Firefish

G Giant Squid

H Hammerhead

I Icon Sea Star

J Jellyfish

K Krill Swarm

L Leafy Seadragon

M Manta Ray

N Narwhal

O Octopus

P Starfish

Q Queen Conch

R Red King Crab

S Sea Cucumber

T Tiger Shark

U Unicornfish

V Vampire Squid

W Walrus

X X-ray fish

Y Yeti Crab

Z Zooplankton

My Ocean Superhero name is:

My Ocean Superhero looks like:

AN INTRODUCTION FOR GROWN UPS

The risks posed by overfishing, deep sea mining and plastic pollution, coupled with the growing pressures of climate change and ocean acidification, mean that ocean life is more threatened than ever before. To make matters worse, huge expanses of the ocean, known as the global oceans, are completely exposed to these threats. Global oceans fall outside of national borders and there is currently no process to protect them. Instead, some companies and governments are pushing for access to exploit them further.

But for the first time in history, world leaders are coming together at the UN to discuss a Global Ocean Treaty – a mechanism that would make it possible to create ocean sanctuaries in these areas. Scientists tell us that if we are to avoid the worst effects of climate change and safeguard wildlife, we need to protect at least 30% of our oceans with a network of these sanctuaries by 2030. That's why we are calling on world leaders to agree a strong Global Ocean Treaty that would allow us to establish a network of ocean sanctuaries around the world.



Children's voices have never been more powerful and now, we need them to speak up for the oceans.



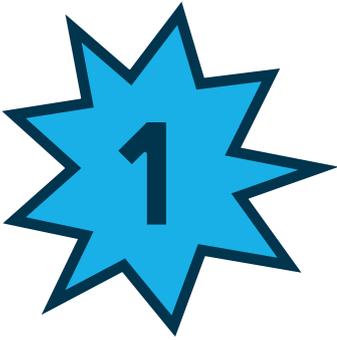
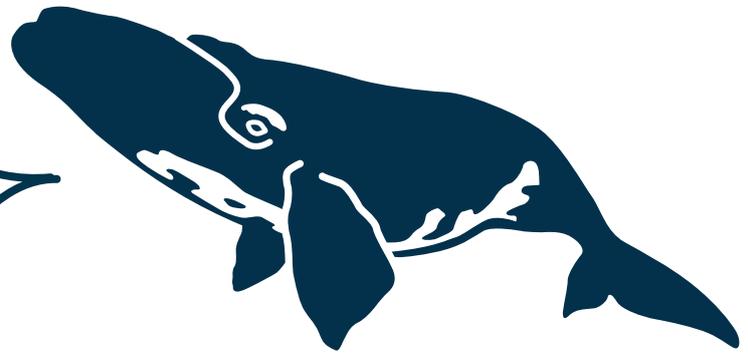
For crafting activities we encourage you to use recycled and environmentally friendly materials. Please avoid buying single-use plastic.

In the UK, we need to raise awareness of this issue and put pressure on decision-makers to support a strong Global Ocean Treaty. As a parent or caregiver, you and your children have the power to influence this process, especially given the recent success of the School Strike for Climate and global youth movements pushing back against environmental destruction. Children's voices have never been more powerful and now, we need them to speak up for the oceans.

We know that campaigning as a parent, grandparent or caregiver comes with its own challenges and that the school holidays can be tough. That's why this pack is designed to give you a way to have an impact on the campaign and entertain the kids, whilst teaching them a bit about the oceans too.



This pack is designed for children 5 to 10 years old and each activity is suitable for different age groups.



CAMPAIGN ACTIVITIES

- Draw a picture of an ocean sanctuary
- Write a letter to a leader
- Create an ocean in a cardboard box
- Bake cupcakes and raise money



GAMES

- Read a map like a captain
- Aquatic word search
- Stingrays & ship ladders
- Solve the fact jumble



