



A unique and creative way to remember your day at the coast

You will need

- A bag for each person, labelled with their name
- A stick for each person
- Items collected during the visit to the seashore
- Pieces of wool or string in different colours
- Equipment to make holes in items e.g. bradawl, scissors

What to do

On the visit to the seashore

1. On arrival at the beach, give everyone the bag labelled with their name. Task everyone with finding a stick or piece of driftwood and putting it in their bag.
2. Throughout the day, everyone should pick up things from the beach that represent aspects of the day and put them into the bag. For example, shells collected on a walk, a piece of seaweed that got tangled in their toes during a paddle, leaves from the path to the beach.
3. At the end of the day, collect everyone's bags, making sure the name labels are still attached, and keep safe until the next meeting.

At the next session

1. Give everyone the bag of items they collected. Everyone should review the items and decide on the ones they want to attach to their stick. They don't have to use complete items – for example, a leaf could be cut into a shape that represents a sound heard on the day.
2. Attach the items to the stick by making holes in them and threading through pieces of wool or string. Wrap the pieces of string or wool tightly around the stick.
3. Place the items in the order of the day and consider using different colours of string or wool to reflect sections of the day.

Reflection

This activity provides an unusual way to remember a day. As a group or in pairs, talk about what each person has chosen to put on their stick. Did everyone choose to remember the same things?

Safety tips

- The activity leader should remind everyone of the need to be safe when picking up items from the beach. No one should pick up sharp items or pieces of litter. Avoid collecting shells that may be used by other animals, like empty whelk shells that could house a hermit crab.
- Carefully supervise individuals when making holes in items.

Make a journey stick





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.

Seashore safari



I see seashells on the seashore

Do you know your barnacles from your limpets or your sea potato from your sandhopper?

Can you tell the difference between a common whelk and a dog whelk at a glance?

Well, if you like scouring the beach for bits of driftwood and shells or you love the natural treasures the tide brings in - but you're not sure what everything is - our Seashore safari will reveal the secrets of rockpools and the strandline.

The strandline is the top bit of the beach where man-made and natural objects are left washed up as the tide recedes. And it's a totally fascinating place!

Take our Seashore safari with you every time you head to the beach and see how many seashore surprises you can find.

Visit our website for more fascinating facts and intriguing information about our UK seas
www.mcsuk.org

Who are the Marine Conservation Society?

We're a bunch of people who love the sea! Our work is supported by thousands of amazing members and volunteers.

Today, our ocean is in poor health because of decades of human activity. But we're determined to change this by working with communities, businesses and governments.

For more than 30 years, we've been the voice of the sea. We want to see a cleaner, better-protected, healthier ocean. One we can all enjoy.

There are plenty of ways you can help the ocean. Here are just a few ideas:



Beach cleans and litter surveys

Our year-round beach clean and survey programme helps us identify where rubbish comes from so we can help stop it getting on the beach. Find a clean near you on our website.



Sea Champions

Join our network of active volunteers who spread our message in their local area all over the UK.



Marine life sightings

Spotted a basking shark, turtle or jellyfish? Tell us about it at the wildlife sightings section on the website.



Learn more about our seas

Explore our amazing UK seas and find out how you can look after them with our learning resources for schools, groups, families and young people.





Explore responsibly

- Leave animals where you find them.
- Carefully lift and replace any rocks you move and leave attached seaweed in place. If you want to take a couple of seashells home only take the empty shells (like limpets and mussels) and leave shells that could provide a home for hermit crabs (like whelks and periwinkles).



Keep it tidy

- Take your rubbish home – don't bury it or burn it.
- Poop scoop your dog's waste then bin it responsibly.



Watch with care

- Watch quietly from a distance, especially near birds and seals with pups.
- Control your dog and keep it on a lead near birds and seals.



Mind your step

- Keep to established paths and dune boardwalks.
- If you dig holes in the beach, please fill them up again.
- Don't climb up or go near the top or bottom of a cliff.
- Check tide times to avoid being cut off.
- Keep away from soft sand and mud, and beware of slippery rocks.



Have fun!



Registered with
**FUNDRAISING
REGULATOR**



**MARINE
CONSERVATION
SOCIETY**

Registered charity in England and Wales 1004005 and in Scotland SC037480. Registered company limited by guarantee in England and Wales 02550986. Registered office: Overross House, Ross Park, Ross-on-Wye, HR9 7US. VAT number: 321491232. EDU-009-21

[mcsuk.org](https://www.facebook.com/mcsuk.org) [mcsuk](https://twitter.com/mcsuk) [mcs_uk](https://www.instagram.com/mcs_uk)

Rockpool Spotter Sheet

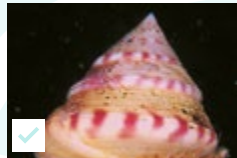
Name: _____



Barnacles



Common limpet



Painted top shell



Purple/flat top shell



Grey top shell



Cockle



Razorshell



Common whelk



Dog whelk



Common starfish



Cushion star



Beadlet anemone



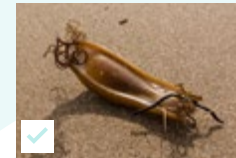
Common periwinkle



Cuttlebone



Skate/Ray egg case



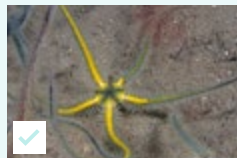
Catshark egg case



Snakelocks anemone



Breadcrumb sponge



Brittle star



Star ascidian



Bladderwrack



Velvet swimming crab



Hermit crab



Common shore crab



Common blenny



Rock goby



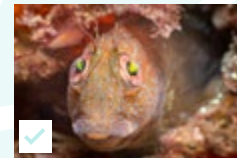
Prawn



Mussel



Pipefish



Tompot blenny



Sea scorpion



Sandhopper

Marine Litter Image Reel



Image: David Pereiras via Shutterstock



Image: Natasha Ewins

Litter reaches the ocean in a number of ways: it's washed in from our rivers, is left on our beaches, or is cast overboard from boats.

