



## How Can We Protect Our Oceans?

It's important to look after our oceans. Human activity is damaging them. Human activity is things that people do. The things we do can affect our oceans. That also means that things we do can help them.

I: Circle everything below that is a human activity.

A dog barking

A man walking on a beach

A bird making a nest

A lady driving to work

A child throwing a ball

Sometimes our rubbish can end up in the ocean. Rubbish in our oceans is pollution. It's something that shouldn't be there. It's something that can cause damage. Pollution hurts the environment. The environment is the world around us. We need to look after the environment. It's important to keep it healthy.

Rubbish in the ocean hurts the animals. Animals can get trapped inside it. They get injured when they get trapped. They can also think it's food. Eating our rubbish makes animals very poorly.

V: Which word means something harmful to the environment that shouldn't be there?

Activity

Pollution

Recycling

R: What 2 things can happen to animals when there is rubbish in the ocean?



## How can we help?

We can reduce our rubbish. We can buy less plastic. We can buy things that are reusable. Reusable means we can use it again. This reduces the amount of rubbish we make. We can recycle the rubbish we do have. We can make sure it goes in the bin.

E: How can we stop rubbish getting into the ocean?

## Overfishing

Overfishing is taking too many fish from one place. Overfishing damages the ocean. It's hard for fish to recover when too many are taken. The food that the fish would eat grows too big. The animals that would eat the fish grow too small.

## How can we help?

Fishing companies can fish responsibly. They can move around the ocean. They can fish in different areas. They can make sure they don't take too much.

We can buy seafood that has been fished responsibly.

R: What is overfishing?