









“Ocean wellbeing” kit

Presented by: Contributors from the Réseau Océan Mondial in Hauts-de-France region

Audience: Family

General goal of the activity: Make the audience aware of the importance of the Ocean for our health and of the relationships between the Ocean and us.

Sequence and place	Specific goal	Message	Discovery process or activity	Material or object to be shown
Introduction	Arouse the audience’s interest and motivate them Introduce yourself	Welcome to the stand My name is ..., and I’d like us to spend a few minutes together. Did you know that the ocean is of use to us every day? Do you know what benefits the ocean can offer us for our health?	An attractive stand and an attractive tool. A giant dice with 6 sides evoking 6 benefits of the ocean for our health.	Giant Dice.
The Ocean, a climate regulator 	Lead the participants to realise that the ocean helps to regulate the climate.	The Ocean helps to regulate the climate. It is in a permanent state of exchange with the atmosphere: - It stores and redistributes enormous amounts of heat around the world by means of the Ocean currents. - It absorbs 93% of the excess heat caused by the increase in temperature generated by human activities. If it wasn’t there it would be much hotter. - It absorbs about 25% of our CO2 emissions in two different ways: physically (simply by dissolution of the gas in the water) and biologically (absorption of gas by seaweed and phytoplankton).	Game of Snakes & Ladders, showing the Ocean currents.	Game-board. Game piece. 6 “Question” cards
The Ocean, supplier of oxygen 	Lead the participants to discover the fact that the Ocean allows us to breathe	Do you know what produces the most oxygen on the planet? Microscopic marine plants or phytoplankton not only produce more oxygen than tropical forests do (at least 50% of the oxygen that we breathe), they also absorb the carbon dioxide in the air.	Game of Lotto	2 game-boards. 8 plant cards (4 marine plant cards and 4 terrestrial plant cards).
The Ocean, supplier of water 	Remind the participants that the Ocean supplies water and that this water must continue to be of high quality	The Ocean plays a key role in the water cycle. But what do you think is the physical process that allows us to have a constant source of fresh water? Thanks to the heat from the sun 16 billion litres of fresh water evaporate every second from the Ocean all around the world, and end up falling back on to the land and sea in the form of rain.	Game of Domino	The domino pack of water cycle cards (6 cards). “Water cycle” poster. “Impact of human activities on the marine environment” poster.

<p>The Ocean, a pantry and a medicine cabinet</p> 	<p>Remind the participants that the Ocean helps feed and take care of us</p>	<p>The Ocean provides us with an essential source of protein (17% of all the proteins consumed in the world). It is also a new source of food: seaweeds. Health benefits: proteins, fibres, vitamins, minerals, omega 3 which is good for the heart and brain. 91% of the marine species (whether of animal or plant origin) have yet to be studied in terms of our health. Some contain the key to certain remedies for combating our illnesses or enter into the composition of cosmetics.</p>	<p>Game of Memory: pairs of cards to be associated linking a basic substance and a finished product</p>	<p>10 cards (5 matching pairs).</p>
<p>The Ocean, a link and exchanges between people</p> 	<p>Show that the ocean brings us together</p>	<p>More than 90% of our goods are shipped across the ocean - It unites us. The ocean connects us because it is the vector of commercial exchanges and telecommunications.</p>	<p>Jigsaw puzzles.</p>	<p>15 Jigsaw pieces.(5 puzzles of 3 pieces each)</p>
<p>The Ocean, a source of wellbeing</p> 	<p>Understand that the ocean do us good.</p>	<p>The Ocean is a source of inspiration and emotions: the diversity of the Ocean is fascinating and inspires the arts, science and exploration since human history. The Ocean revitalises us. The seaside is a very popular destination, bestowing physical and mental wellbeing on us. Windsurfing, swimming, walks, more than 600 million tourists came to recharge their batteries every year beside the sea.</p>	<p>Giant picture book.</p>	<p>Giant poster. 25 vignette cards.</p>
<p>Conclusion</p>	<p>To get people to want to take care of the ocean, in order to take care of ourselves.</p>	<p>The Ocean provides us with a number of services; it is useful for helping us live on this planet. It can even offer us new sources of renewable energy or inspire biotechnologies. Mankind and the Ocean are completely interconnected. Everything we do on land has an impact on the sea. We often have an impact on the Ocean through our actions (pollution, over-fishing, climate change). But we can also take care of the Ocean (by protecting marine biodiversity; reducing, reusing and recycling our waste; consuming the produce of the sea in a sustainable way, and reducing our climatic footprint), and thus take care of our Health. If you want to stay in good health, take care of the Ocean!</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>Posters on the other benefits of the ocean (illustrations on the 6 sides of the dice).</p>