

SUNSET SESSION

Peace out



**OCEAN
SCHOOL**
SURFERS AGAINST SEWAGE



All Ages



5 Mins



Outdoors

Let's finish Ocean School feeling as relaxed as when we started. This final mindfulness moment is all about reconnecting to the ocean and reflecting on what we've learned and experienced today.

Do

- Whip off your socks and shoes.
- Get comfy sitting or lying on the sand, digging your fingers and toes in.
- Close your eyes and take some long, deep breaths.
- Think back over everything you've achieved so far and what you can do in the future by reading these facts:
- The tide comes in and out twice a day. Listen to the ocean, does it sound closer or further away than when you arrived?
- Every piece of plastic removed from the ocean helps protect fish and sea life. What objects have you seen on the beach today?
- The more we know about the ocean, the more we can do to protect it. What's the most surprising thing you learned today?
- Listen to the sounds of the beach, now open your eyes and look around. Who would you like to bring here and inspire to become an Ocean Activist like you?

Know it all

- Find out more about what we can all do to protect the ocean [here](#)

Discuss

- How do you feel after Ocean School? Educated? Engaged? Enraged?
- If you're having strong feelings about ocean conservation, what can you do to make a difference?

Act

- Get involved in our campaigns at sas.org.uk.



GET THE MOST FROM OCEAN SCHOOL

Sunset Session is a **Protect** activity, all about putting what you've learned into action. For a full Ocean School journey, we'd recommend starting with a **Connect** exercise to help you feel closer to the sea, followed by an **Explore** task, where you can get active and investigate big issues. You can then finish your Ocean School with this **Protect** activity.



Share your Ocean School story here:

 @SurfersAgainstSewage
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 @SasCampaigns
#OceanSchool #OceanActivists