OTHER WAYS TO HELP

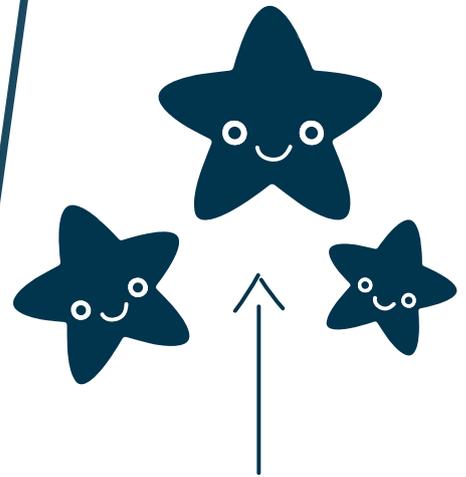
- Book a Greenpeace Speaker
- Next steps for grown ups
- Get more involved
- Your Ocean Superhero scorecard

1

CAMPAIGN ACTIVITIES

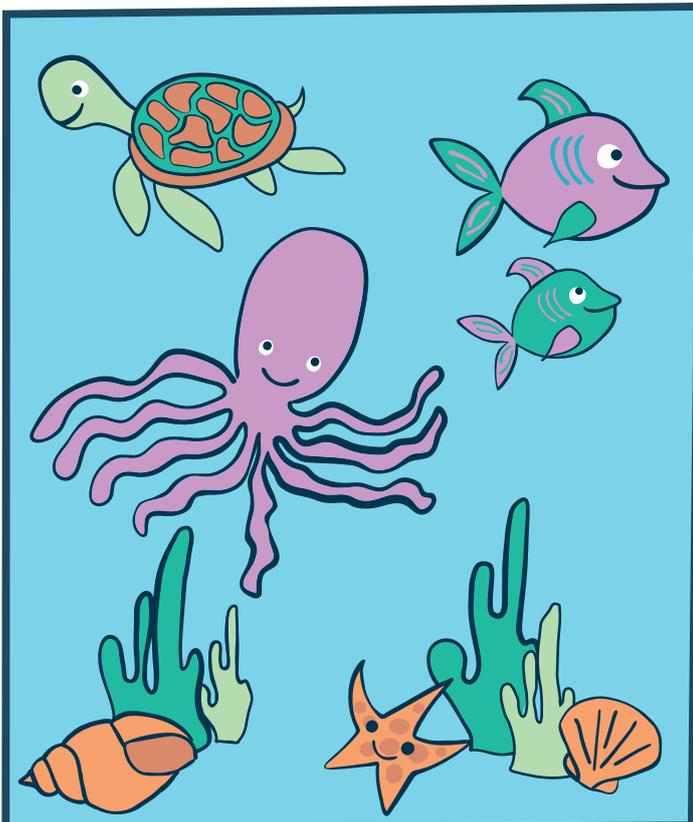
Hello Ocean Superhero! These activities are part of Greenpeace's campaign to protect the oceans. A campaign is when lots of people work together to reach a goal that will make the world a better place. In this case, our goal is to protect the oceans.

You can join the campaign by using your creativity and cleverness to remind people why we need to look after sea creatures. Collect Superhero Starfish for every activity you complete and become the very best Ocean Superhero you can be.



Superhero Starfish!

Can you draw a picture of an ocean sanctuary?



What will the ocean look like when people have stopped trying to ruin it? No more nasty plastic. No more giant fishing boats and nasty drills. Just happy creatures safe in their homes. This is called an ocean sanctuary and with your help, we'll be able to create lots of sanctuaries for animals to live in peace.

Can you draw an ocean sanctuary? Or there is a colouring-in sheet you can use at the end of this pack.

Superhero Starfish:



Can you write a letter to a leader?

In a letter to a government leader you can explain why something matters to you and what you'd like done about it. Leaders like hearing what children think, especially Ocean Superheroes, and they should be able to do something to help.

Superhero Starfish: 

Here's a letter template to get you started:

Dear _____

My name is _____
and I am _____ years old. I'm writing to ask you to help me to protect the oceans. Plastic and fishing is harming sea creatures and we need to make ocean sanctuaries to save them. I love the ocean because

You can help by asking world leaders to stand up for the oceans. Please write back to let me know what you are going to do.

Thank you, from _____

Here are some things to think about when writing your letter:

- ★ Address it to either the Foreign Secretary (the person in charge of our country's relationships with other countries), your local MP (the person who represents you in Parliament) or, for double Superhero Starfish, write to both.
- ★ Write your name, your age, your address and post code.
- ★ You might want to start your letter by explaining why you love the ocean, what your favourite sea creature is and why you became an Ocean Superhero.
- ★ You can then explain that world leaders are meeting to talk about the oceans and that you want them to make sure that everyone agrees to protect it.
- ★ You can finish by saying thank you and asking them to write back to you to let you know what they've done
- ★ Send your ocean sanctuary drawing to your local MP or the Foreign Secretary along with your letter and collect an extra Superhero Starfish point!

