



World Ocean Day

Activity Book



Ocean Facts

More than 70% of the earth's surface is ocean.



Most of the ocean is unexplored. We understand more about the surface of the planet Mars than we understand about the surface of the ocean floor. This is because the extreme temperature and pressure of the ocean depths make them difficult and expensive to explore.



The average depth of the oceans is 2.3 miles or 12,144 feet!

- o The deepest ocean is the Pacific, at 36,000 feet
- o The Atlantic Ocean is almost 28,000 feet deep.
- o The Indian Ocean is 26,000 feet deep.
- o The Arctic Ocean is almost 18,000 feet deep.



Most of the oxygen in the earth's atmosphere is produced by algae in the ocean.



Of the number of known species on the planet, the majority are aquatic.



20 Ways to LOVE the Ocean

1. Visit the ocean!
2. Listen to ocean sounds and appreciate the scenery. See how many different animals live in and around the ocean.
3. Continue learning about ocean systems and wildlife by choosing books about these topics or asking questions when you visit the Zoo.
4. Pick up trash when you're at the beach and also in your hometown.
5. Pay attention to where your trash ends up when you're done with it.
6. Use reusable straws. Silicone or bamboo straws are a great option!
7. Reduce plastic bag use.
8. Respect ocean wildlife by giving them lots of space and not feeding them.
9. Eat sustainably sourced seafood to help keep ocean populations healthy. Check out the Seafood Watch app or look for the blue check mark on your seafood products!
10. Recycle what you can't reuse.
11. Use reusable water bottles and cups.
12. Try to reuse items before throwing them away. One way to do this is by looking for fun upcycling projects!
13. Visit your local aquariums and zoos. They contribute to ocean conservation and education!
14. Avoid using chemical fertilizers. They run off into storm drains and end up in the ocean.
15. Buy ocean-safe mineral sunscreen that is oxybenzone free.
16. Participate in a river cleanup. Our local San Joaquin River always needs our help!
17. Buy from ocean-conscious brands like those that use recycled plastics.
18. Vote to protect wetlands and aquatic environments. Make your voice heard!
19. Do your research before buying souvenirs. Make sure they are sustainably sourced.
20. Add your name to the World Oceans Day 30x30 petition <https://worldoceansday.org/take-action/petition/>



Recycling Activities

Keep our oceans clean! One of the best ways to keep our ocean clean is to reduce, reuse and recycle. To help, create your own recycling system in your house. You can even turn your recycled materials into fun! Here are some easy activities you can do at home with your recycled materials.



1. Turn cereal boxes into puzzles.

Cut the box apart. Draw a picture on the large blank piece inside then cut up into pieces that fit together.

2. Make a watering can from a milk jug.

Wash the jug out. Cut off the top and leave the handle so you can hold it while pouring out the water. You can even paint on a fun design!



3. Reuse any soda cans or bottles to set up as pins for a fun bowling game.



4. Turn your yogurt container into a bucket for water and sand play.

Monterey Bay Aquarium Seafood Watch®

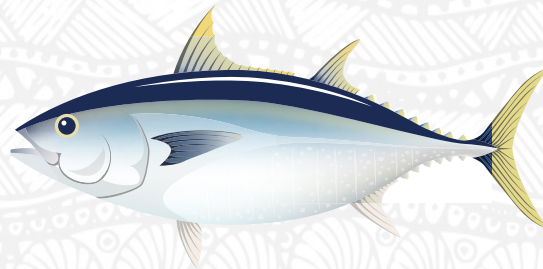
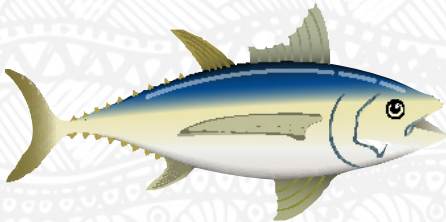


Seafood Watch Quiz

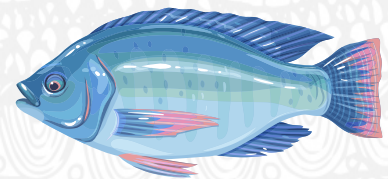
The Seafood Watch program was developed by Monterey Bay Aquarium in 1999 with the goal of bringing public awareness to sustainably sourced seafood. Encouraging sustainable fishing and farming practices helps to support a healthy ocean.

Can you guess which seafood is sustainably sourced and a better choice when eating seafood?

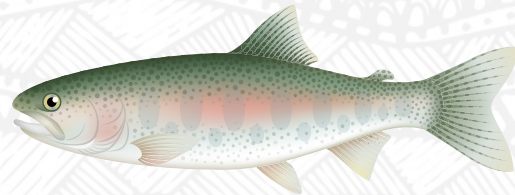
1. Albacore tuna or bluefin tuna?



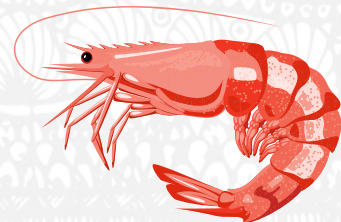
2. US caught tilapia vs. China imported tilapia



3. US farmed trout vs. Chile farmed trout



4. US farmed shrimp vs. imported shrimp



5. Farmed oysters vs. wild caught oysters



Answers: 1. Albacore tuna, 2. US caught, 3. US farmed trout, 4. US farmed shrimp, 5. Farmed oysters

