

MIND- FULNESS MOMENT

Breathe in. Breathe out.



**OCEAN
SCHOOL**
SURFERS AGAINST SEWAGE



All Ages



5 Mins




Outdoors

Breathe in. Breathe out.


Let's get Ocean School off to a **chilled start** by taking a moment to relax and reconnect. Eyes shut. Minds open.

Do

- Whip off your socks and shoes.
- Get comfortable sitting or lying down, digging your fingers and toes into the sand.
- Close your eyes and take some long, deep breaths. Focus on your senses, one by one.
- Read out these facts and start thinking about the ocean:



Up to two thirds of a shark's brain is dedicated to smell. What can you smell?
Prompt: seaweed, salty air, fish and chips.



Some whales can hear other whales calling from over 300 miles away. What can you hear?
Prompt: waves crashing, wind blowing, seagulls.




Squid have eyes the size of oranges, and can see in the darkest depths of the ocean. Open your eyes, what can you see?
Prompt: the sky, glistening sea, people having fun.

Learn

- Interesting facts about the ocean and marine life.
- How to relate to the environment.
- How to slow down and practise simple meditation.

Act

- Keep what you've learned in mind. By remembering all the ways we're connected to the ocean, we can feel closer to it wherever we are.



Catfish have soft skin, no scales and a very sensitive sense of touch. What can you feel?
Prompt: dry sand, wet sand, pebbles, the breeze.

Know it all

Find out more about how we're all connected to the ocean.

FOOD
The ocean is a source for food for people all around the world.

OXYGEN
Without ocean life, we wouldn't be able to breathe. More than half the oxygen in the atmosphere is created in the ocean, by things like marshes and underwater kelp forests.

TRAVEL
80% of global trade is transported by sea.

ACTIVITIES
The ocean provides us with an abundance of different sporting and leisure activities to enjoy.

WEATHER
The ocean is the earth's regulator of climate and weather patterns.

GET THE MOST FROM OCEAN SCHOOL

Mindfulness Moment is a **Connect** activity, all about feeling closer to the sea and getting Ocean School off to a relaxing start. We'd recommend following this up with an **Explore** exercise to help you investigate important issues, and a **Protect** task to put everything you've learned into action.



Share your Ocean School story here:

 @SurfersAgainstSewage
 @SurfersAgainstSewage
 @SasCampaigns
#OceanSchool #OceanActivists