Grown ups: see page 19 for information on how to contact MPs.

Can you create an ocean in a cardboard box?

How do you fit the entire ocean into a cardboard box? Good question. Thankfully, with your new Ocean Superhero powers and your craft skills, you can fit the big blue into just about anything!

Art is a great way to get new people interested in ocean protection and, when it's used in this way, is sometimes called 'Craftivism'.

Superhero Starfish: 

Think about how you want your artwork to make people feel, what it will tell them about ocean protection and how you will make it eye-catching.

You will need:

- ★ A cardboard box
- ★ Paper or cardboard to create your animals
- ★ Paint, brushes, pens
- ★ Glue or sticky tape
- ★ Scissors and a grown up
- ★ String

Instructions:

- ★ Paint your box blue and leave to dry
- ★ Draw, cut out and colour any animals you want to put in the box
- ★ Glue them to the box or hang them with string
- ★ Write 'Protect the Oceans' on the front to make sure everyone knows that you're part of the campaign!



Can you bake cakes and raise money?



Super
yummy!

Cupcakes are really fun to make. They're also delicious. So why not bake some, set up a stall and ask people for a small donation to raise money for the campaign? This activity has two steps and needs a little preparation, which is why it's worth extra Superhero Starfish!

Superhero Starfish:



STEP 1: BAKE THE CUPCAKES

You will need:

- ★ An adult! Please don't use the oven on your own.
- ★ A big bowl, a big spoon, scales, a piping bag, paper cupcake cases and a muffin tin.

Ingredients for the cake:

- ★ 275g self-raising flour
- ★ 1 tsp baking powder
- ★ 225g caster sugar
- ★ 200ml sunflower oil
- ★ 200ml slightly sweetened soya milk
- ★ 1 tsp vanilla extract

For the frosting:

- ★ 400g icing sugar
- ★ 150g dairy-free margarine
- ★ 2 tsp vanilla extract
- ★ Blue food colouring and decorations!

It's vegan
and eco-
friendly!

Method:

- ★ Preheat the oven to 190°C/170°C Fan/Gas 5. Line a 12-hole muffin tin with cupcake cases.



- ★ Mix the flour, baking powder and sugar together in a bowl. Make a well in the centre and add the oil, soya milk and vanilla. Use a whisk to mix all the ingredients together.

- ★ Spoon the batter into the cupcake cases and bake for 18–20 minutes, or until well risen and firm. Leave to cool in the tin for at least 1 hour before icing.
- ★ To make the frosting, sift the icing sugar into a large bowl and add the margarine and vanilla. Beat with a wooden spoon until smooth and creamy.

- ★ Spoon the frosting into a piping bag with a star nozzle and pipe the top. Leave to set in the fridge for 30–60 minutes before serving.

- ★ Now the really fun bit! Have a go at decorating the cakes to look like sea creatures.



STEP 2: SET UP A STALL

Preparation:

You'll need to check with grown ups about whether they're happy for you to run a stall, where to set it up and if they'll help you.

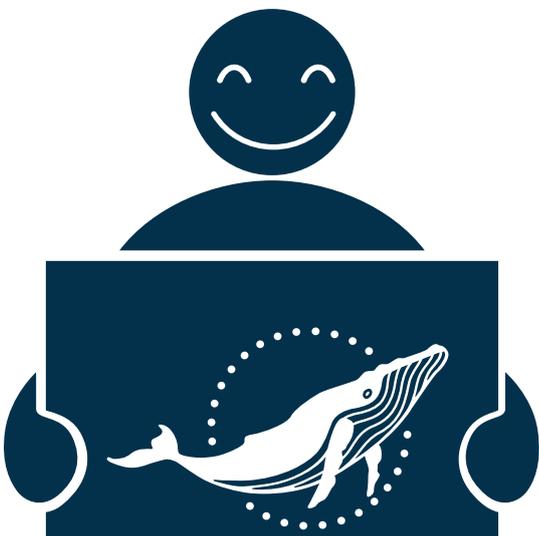
Here are some ideas:

- ★ Outside your house
- ★ In a local park on a Saturday morning



You will need:

- ★ A table
- ★ Some signs telling people what you're selling, how much the cakes cost and most importantly, why you're raising money
- ★ Some change for people who don't have the exact money
- ★ For THREE extra Superhero Starfish, you could make a 'Protect the Oceans' sign and ask your customers to take a picture with it and post it on social media using the hashtag #ProtectTheOceans



Afterwards:

Count up the donations you've collected then ask an adult to put it in their bank and write a cheque to Greenpeace. You can send it to us at: Canonbury Villas, London, N1 2PN.

An adult could also give us a call on 0800 269065 (Mon-Fri 9-5pm) and we can take a credit or debit card donation over the phone.

2

GAMES

It's time to take a break after working hard to protect the oceans! Play games and collect bonus Superhero Starfish whilst you're at it.



Can you read a map like a captain?

Greenpeace has three ships that we use to protect the planet. Right now, our biggest ship, the Esperanza, is sailing from the the Arctic to the Antarctic to take care of the seas and make sure everyone knows about our campaign to protect the oceans.

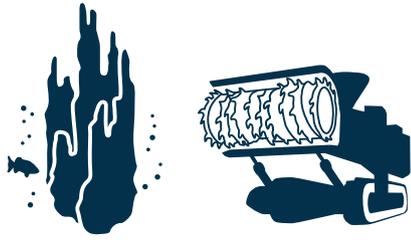
Use the map on the next page to see where we are sailing on our expedition and then answer the questions below. You get one Superhero Starfish for every answer you get right! Find the answers on page 21.

1. What animal are we trying to protect in the Arctic?
2. What is Mount Vema?
3. What's the second stop on our expedition?
4. What are baby turtles eating instead of seaweed?
5. What are the three main problems facing the Arctic?
6. What animal are we trying to protect in Mount Vema?
7. What is risking ocean life in the Lost City?
8. Why is Mount Vema not on the same expedition route?
9. Why would a polar bear and a penguin never meet?
10. What do emperor penguin parents need?



POLE TO POLE

Lost City



Deep sea mining is threatening to destroy a magical place called the Lost City with big drills. Here, rocky vents pump hot water into the ocean and scientists think this could be how life on Earth began!



Sargasso Sea

Baby turtles hide in seaweed in the Sargasso Sea but it is covered in plastic. The turtles mistake the plastic for food and eat it.



Amazon Reef

The Amazon Reef is an amazing place with tropical fish and colourful corals, but companies want to drill for oil here.



South West Atlantic

This is one of the places where giant fishing boats scoop up all of the fish until there's hardly anything left for the animals!



EXPEDITION



Arctic



Climate change is melting Arctic ice, leaving polar bears without food or shelter. Worse still, oil and fishing companies want to do even more damage here.



Mount Vema



We will also be visiting Mount Vema in a different ship, the Arctic Sunrise. It is an underwater mountain known as a seamount. The rock lobster lives here, although it was almost made extinct by overfishing.

Antarctic



Parts of the Antarctic are warming up to three times faster than other parts of our planet! This is causing ice to melt and sea levels to rise all around the world. Without sea ice, emperor penguins will have nowhere to raise their babies.

Aquatic wordsearch

Find 10 words related to the campaign in this crossword puzzle and collect one Superhero Starfish for every word. You can find the answers are on page 21.



Get your friends and family involved by making your own word search, then collect five bonus Superhero Starfish! Here's how:

- ★ Come up with some words about the campaign
- ★ Draw a grid of squares – the bigger the grid the more words you can use
- ★ Write the words in the grid going up, down, side-to-side and diagonally
- ★ Fill up the rest of the squares with random letters to hide the words



Stingrays & Ship Ladders!

Stingrays & Ship Ladders is like an underwater version of Snakes and Ladders, where crossing paths with a slippery stingray will slide you down the board and finding a ship ladder will help you climb back up!

