

SUNRISE SESSION

Get beach brain ready



**OCEAN
SCHOOL**
SURFERS AGAINST SEWAGE



All Ages



10 mins



Outdoors

We want to **learn as much as possible**. So let's find out how much we know about the ocean before we begin. This activity can be done in the days leading up to Ocean School, or first thing in the morning.

Do

- Watch the film 'The Creature'
- Briefly introduce Surfers Against Sewage and our mission - create Ocean Activists everywhere.
- Talk about how you're all going to become ocean activists, and what this means - cleaning up the coast, encouraging polluters to do better, sharing the facts and inspiring people to take action for the ocean.
- Think about ocean conservation by asking the simple question, 'If the ocean could speak, what would it say?'

Discuss

- What would you all like to learn at Ocean School?
- What do you know about ocean conservation? (for a hint, look down.)
- Why is it important to learn about the environment?

Know it all

- Find out more about Surfers Against Sewage [here](#)

Prepare

- The film '[The Creature](#)'



OCEAN CONSERVATION
means protecting and caring for the ocean and everything living in it. And when we take care of the ocean, we take care of the whole planet.

ACTIVIST
someone who takes action to make real change happen.

GET THE MOST FROM OCEAN SCHOOL

Sunrise Session 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.



**OCEAN
SCHOOL**
SURFERS AGAINST SEWAGE

Share your Ocean School story here:

 @SurfersAgainstSewage
 @SurfersAgainstSewage
 @SasCampaigns
#OceanSchool #OceanActivists