

## Fun marine-themed games to kick off a meeting

### **Anemone attack!**

1. Make a small circle with one person (the anemone) in the middle
2. Throw a beanbag or ball (the shrimp) from person to person, across the circle
3. The anemone must try to catch the shrimp – they can reach out but can't move their feet
4. When the anemone catches the shrimp, the person who threw the bag is 'eaten' by the anemone and becomes part of the anemone in the middle
5. Continue until all the shrimp are eaten

### **Sharks and minnows**

1. Make one person the 'shark' and mark out a 'safe area'
2. The shark stands in the middle and says "Fishy, fishy, come out to play!"
3. The minnows walk slowly towards the shark
4. Whenever the shark decides, they shout 'shark attack!' and run towards the minnows to 'tag' them while the minnows run to the safe area
5. Any tagged minnows become sharks, and the game restarts in the middle of the remaining minnows
6. The game continues until all minnows are tagged

### **Dead fish**

1. The leader should stand in the middle of the room and ask everyone to walk slowly around the room
2. When the leader shouts 'dead fish!' everyone drops to the ground and keeps as still as possible. Anyone who moves sits 'out' and the game continues until only one person is left.

### **Fish tag**

1. Split everyone into four groups
2. Give each group the name of a fish or marine creature
3. Play a game of tag. When a person is tagged, they becomes the same creature as the person who tagged them
4. Continue playing until everyone is the same creature



## Get crafty and transform a shoebox into an underwater world

### You will need

- A shoebox for each person
- Colouring pens and pencils
- Paints and brushes
- Tissue paper in a variety of colours
- Wooden lolly sticks or toothpicks
- Putty, Blu Tack or clay
- Cardboard e.g. cereal boxes
- Glue
- Scissors

### What to do

Each person could take their own approach to this activity. They could use their imagination to create an extraordinary magical underwater world, or look at pictures and videos and try to recreate what they see.

1. Start by painting the inside of the shoebox or covering it with tissue paper.
2. Create a backdrop scene by drawing coral and seaweed directly onto the card.
3. Draw, or print out, and colour in marine species and images and stick them on to the backdrop.
4. Next make the 3D elements of the scene. Use tissue paper to build up rocks and sand on the floor of the scene.
5. Dot putty, sticky tac or clay around the seafloor. Attach marine animal pictures to lollipop sticks or toothpicks and push them into the putty or clay.
6. Once the scene is finished. create a frame around the front of the box, by cutting tissue paper or coloured paper into strips to make seaweed 'curtains' to frame the scene.

### Reflection

How do you feel when you look at everyone's underwater scenes? Do you feel inspired, calm, fascinated to know more?

Sadly, the world's ocean is in crisis. Humans are polluting the waters and harming marine animals and their habitats. What could your group do to help tackle this problem? Can you research an action that people could take to help save our seas and add a message to your underwater scene?

Take photos of the scenes and ask friends or family to post them on their social media accounts to inspire others to change their behaviour.



## You will need

- A quiet place
- Your imagination

## Leader's script – Part 1: Find your breath

1. Put one hand on your stomach and the other on your chest. Feel your heart beating.
2. Breathe in, slowly and deeply, through your nose. Feel your tummy rise.
3. Now breathe out, slowly and steadily, through your mouth until there is no air left in your lungs.
4. Breathe in for 1, 2, 3, 4. Breathe out, 1, 2, 3, 4.
5. Breathe in 1, 2, 3, 4. Breathe out, 1, 2, 3, 4.
6. And one more time. Breathe in 1, 2, 3, 4, and out 1, 2, 3, 4.
7. Allow your breath to go back to normal.
8. This sort of breathing slows down your heart rate and helps you to feel calmer. Freedivers do this so they can dive deeper and longer without an oxygen tank.

## Leader's script – Part 2: Visit a blue space

1. Close your eyes. Breathe as you did before, long and slow, in through your nose and long and slow out through your mouth.
2. Picture a 'blue space', such as the ocean, a river, canal or lake.
3. What can you see? Are there other people there? Can you see any animals? What are they doing?
4. What does the water look like? Is it a sunny day? Can you see reflections on the water?
5. Listen carefully, what can you hear? Can you hear the sound of water? Is there a dog barking, a child playing or a seagull?
6. Go and sit down near the water. How do you think the water would feel on your skin? If it's safe, touch it but be careful not to fall in! How does it feel? Is it cold, warm?
7. What else can you touch, hear and see near to where you are sitting?
8. How do you feel in your blue space? Think of words to describe your feelings. Hold onto that feeling as we slowly come back to the room. Open your eyes and let your breathing go back to normal.