How to prepare the game:

- ★ Cut out the two boards on the next page and glue them together
- ★ Cut out the counters at the bottom and choose which animal to be
- ★ Find a dice, someone to play with



How to play the game:

- ★ Each player puts their counter on the first square
- ★ Take it in turns to roll the dice and move your counter forward based on the number you roll
- ★ If your counter lands at the bottom of a ship ladder, climb up to the top
- ★ If your counter lands on the tail of a stingray, slide down to the bottom
- ★ The first player to get to the square that says 'You protected the oceans!' is the winner and gets five bonus Superhero Starfish



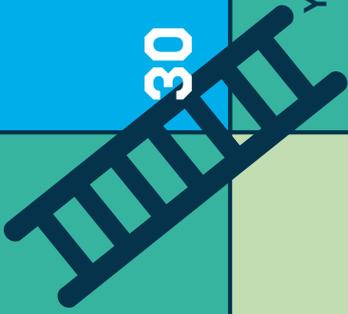
STINGRAYS & SHIP LADDERS

57	58	59	60	61	62	63
Our ship has broken down!	You sailed to the Arctic!				The Foreign Secretary didn't join the campaign!	YOU PROTECTED THE OCEANS!
56	55	54	53	52	51	50
		A shark got tangled in a plastic bag!				
43	44	45	46	47	48	49
			You saved a dolphin from a fishing net!			
42	41	40	39	38	37	36
						You got your friends involved in the campaign!





29	30	31	32	33	34	35
28	27	26	25	24	23	22
15	16	17	18	19	20	21
14	13	12	11	10	9	8
1	2	3	4	5	6	7



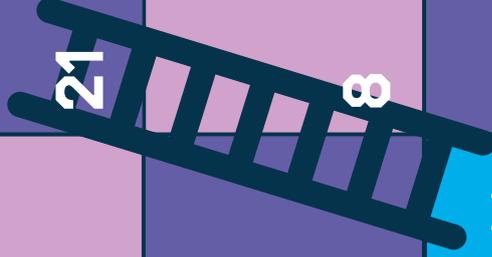
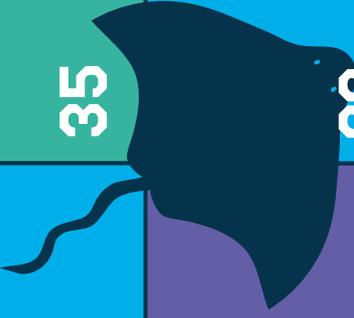
You raised loads of money selling cupcakes!

A giant fishing boat stole all the fish!



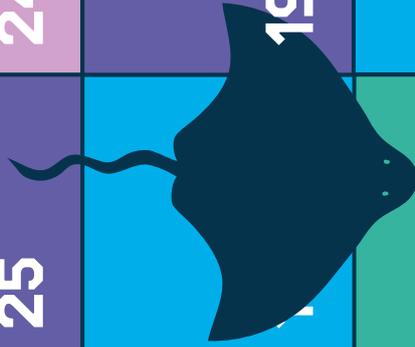
You sent a letter to your local MP!

A big drill smashed up the seafloor!



You untangled a turtle from a plastic bag!

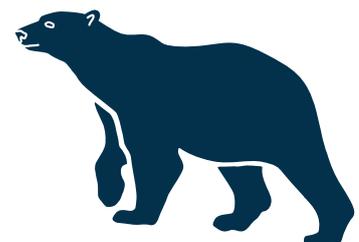
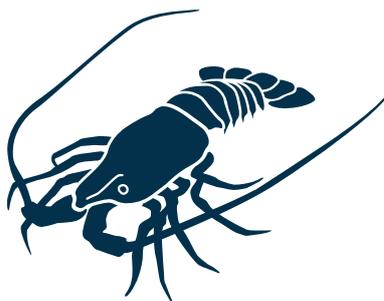
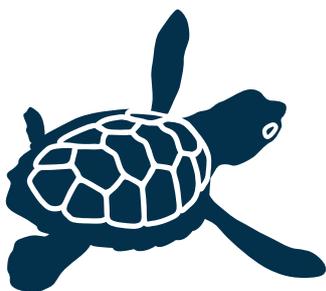
There's an oil spill in the Amazon Reef!



Solve the fact jumble

Now you're an Ocean Superhero, you know everything there is to know about the oceans, right? Test your knowledge by joining up the facts and collect one Superhero Starfish for every fact you get right. The answers are on page 21.

