

Protect Our Ocean Activity Book

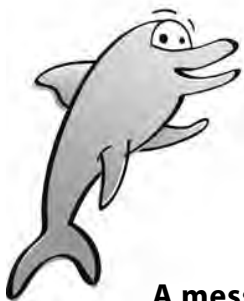
BE AN OCEAN GUARDIAN



https://sanctuaries.noaa.gov/education/ocean_guardian_prog.html

<https://marinedebris.noaa.gov/>





This activity book is recommended for children in grades Kindergarten through 3rd.

A message from the National Oceanic and Atmospheric Administration (NOAA)

The Earth has one large, interconnected ocean. The ocean covers over 70% of the Earth’s surface, surely making this a water planet. And, did you know that the same ocean, river, or bay that you swim, fish, surf, and dive in can also be a fabulous classroom? The ocean provides students of all ages with unlimited opportunities to learn about the world around us.

Sadly, one of the lessons the ocean and waterways are teaching us today is how hazardous marine debris (trash) is to the health of our ocean. While there are many different types of trash and debris, the one thing it has in common is people. When we don’t put our trash in the proper place, it often ends up in the ocean. How does this happen? Many times trash blows around on the ground and ends up in storm drains, rivers and streams which carry the trash directly to the ocean.

Marine debris is more than just ugly - it’s a serious problem that affects wildlife, habitat, and water quality of all of the world’s interconnected ocean and waterways. It is also an issue that will require continued attention for years to come. To learn more about marine debris and what you can do, please visit www.marinedebris.noaa.gov

NOAA invites you to become a member of the National Marine Sanctuary System’s Ocean Guardian Kid’s Club—to learn about your ocean, to understand your connection to the environment, and to take positive steps to conserve our ocean world.

This activity book was developed and produced by:

**National Oceanic and Atmospheric Administration
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Washington, DC 20230**

www.noaa.gov

Pages of this book are excerpts from “Understanding Marine Debris, Games and Activities for Kids of all Ages”. This activity book can be found in its entirety at <https://marinedebris.noaa.gov/activities-and-curricula>

Table of Contents

- The Ocean 1
- Crossword Puzzle2
- Litterless Lunches.....3
- National Marine Sanctuaries Map4
- Coloring Activity6
- Drawing Activity7
- Certificate8



THE OCEAN

Let's learn about the ocean and why it's so important!



The Earth has one big connected ocean, yet there are many ocean basins, such as the Atlantic, Pacific, Indian, Arctic and Southern.



The ocean covers about 70% of the planet's surface making ours a water world.



Most of the Earth's water (97%) is in the ocean.



All water on Earth is connected! Water evaporates from the earth's surface, falls as precipitation (rain, snow, sleet, etc.) onto the land and ocean, and returns to the ocean as river runoff and groundwater (underground) flow. This exchange of water is known as the hydrologic cycle.



Although the ocean is large, it is finite and resources are limited.



The ocean affects every human life! It supplies freshwater (most rain comes from the ocean) and nearly all Earth's oxygen.



The ocean influences our planet's weather and climate and affects human health.



The first life is thought to have started in the ocean. The earliest evidence of life is found in the ocean.



Ocean life ranges in size from the smallest virus to the largest animal that has ever lived on Earth, the blue whale.



Estuaries are coastal areas where freshwater and saltwater intermingle. Estuaries provide important and productive nursery areas for many marine and aquatic species.



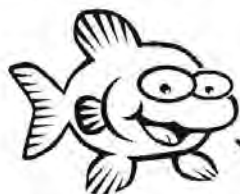
From the ocean we get foods, medicines, as well as mineral and energy resources. The ocean provides jobs, serves as a highway for transportation of goods and people, and plays an important role in national security.



Much of the world's population lives in coastal areas. And, coastal regions are susceptible to natural hazards such as tsunamis, hurricanes, cyclones, sea level change, and storm surge.



