



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



The ocean is home to thousands of endangered species

You will need

- Endangered animals charades cards
- Tape measures
- Pieces of coloured card that can be shaped into snouts, beaks, flippers, etc.
- Scissors and glue
- Pieces of fabric to drape and make shapes of creatures

What to do

1. Divide into groups (up to six groups in total)
2. Each group should take an endangered animal [charades card](#).
3. The group should work together to create a 3D version of the creature described on their card. Work together to portray the size and distinctive features. If available, use card and fabric to make any distinctive features.
4. Consider how the creature moves. When ready, each group should act out their animal for the others to guess.
5. Once all the groups have had their turn, talk about why these animals are under threat. The main reasons are overfishing, being caught by mistake in fishing nets, climate change destroying their habitats, and the actions of humans, like polluting the ocean.

Reflection

When people think of endangered animals, they often forget about those that live in the sea, but over 25,000 marine species are at risk of dying out

How could your group raise awareness of the threats to marine animals? Is there something as individuals or a group that you could do to help marine animals?

Endangered animal charades cards



European eel

European Eels have a snake-like body about 1.3m (about 4ft) long. They hide during the day under stones and in mud burrows and hunt at night. They are strong swimmers and travel at about 1.5 miles per hour. They swim about 3,000 miles in their lifetimes.



Galapagos penguin

Galapagos penguins are about 50cm tall. They are water-loving birds that cannot fly but are fast swimmers. They live at the edge of water and in small caves. They live in warm climates. To keep cool, they pant heavily and lean forward to shade their feet from the sun.



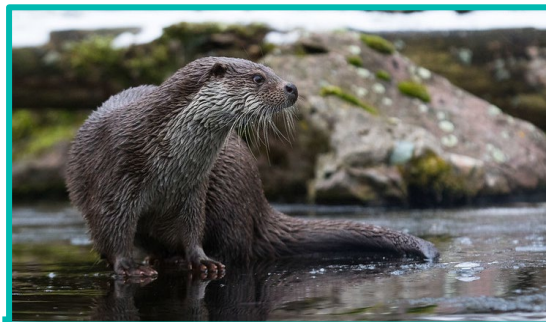
Hawksbill turtle

Hawksbill turtles have large shells and small heads with pointed beak-shaped mouths. They can't draw their heads into their shells. They have 4 flippers. Larger flippers at the front help them swim and dig. They are about 1m long.



Skate

Common skate are Britain's largest fish species. They have flat bodies with pointed snouts and long thin tails that give off electric shocks. They are long – up to 2m! They live in deep ocean waters and can be found on the seabed.



Otter

Sea otters are small, furry, clever animals that can use their front paws like hands to hold things. They have 2 pouches on their body to store the rocks that they use as tools. Their bodies are very flexible and they move quickly. They are about 4ft long.



Seahorse

Short-snouted seahorses are only about 15cm long and weigh about 200g. They have curved bodies and turned up snouts. They live in seagrass and are excellent at hiding. Young seahorses are found in groups. When seahorses get older, they find a mate for life.



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.



Who can name the most UK sea creatures? Find out with this fun quiz!

You will need

- [Life in UK seas image](#) printed out for each person or group, or projected onto a screen
- [Answer sheet](#) for each person or group
- Pens/pencils

What to do

You can do this activity as individuals or in teams.