The oceans cover more space than...	...plastic pollution
Important leaders are meeting...	...to raise money for the campaign
A campaign is when...	...you make art to spread an important message
Greenpeace's biggest ship is called...	...the Arctic to the Antarctic
The expedition is sailing from...	...all the countries combined
The Foreign Secretary is...	...the person who represents you in Parliament
Your local MP is...	...people work together to achieve a goal
Turtles and whales are choking on...	...the Esperanza
Craftivism is when...	...to talk about the oceans
Selling cupcakes helps...	...the person in charge of our country's relationship with other countries



4

OTHER WAYS TO HELP

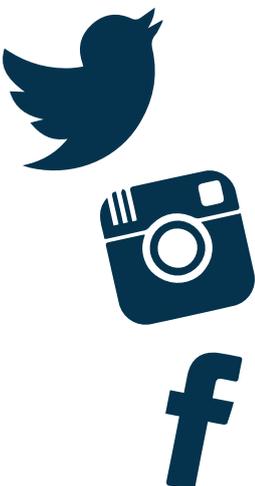
Invite a Greenpeace Speaker to your school

There's no better way of spreading the message about our campaign than to tell everyone you know. Luckily, you can invite one of our special Greenpeace Speakers to your school and they will tell your class, year group or entire school all there is to know about the need to protect the oceans.

Tell your teacher about how you spent your summer being an Ocean Superhero and then ask them to request a Greenpeace Speaker.



Next steps for grown ups



We'd love to see what your little people have made!

- ★ Post photos on social media using the hashtag #ProtectTheOceans.
- ★ Tag @GreenpeaceUK and relevant politicians by adding their @ handle to the post.
- ★ If you don't have social media, email photos to: guk@greenpeace.org.
- ★ If you want to go the extra mile then you can send artwork to us directly and we'll deliver it to ministers as part of our lobbying efforts: Greenpeace UK, Canonbury Villas, London, N12PN.

How grown ups can get more involved



How to contact politicians

- ★ You can find the contact details for the Foreign Secretary and the Environment Secretary [here](#).
- ★ You can find the contact details for your local MP [here](#).
- ★ In these turbulent political times, ministers may change, so do check to make sure you have the right details.

Your Ocean Superhero Scorecard

Well done, you did it! All of your hard work has gotten us one step closer to protecting the oceans. The question is...

How many Superhero Starfish did you win?

Ocean Superhero name:

1. Campaign activities



Did you draw a picture of an ocean sanctuary?

Did you write a letter to a leader?

Did you create an ocean in a cardboard box?

Did you bake cakes and raise money?