13 Million Pounds?!



It is estimated that 13 million pounds of litter are put into the ocean each year.* This litter is generated by many sources, from boats and oil rigs on the water to picnickers, fisherman, and beachgoers along the shore. Hidden below is a list of objects that have been discarded into our oceans. See if you can find them all!



N	B	A	B	I	H	O	S	E	A	T	M	R	G
E	G	U	T	A	C	A	N	C	E	W	E	L	L
K	L	R	C	R	L	A	R	N	R	N	O	U	A
T	O	A	P	K	C	L	G	D	I	A	K	M	S
R	V	D	O	A	E	N	O	A	H	W	T	B	S
A	E	I	D	W	I	T	T	O	A	A	M	E	B
S	H	O	E	H	D	N	G	R	N	L	T	R	O
H	S	W	S	B	O	T	T	L	E	C	A	P	T
B	K	I	P	C	T	S	J	B	U	R	G	Y	T
A	F	U	T	D	I	A	P	E	R	D	O	L	L
G	C	I	G	A	R	E	T	T	E	U	T	P	E
W	A	N	X	O	E	U	O	H	B	A	S	N	E
B	F	I	S	H	I	N	G	L	I	N	E	H	M

These hidden words are found horizontally, vertically and diagonally.

- | | | | | |
|----------------|--------------|--------------|-------------|-----------|
| BAIT CONTAINER | CRATE | FISHING NET | LUMBER | SHOE |
| BALLOON | CUP | GLASS BOTTLE | PAINT BRUSH | SODA CAN |
| BUCKET | DIAPER | GLOVE | RADIO | STRAW |
| BUOY | DOLL | HARD HAT | ROPE | TIRE |
| CIGARETTE | FISHING LINE | HOSE | RUG | TRASH BAG |

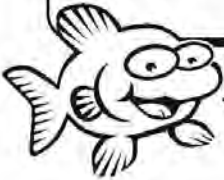
*1997 U.S. Academy of Sciences study.

This activity page is an excerpt from "Understanding Marine Debris, Games and Activities for Kids of all Ages".



Litterless Lunches

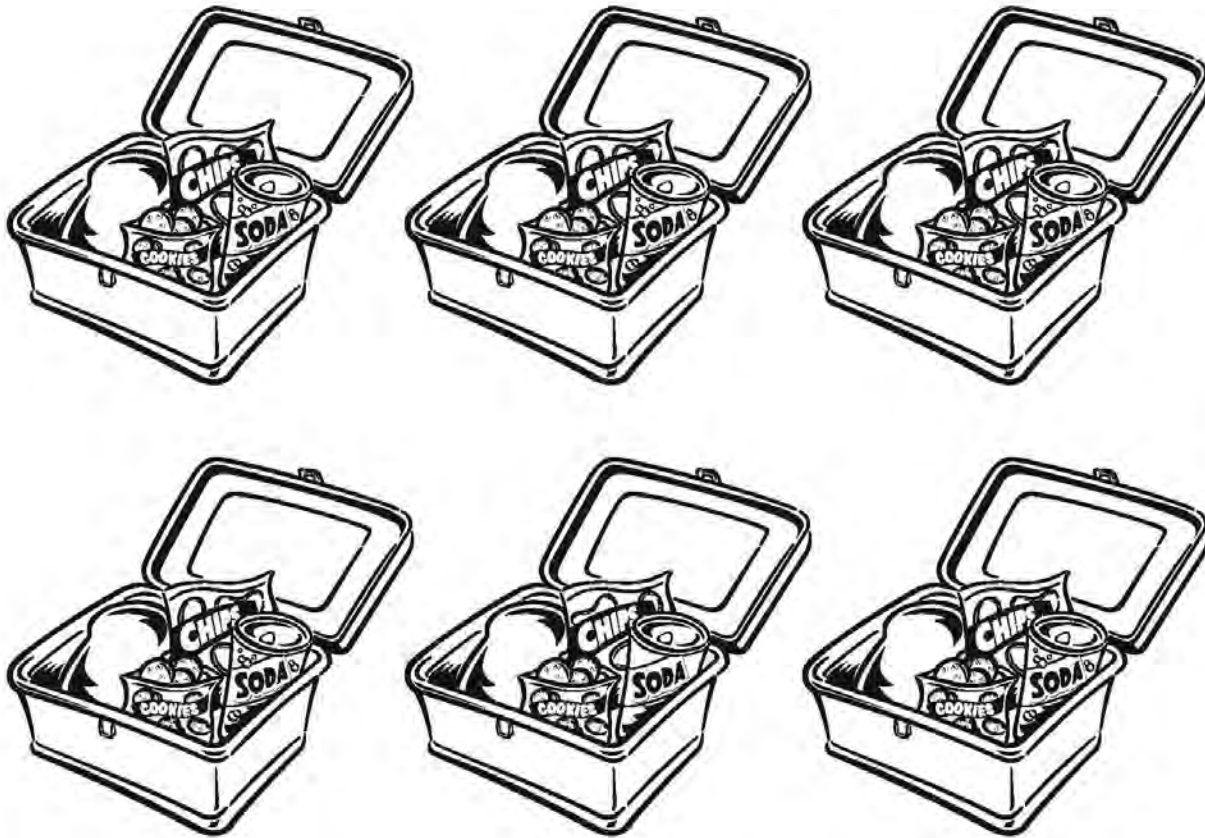
There are six packed lunches pictured. One of them is different from all the others. **Can you find the one that is different?**