Marine Life vs Marine Litter

How does litter harm wildlife?

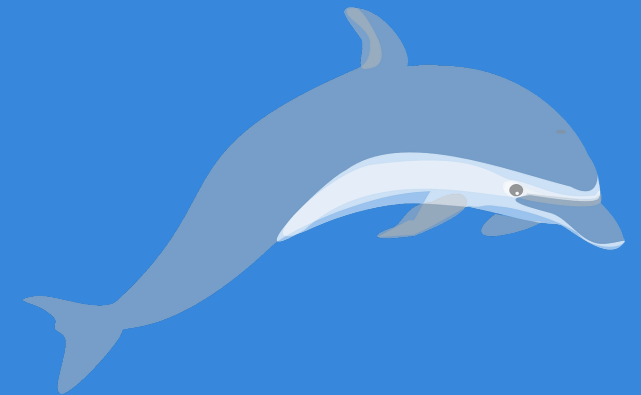
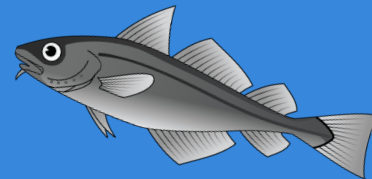
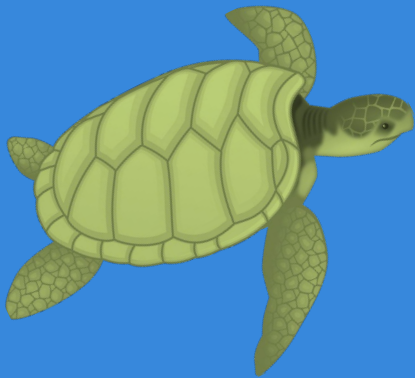
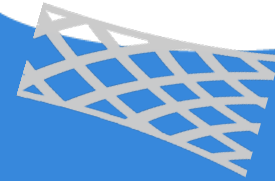
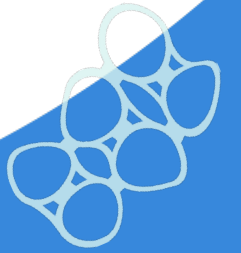




Image: A Different Perspective via Pixabay



Image: Tim Mossholder via Unsplash

Marine life

Litter items can cause harm to all sorts of marine life, from tiny plankton to whales. Ingestion of litter, particularly plastic, is very problematic for marine life who are unable to digest it.



Image: Nataliya Vaitkevich via Pexels



Image: Matt Barnes

Marine life

Animals can become entangled in litter, causing injury, reduced mobility and even death.



Image: Natasha Ewins



Image: Natasha Ewins

Microplastic pollution

Microplastics are a serious environmental issue. They are plastics that have broken up into pieces smaller than 5mm, as well as pieces that enter the environment this size like microfibres or plastic nurdles, which are the small plastic pellets used in the production of plastic products.

Sources

How does litter travel to the ocean?

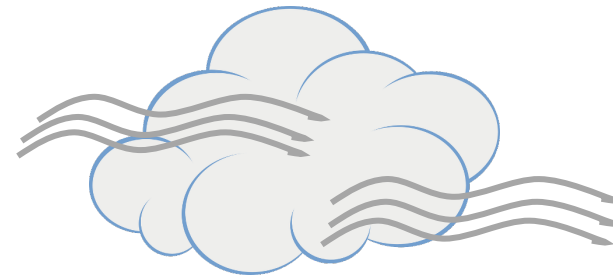
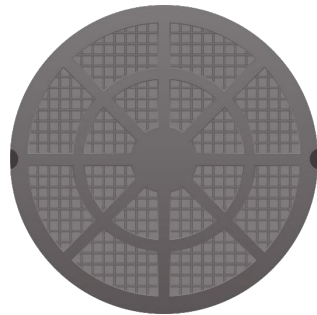
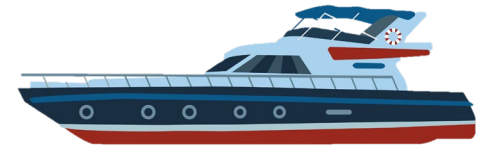




Image: MCS/Kate Wilson



Image: Jasmin Sessler via Unsplash

Marine litter sources

Inland sources of litter can include intentional and accidental littering, items flushed down toilets, sinks and drains, windblown litter from bins and landfill, and litter carried by rainwater into drains rivers and eventually the sea.



Marine litter sources

Litter is also a problem at sea, with sources like fishing, sailing, speed boats, commercial ships and container spills causing litter pollution.



Image: Brian Yurasits via Unsplash



Image: Andy Pearson

Litter timeline

Litter in the ocean takes longer to degrade than litter on land, but will eventually start to break up due to wave action, currents, saltwater and sunlight.



Image: Natasha Ewins



Image: Flockine via Pixabay

Litter timeline

Degradation time varies greatly from 1–450 years depending on the properties of the litter.



Litter surveys

Litter surveys are not only important for clearing rubbish, but also for gathering data on the types of litter polluting our environment.



Image: Natasha Ewins



Image: Brian Yurasits via Unsplash

Litter surveys

We all need to do our bit to reduce litter in the environment. By rethinking how we shop and what we use in our daily lives, we can all make a difference.



Image: Marta Ortigosa via Pexels



Image: Natasha Ewins

Litter surveys

Refusing unnecessary plastic and other materials, reducing the amount of products we consume, and repairing rather than replacing are all important actions we can take.