



You are part of the Heart Shoal!

You love the Ocean and all its creatures. When you visit the beach or get into the sea you can feel it's restorative benefits. You work to create a healthy Ocean because you feel that it is our responsibility and want to have a positive influence on this amazing place.

You are now part of a Shoal of like minded individuals, if we all Think Ocean everyday and make small changes in what we do, this will add up to some big benefits for the Ocean!

START

Go with the flow! Gradually build your pro-Ocean habits on your #thinkOcean journey...

1

Cut down on single-use plastic.



Why?

Millions of tonnes of plastic enter our Ocean each year. Stopping it at the source conserves materials, saves energy, and reduces waste, all of which help support a healthy Ocean.

How?

Invest in reusable bottles, cups and bags for when you are out and about. When shopping, consider if there are alternatives to products wrapped in plastic. Keep your eye on the UN Plastics Treaty, to see what is being actioned at a global level.

2

Change your lightbulbs for LED bulbs.



Why?

The burning of fossil fuels to create electricity, contributes to climate change, warming the world's Ocean and changing water chemistry.

How?

Research the brands affordable to you, you can change gradually as your old bulbs stop working.

3

Cut down on water use.



Why?

Reducing the amount of water you use saves electricity because less water needs to be pumped and treated. It also reduces the amount of sewage that enters our Ocean, polluting important habitats like seagrass beds.

How?

Turn off the tap when brushing your teeth, be mindful of how long your showers are, collect rainwater to water plants and only wash full loads in the washing machine.

4

Take a fashion break.



Why?

The fashion industry contributes 10% of global carbon emissions! Less pressure on the electricity being used in the production and disposal of fashion means a lessened effect on all of the natural systems of our planet.

How?

Try just investing in one good quality item a month that will last longer. If you are having a wardrobe cull, make sure you either recycle or donate your old clothes. Buy your clothes second hand from charity shops or websites such as Vinted.

5

Think about what you eat.



Why?

Reducing the pressure we put on meat production reduces our carbon footprint, which means less carbon dioxide for the Ocean to absorb!

How?

Try committing to a meat-free diet one or two days a week. Buy produce locally to reduce air miles.

6

Rewild your garden and help something green to grow!



Why?

Plants like trees and seagrass reduce atmospheric carbon, with seagrass absorbing it up to 30 times more efficiently than trees.

How?

Plant a tree, try window boxes in small spaces, or grow your own food! Alternatively support our Blue Meadows seagrass restoration efforts.

7

Explore the Ocean for yourself.



Why?

'People protect what they love' said Jacques-Yves Cousteau and we totally agree!

How?

Get outside and explore the Ocean near you! If you don't live near the Ocean, visit your local lake or river or find a video online. All water is connected to the Ocean and when you visit you will be too.

CONGRATULATIONS!

You have made it to the last step, but your journey doesn't end here, keep trying some pro-Ocean habits to support a healthy Ocean.

The other Shoals are doing their bit too. Together we can create a huge #thinkOcean community. People from around the world have taken the challenge, creating a united effort to value, care for, and take action to support Ocean health. Every small action makes a difference—let's make it count!

If you have signed up to our emails, we will keep you updated with good news stories for some inspiration and new challenges to try!

#thinkocean