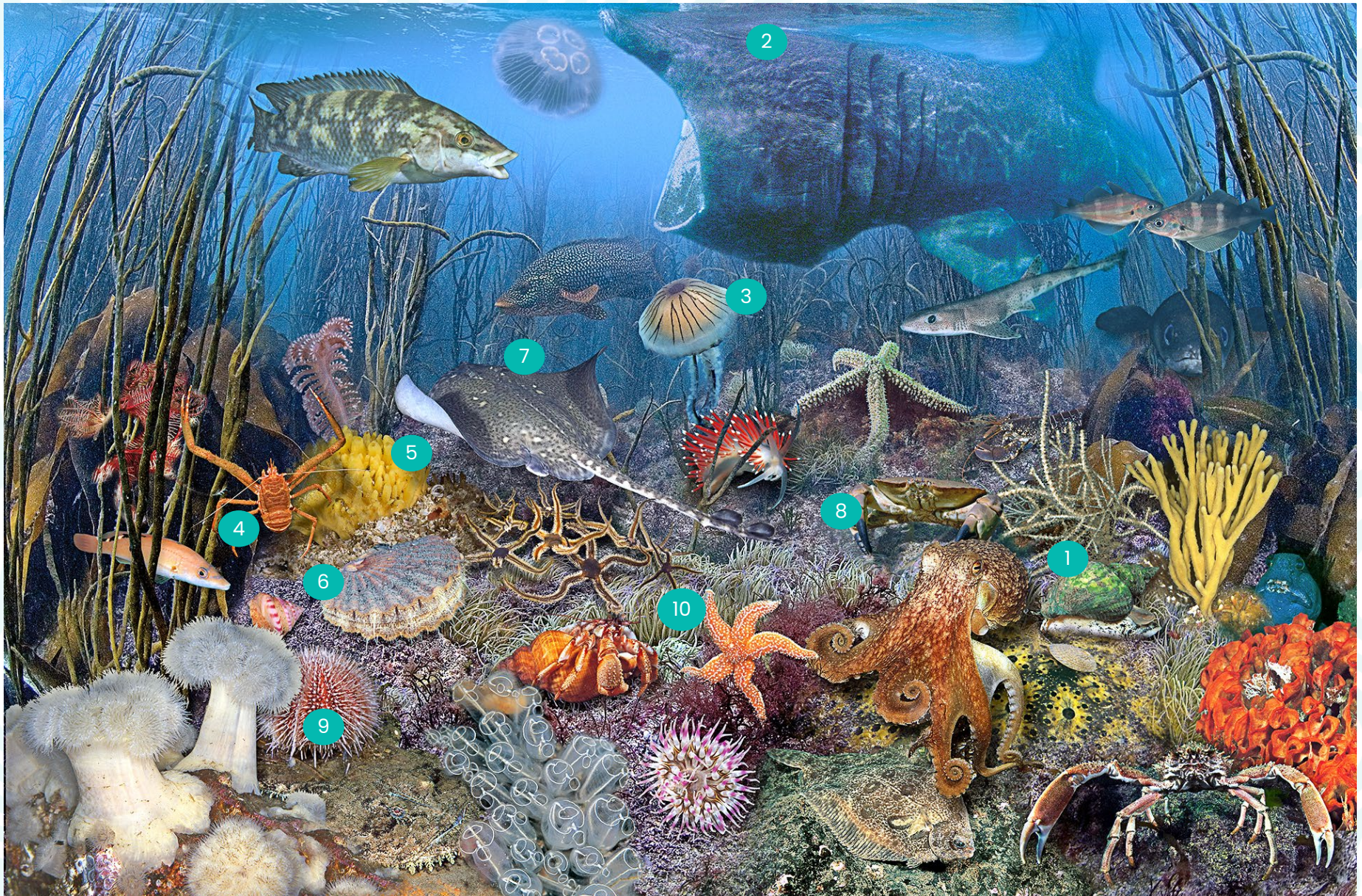
1. Hand out [answer sheets](#) to individuals or teams
2. Give everyone up to 5 minutes to name as many of the species in the [image](#) as they can.
3. Read out the answers at the bottom of the page and see who named the most correctly.
4. All the creatures in the image can be found in the sea around the UK. Was anyone surprised by any of the creatures in the image?
5. Talk about the image. What words might you use to describe the picture? How does everyone feel when they look at the image?

