


Keep this on your fridge to try something **NEW** over the summer.

ARE YOU AN OCEAN FRIENDLY HOME?

Join 1000's of people who are protecting the Ocean this summer!





Why do you want to be an Ocean Friendly Home? Tick as many as you'd like!

- To help marine life
- To save money
- To help protect future generations
- To take responsibility for the Ocean
- To reduce pollution and help the climate

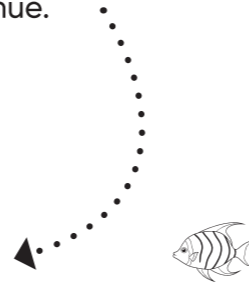


Track your swaps and actions

Encourage all the family to colour in the progress bars and tick off in each room as you make a swap.

We'd love to hear how your Ocean Friendly Home is doing and any favourite swaps you've made. Send us a photo of your planner, your favourite swaps or ones you might continue.

Scan to share with us



Ocean Friendly Home Planner

Look around your home. Try some swaps that support our Ocean health and positively help the climate. Together we can make a big impact.

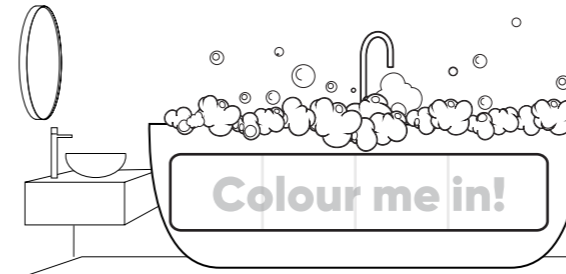
Tick your progress and colour in one square per swap!



Bathroom

Swap one plastic bathroom product to plastic free e.g. shower gel for a bar of soap

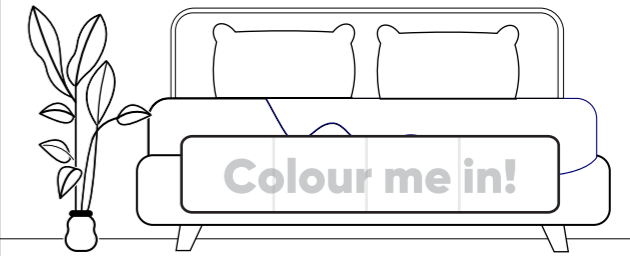
- Swap longer showers for shorter showers
- Swap hotter showers for lower temperatures and feel the benefits of cold water
- Swap to Ocean friendly cleaning products and think before you flush



Bedroom

Swap shopping fast fashion for pre-loved clothes

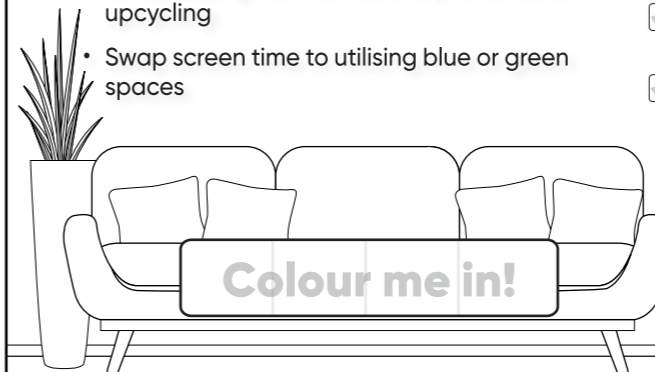
- Swap throwing out half used makeup to completely using them up
- Swap washing clothes after one use, to washing less often or only when dirty e.g. on jumpers and jeans
- Swap using the heating on full to using a blanket or thick jumper