HOW YOUR PACKED LUNCH CAN HELP MAKE LESS TRASH

Many kids carry a packed lunch to school. Food packaging can create a lot of trash every year. Here are some ways to reduce the amount of trash generated by a packed lunch.

- ◆ **Reduce the amount of food packaging needed.** When planning your packed lunches, instead of buying 12 individual bags of cookies, you can buy one larger bag of cookies and divide it into serving sized portions in reusable containers.
- ◆ **Reusable plastic containers** can store cookies, chips and just about everything else you find in a packed lunch. These containers can be brought home, washed and used again.
- ◆ **Always recycle** the aluminum cans, glass bottles, plastic bottles and plastic containers found in your packed lunch.



The answer is on the back cover.

This activity page is an excerpt from "Understanding Marine Debris, Games and Activities for Kids of all Ages."



Planning an adventure or dreaming of your next vacation? Look no further than your national marine sanctuaries! These jewels of the ocean and Great Lakes hold possibilities for everyone. Discover the ocean and Great Lakes, and yourself, in national marine sanctuaries.



WILDLIFE VIEWING

Where else can you encounter the majestic animals of the ocean in their natural habitats? In your national marine sanctuaries, you can see whales and dolphins, seals and sea lions, birds, sea otters, and more.



PADDLE SPORTS

All throughout the National Marine Sanctuary System, you'll find opportunities to kayak, stand-up paddleboard, canoe, and more! Experience natural habitats and historical resources from a whole new perspective.



SURFING

From beginner waves to expert tubes, national marine sanctuaries provide opportunities for surfers of all skill levels. In these protected areas, you'll find some of the most famous surf spots in the world.





VISITOR CENTERS

At sanctuary visitor centers and partner exhibits, you can learn more about the natural and cultural treasures protected by your national marine sanctuaries, explore hands-on exhibits, and attend engaging educational programs – all without getting your feet wet.



FISHING

Recreational fishing is one of the most popular pastimes in the United States – and 98 percent of sanctuary waters are open to recreational anglers. National marine sanctuaries provide excellent opportunities for sustainable recreational fishing and boating!