Answers

1. Dog whelk
2. Basking shark
3. Compass jellyfish
4. Long-clawed squat lobster
5. Hedgehog sponge
6. Great (king) scallop
7. Thornback ray
8. Edible crab
9. Common (edible) sea urchin
10. Common starfish

Life in UK seas

Can you name these living things found in the seas around the UK?



Name: _____

Life in UK seas

Write down the names of the creatures you know

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.



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

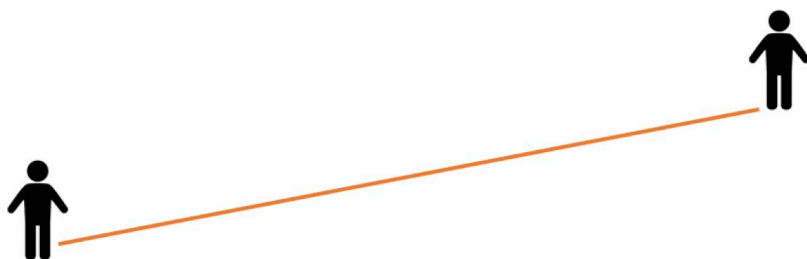
Start with two people pacing out the overall size of a basking shark. They should stand approximately 9m apart.

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



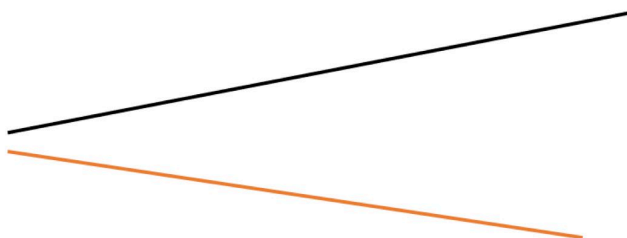
Step 2

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

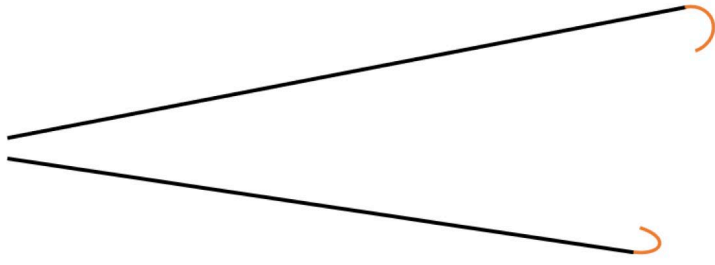


Step 3

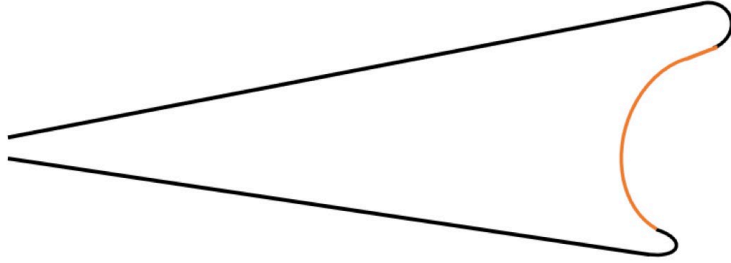
Continue to add the orange lines shown in the following diagrams:



