



**Activity title:** "Imagi'Mer: The Ocean, a source of leisure and wellbeing"  
 GIANT PICTUREBOOK.  
 Red pack of cards

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**Audience:** Family  
**General goal of the activity:** To help the audience discover the fact that the Ocean allows us to enjoy leisure activities and are a source of wellbeing.

Sequence and place	Specific goal	Message	Discovery process or activity	Learning style	Material or object to be shown	Length
Introduction after throwing the dice and showing the picture: "The Ocean, a source of leisure and wellbeing"	<ul style="list-style-type: none"> <li>. Make the participants want to discover the wellbeing the Ocean offers us.</li> <li>. Motivate all the participants.</li> <li>. Make them curious</li> <li>. Encourage questioning in the group</li> </ul>	Welcome! I want to help you discover the benefits that the Ocean brings us. We chanced on this face of the dice bordered with red. What does it evoke for you? Here is one of the first services the ocean offers us. What is it?	Get one of the participants to throw the giant dice. Ask the participants about this "beneficial effect" of the Ocean. You start a "Picture book" activity with a large poster and vignettes with a red border.	Playful Exchange of views	The dice + picture	30 sec
Presentation of the game	<ul style="list-style-type: none"> <li>. Make the participants want to play the game to find the answers.</li> </ul>	We are going to look at this together. Do you know the game "Where's Wally"? This is a big picture of the seaside. We're going to identify all the seaside activities that do us good.	Hold up the big picture showing the seaside leisure activities. 4 coloured strips: .Green (Cliffs...) .Yellow (At the water's Edge) .Light blue (In and on the water) .Dark blue (Under the water)	Playful	Large A3 picture + 25 rectangular vignettes showing one of the leisure activities (enlarged parts of the big picture)	1 min



Activities good for our wellbeing	<p>. Get everyone to help each other, the goal being to fill out the picture as quickly as possible (cooperative game)</p>	<p>. When you go sailing, it develops your arm and leg muscles. We work on our endurance and exercise our heart and breathing.</p> <p>. When children build a sandcastle on the beach, they have fun, they come into contact with the environment, they concentrate on what they are doing, and they escape from reality and create lasting memories.</p> <p>.When we walk along the seashore, we want to breathe the fresh air, we are whipped by the wind when the weather's stormy. This acts on our blood circulation, on our heart rate and our mood...</p> <p>. When we go sea wading, we walk in the sea water. This is an excellent activity for your heart, back and balance. It's also convivial and allows you to meet new people.</p> <p>. When you go swimming in the sea, the oxygen blows the cobwebs away, the sea spray soothes your heart, the waves rock you and massage your body... The sea offers you a real "Thalassotherapy" session.</p> <p>. Dreaming as you gaze at the sea develop the imagination and stimulates contemplation</p> <p>. People suffering from a long illness or chronic pain can derive benefits for their health in hospitals or institutes beside the sea (treatments with seawater, thalassotherapy, the view, healthy sea air, walks).</p>	<p>The presenter takes a vignette from the bag, showing a part of the illustration in the big picture. While the people are looking for where it is positioned, he or she asks the participants questions or completes their knowledge.</p> <p>Other possibility: participants take several vignettes from the bag and arrange them on the game board one after the other. Then the presenter completes their knowledge.</p> <p><b>At the water's edge:</b> hiking, buying fish, fishing, painting, contemplation, jogging, kite-flying, walking the dog , access ramp for wheelchair users, beach library, photographer, lighthouse...</p> <p><b>On the water:</b> Sailing (in all its different forms: windsurf, kite-surf, pleasure boating).</p> <p><b>In and under the water:</b> swimming, sea wading, diving, thalassotherapy, shipwrecks.</p>	<p>Playful</p> <p>Dynamic</p> <p>Affective</p>	<p>- The big picture</p> <p>- One vignette per leisure activity</p> <p>- A bag for the vignettes</p>	5 min
Conclusion	<p>. Discover the importance of seaside activities for our health and wellbeing</p>	<p>The activities we do by the seaside help us to stay in a good state of mental and physical health. To allow everyone to enjoy their leisure activities in good conditions, it's up to us to ensure we respect other people's wellbeing, whether they live by the sea or are there on holiday.</p>	<p>When everyone has taken at least one vignette we can draw our conclusions regarding the benefits of the Ocean for our health.</p>	<p>Cognitive</p> <p>Sensorial</p>	<p>Same as above</p>	2 min
Openings to the other benefits	<p>. Invite the participants to discover other benefits offered by the Ocean</p>	<p>Realise that the Ocean also brings us many other benefits for our health!</p>	<p>Show the posters on display (or other faces of the giant dice) and invite the participants to discover another benefit of the Ocean.</p>	<p>Affective</p>	<p>Posters on display.</p>	5 sec