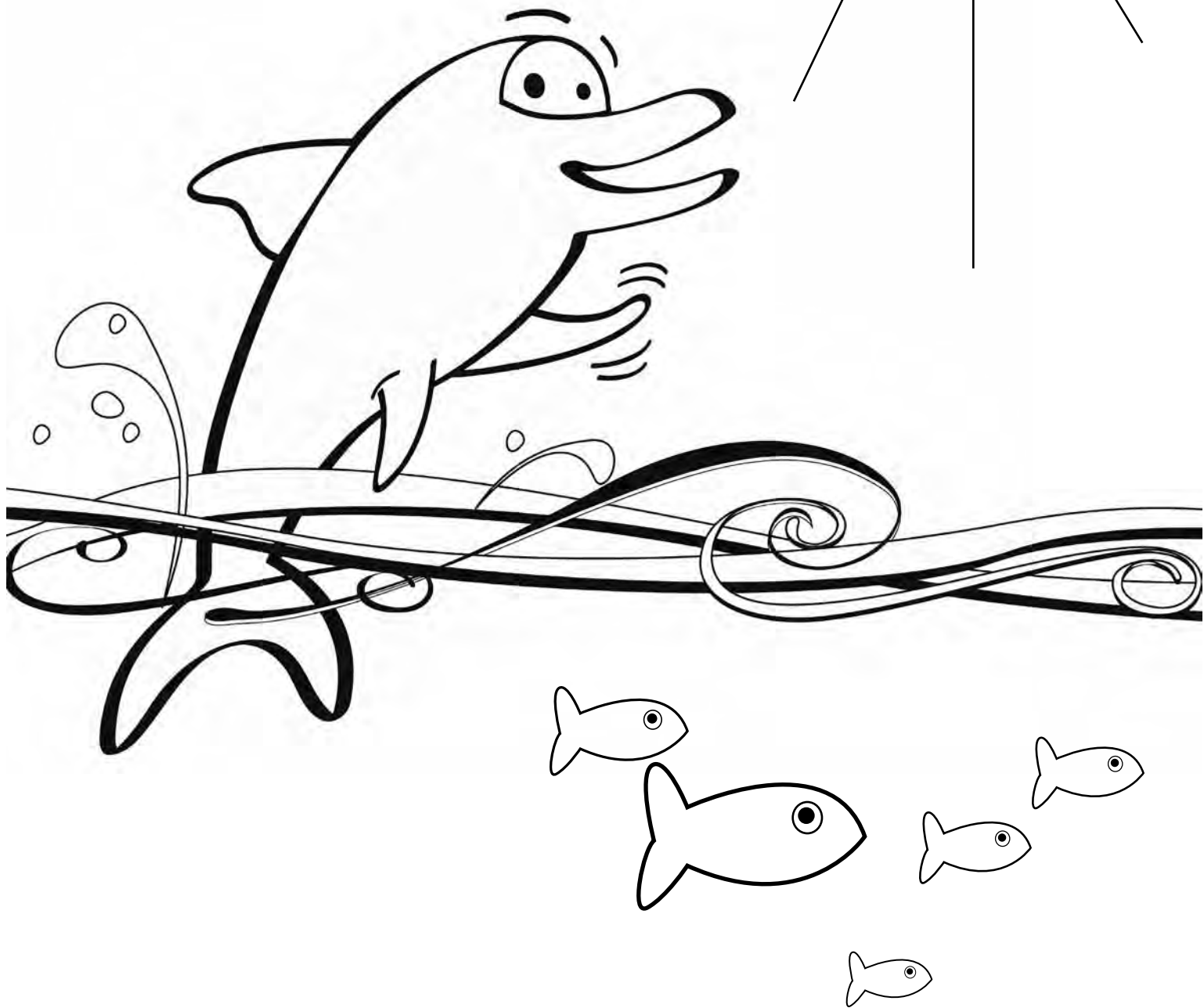


DIVING

Some of the best diving in the world can be found in your national marine sanctuaries! From coral reefs to shipwrecks, you'll find opportunities for divers and snorkelers of all experience levels.