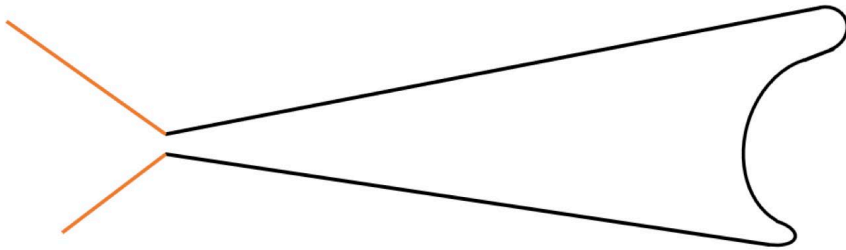
Step 4



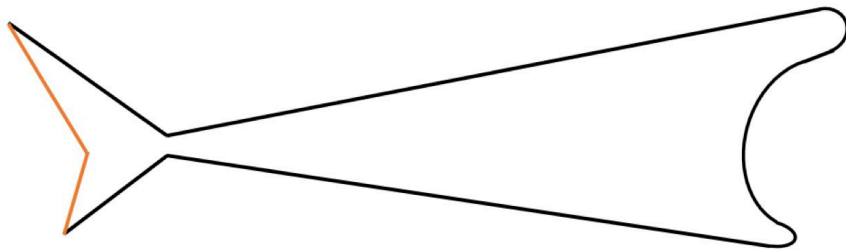
Step 5



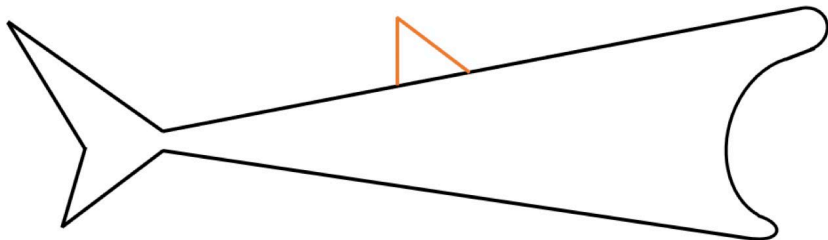
Step 6



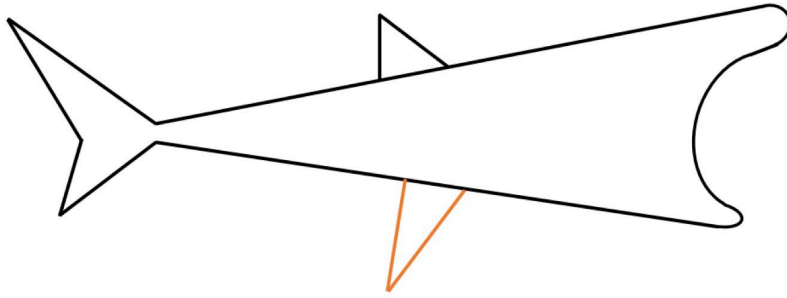
Step 7



Step 8

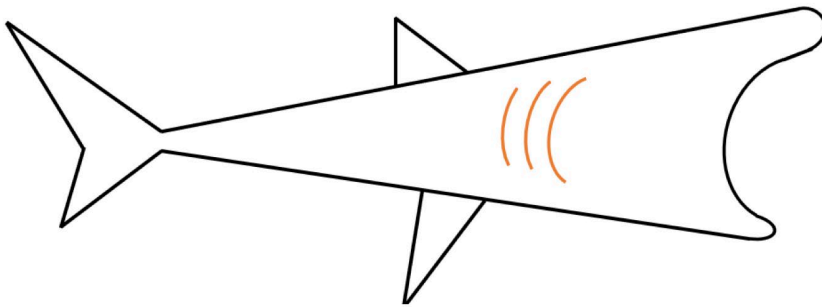


Step 9

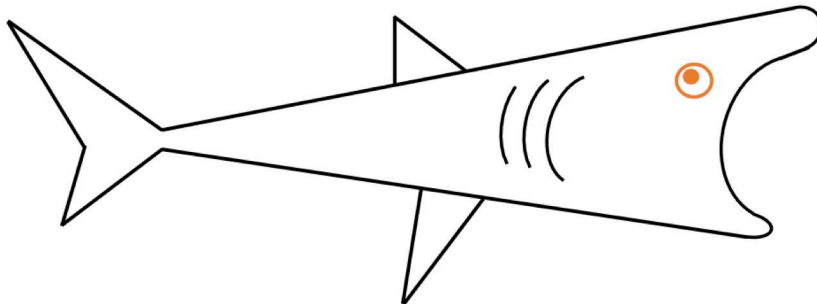


Step 10

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?