## Reflection

How does everyone feel after experiencing 'blue mind' – the wellbeing people get from being near blue space (places with water).

Research shows that most people feel calmer and happier when they are near blue space. When people can't get to water, mindfully imagining the blue space can help mental health too.



Work as a team to mark out a life-sized basking shark

You could run this activity in a large space using ropes to mark out the shape, or you could mark out the lines in sand on a beach. You will need a tape measure, ropes or sticks to mark out the lines.

### What to do

#### Step 1

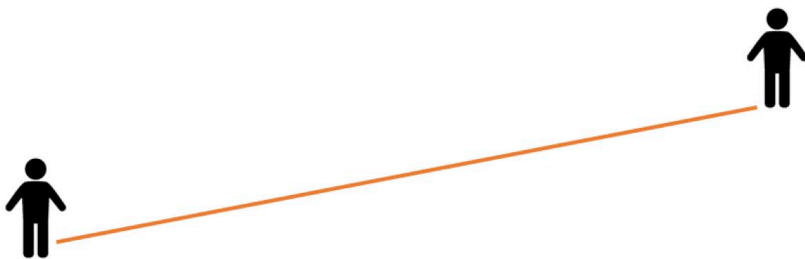
Start with two people pacing out the overall size of a basking shark. They should stand approximately 9m apart.

Person A is standing where the tip of the shark's nose would be, and person B is standing at the tail:



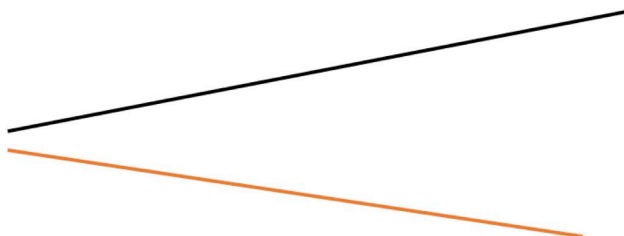
#### Step 2

Draw a line in the sand or put a rope between the two people.

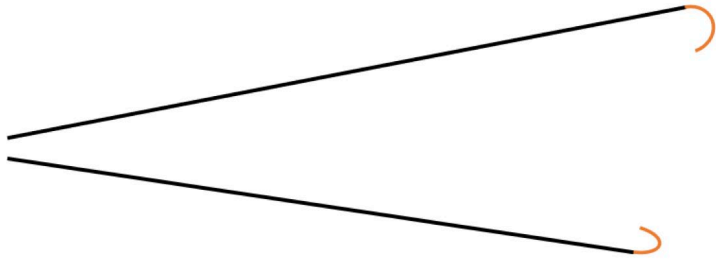


#### Step 3

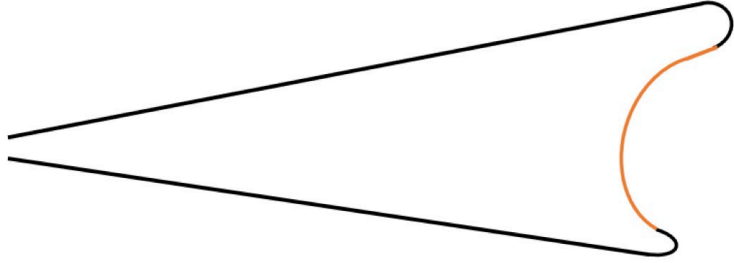
Continue to add the orange lines shown in the following diagrams:



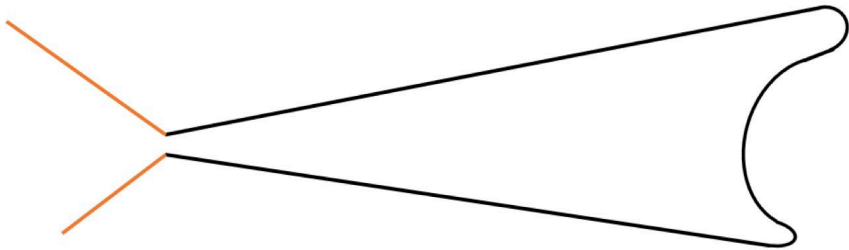
**Step 4**



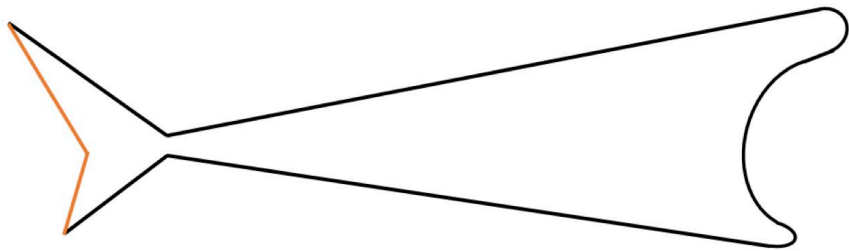
**Step 5**



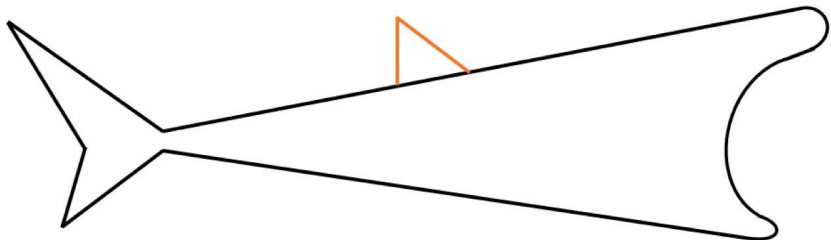
**Step 6**



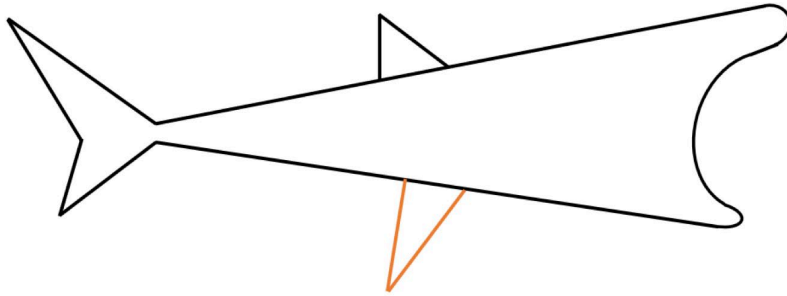
**Step 7**



**Step 8**

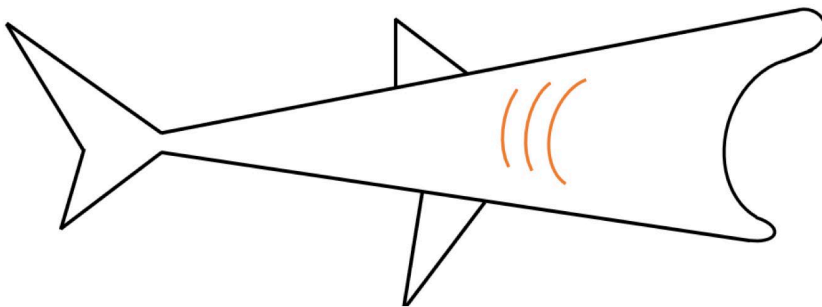


### Step 9

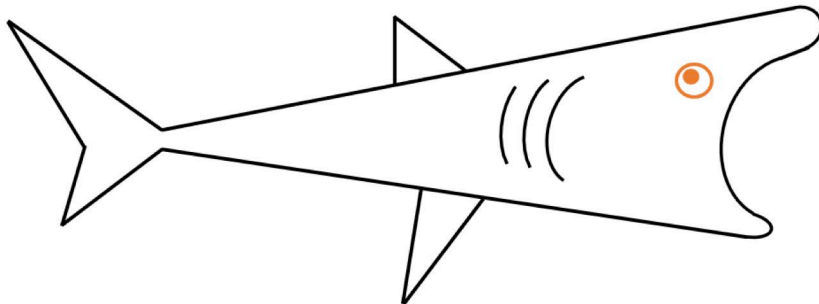


### Step 10

For simplicity, this shark only shows 3 gills, but basking sharks actually have 5



### Step 11



## Reflection

Take time to walk around the outline. What does everyone think about the size of this creature? Basking sharks are the second-largest fish in the ocean and the biggest fish that visit UK seas. They swim slowly and that's why they are called basking sharks.

Basking sharks are endangered (at risk of dying out). Until as recently as 1995 they were caught for the oil in their livers, their skin, meat and fins. Their fishing has been banned in UK waters since 1998 and in the EU since 2007. Now they are at risk from being caught by mistake in fishing gear or killed as a result of a collision with a boat.

Can you research endangered marine species and take an action to help tackle the problem?