Color Me!



How to Draw a Monk Seal

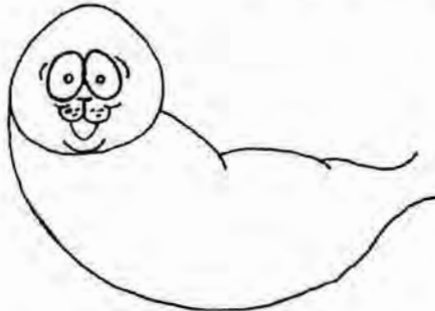
DIRECTIONS: USE A PENCIL, FOR YOU WILL HAVE TO ERASE A LINE AT THE END. WHEN YOU ARE FINISHED, YOU CAN TRACE OVER THE PENCIL LINES IN PEN OR COLOR YOUR SEAL.



1. Draw two oval eyes.



2. Draw the face, nose and mouth.



3. Draw dots in and next to the eyes. Draw a chin and dots for whiskers near the nose. Draw the body.



4. Draw flippers and a tail. Erase the bottom portion of the head leaving the chin. You are finished!

There are fewer than 1500 Hawaiian monk seals left in the world. Baby monk seals (called pups) make a "mwaa, mwaa, mwaa" sound when calm and a loud "aaah" or "gaah" when scared. Adults make a "bubbling" sound when alarmed.



ILLUSTRATIONS BY BEN LUEDERS





Ocean Guardian Pledge:

Because I want to help the ocean and all the creatures that live in it and around its shores, I pledge today to do these things and accept membership into the NOAA Office of National Marine Sanctuaries Ocean Guardian Kids Club.

- Conserve water.
- Refuse or recycle disposable items and use products made of recycled materials.
- Reduce waste and dispose of trash properly.
- Reuse or repurpose products to extend their usable life.
- Be considerate of ocean wildlife and seabirds.
- Clean up the beach, park, or river and leave it better than I found it.
- Devote time every year to community service to benefit and beautify the environment.
- Increase my own awareness of the effects that I have on the ocean and our environment.
- Learn all I can about the environment, including special ocean areas like national marine sanctuaries.
- Promote ocean awareness and pass on my knowledge to friends and family.
- Encourage my family and friends to join me in protecting the ocean and our environment.

Print Your Name

Signature

Date





NOAA Office of National Marine Sanctuaries

The NOAA Office of National Marine Sanctuaries serves as the trustee for a network of underwater parks encompassing more than 600,000 square miles of marine and Great Lakes waters from Washington State to the Florida Keys, and from Lake Huron to American Samoa. The network includes a system of 14 national marine sanctuaries and Papahānaumokuākea and Rose Atoll marine national monuments. Marine protected areas are living classrooms where people can see, touch, and learn about our nation's underwater treasures, as well as protect them for future generations. The oceans sustain life on Earth, so find out more about these special ocean areas and what you can do to help at <https://sanctuaries.noaa.gov/education>.

NOAA Marine Debris Program

The NOAA Marine Debris Program leads national and international efforts to address marine debris through prevention, removal, research, regional coordination, and emergency response. These efforts protect and conserve our nation's natural resources, ocean, and coastal waterways from the impacts of marine debris. The Marine Debris Program coordinates, strengthens, and increases the visibility of marine debris issues and efforts within NOAA, its partners, and the public. Learn more about marine debris and what you can do to help at <https://marinedebris.noaa.gov>. Also, visit the Marine Debris Program's educational resource page, where you can download informative marine debris posters, fact sheets, curriculum, and activities tailored to specific audiences - <https://marinedebris.noaa.gov/resources>.

ANSWERS:

Word Find (Page 2).



Which One is Different (Page 3).

The lunchbox that is different is found in the center of the bottom row of lunchboxes (hint: look at the "chips" bag closely).

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