2. Games

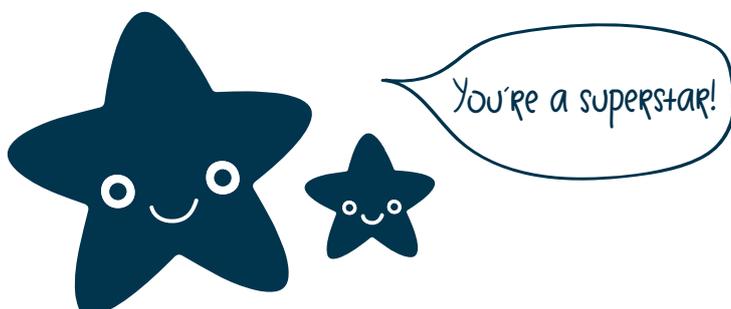


Read a map like a captain

Aquatic wordsearch

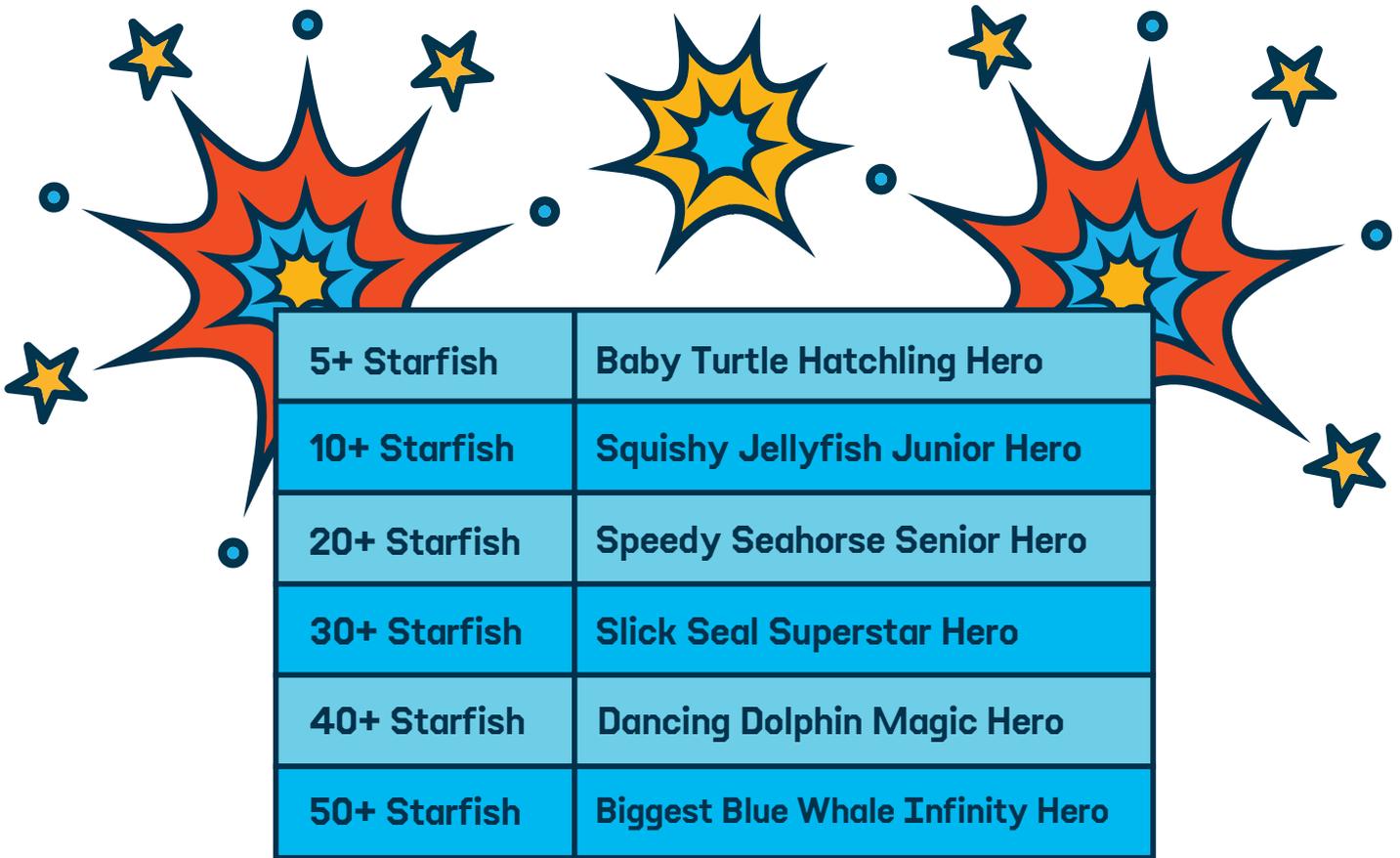
Stingrays & ship ladders

Solve the fact jumble



Total:

How did you score?



5+ Starfish	Baby Turtle Hatchling Hero
10+ Starfish	Squishy Jellyfish Junior Hero
20+ Starfish	Speedy Seahorse Senior Hero
30+ Starfish	Slick Seal Superstar Hero
40+ Starfish	Dancing Dolphin Magic Hero
50+ Starfish	Biggest Blue Whale Infinity Hero