Living room

Swap leaving items on standby to switching at the plug

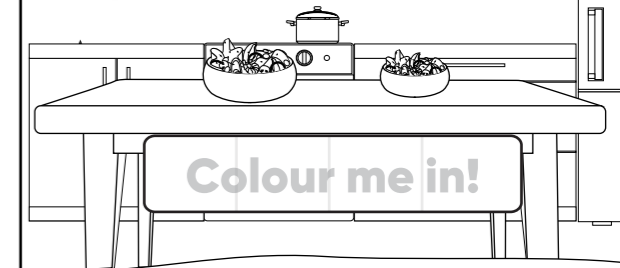
- Swap leaving lights on to turning them off when you leave a room
- Swap buying new furniture to pre-loved or upcycling
- Swap screen time to utilising blue or green spaces



Kitchen

Swap any meat or fish meal for a vegetarian meal once a week

- Swap throwing out food to having it as lunch for the next day or freezing to keep for longer
- Swap your selection of fruit and veg to be from the season, to reduce food miles
- Swap hot washes 40°C for 20°C washes



As a household, answer these questions about your home.

Bedroom

How often do you buy new clothes per year?
e.g. Weekly/Monthly/Few Times A Year/Less Often/Never

How often do you buy pre-loved clothes per year?
e.g. Weekly/Monthly/Few Times A Year/Less Often/Never

Kitchen

Do you use up your leftovers?

How often do you use the washing machine?

Bathroom

How long do you spend in the shower each time?
e.g. Few mins/10mins/20mins/Longer/Use A Bath

Do you use soap or refillable shower gel?

Living Room

How long in the day do you have the heating on during the winter?

How many items are left on standby in your home?

Revisit these questions at the end of the summer holidays, to see if your answers are different.



TAKE PART IN OUR ONSITE TRAIL



BEDROOM

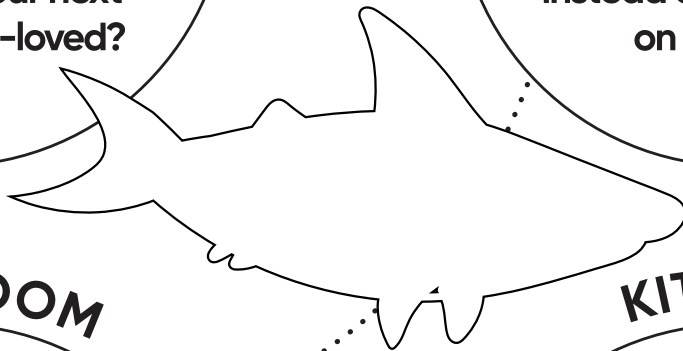


How many times could a plane fly around the world with the carbon saved from buying half your next wardrobe pre-loved?

LIVING ROOM



How many homes could be powered with the energy saved from turning off 3 items, instead of leaving them on standby?



BATHROOM



What animal's weight in plastic could be saved by swapping a plastic shower gel bottle to a bar of soap?

KITCHEN



Which park in the UK could offset the carbon saved by swapping one meal a week to a vegetarian meal?

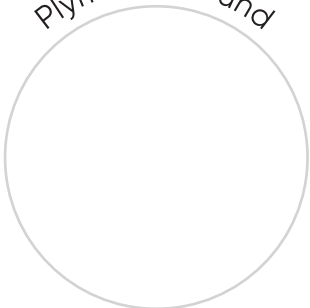


STAMP

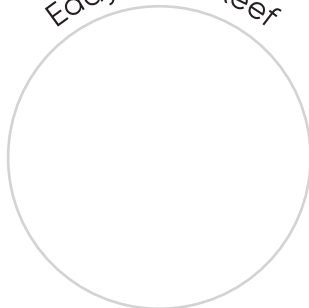
when you find the answer!

Explore our 4 aquarium zones and stamp your trail when you find the answers.

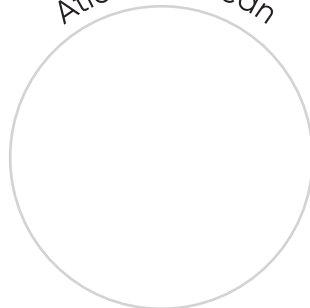
Plymouth Sound



Eddystone Reef



Atlantic Ocean



Blue Planet