Answers

Fact jumble

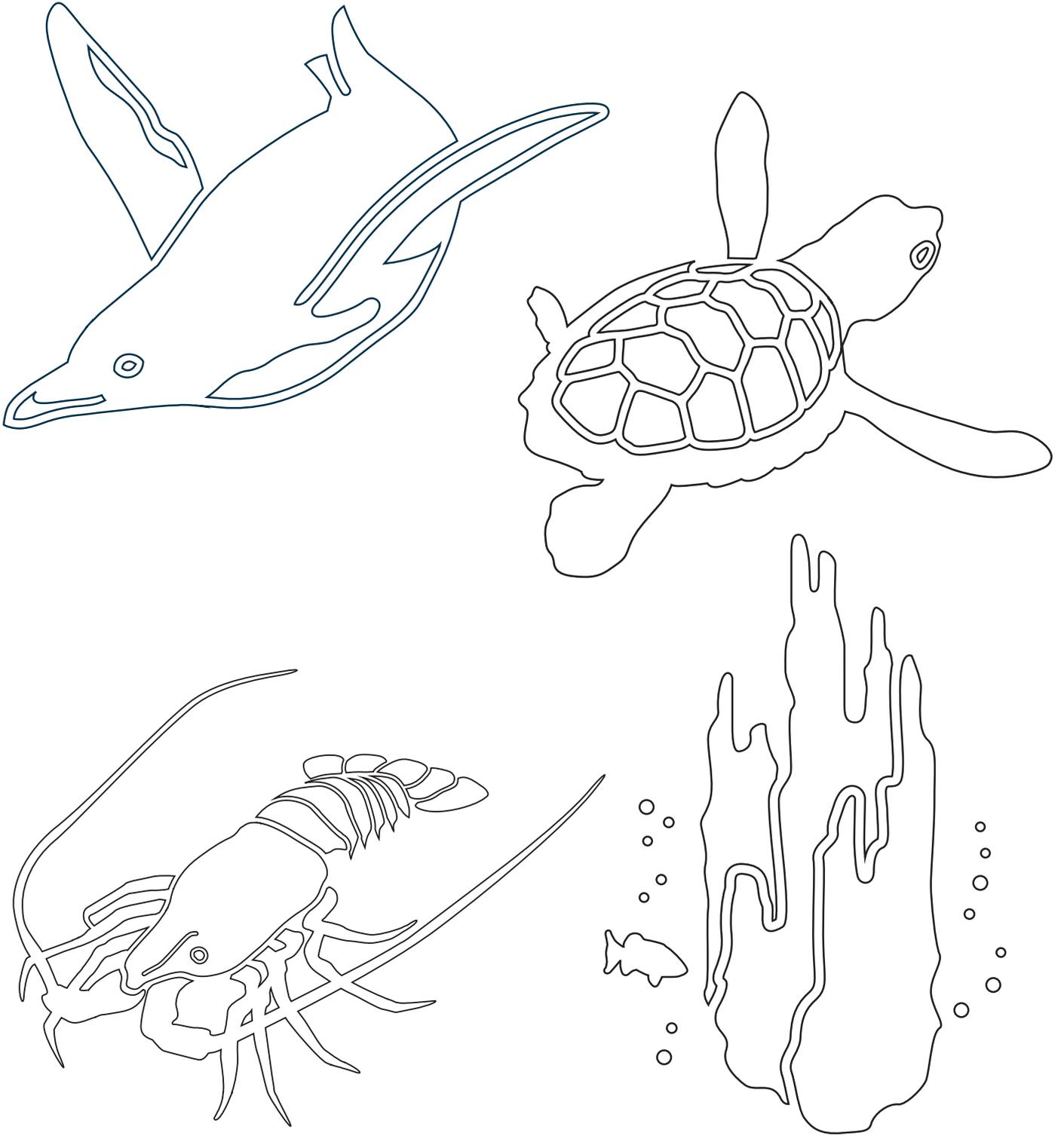
- ★ The oceans cover more space than all the countries combined
- ★ Important leaders are meeting to talk about the oceans
- ★ A campaign is when people work together to achieve a goal
- ★ Greenpeace's biggest ship is called the Esperanza
- ★ The expedition is sailing from the Arctic to the Antarctic
- ★ The Foreign Secretary is the person in charge of our country's relationships with other countries
- ★ Your local MP is the person in charge of representing you in Parliament
- ★ Turtles and whales are choking on plastic pollution
- ★ Craftivism is when you make art to spread an important message
- ★ Selling cupcakes helps to raise money for the campaign

Wordsearch: whale, ocean, protection, ship, turtles, plastic, fish, drill, lost city, reef

Read a map like a captain

1. Polar bears
2. An underwater mountain
3. The Lost City
4. Plastic
5. Climate change, oil companies, fishing
6. Rock lobster
7. Deep sea mining
8. We're going there in a different ship, the Arctic Sunrise
9. Polar bears live in the Arctic, penguins live in the Antarctic
10. Sea ice for their babies

Dear UK Government



PROTECT
THE OCEANS