

Ocean appreciation workbook

A workbook for young learners who want to explore the underwater world of our oceans.

Home to diverse wildlife from the smallest krill to the biggest whale, our oceans — and the ecosystems they support — are awe-inspiring and worth protecting. There are parts of the ocean that we can see from the beach or a boat. But there are also plants and animals beneath the waves that are only seen by ocean scientists, other ocean animals or from watching movies or reading about them.

In this workbook you can explore different types of ocean habitats and the wildlife that call these places home.

Included in this workbook



Children's book recommendations



Whale matching game



Coloring pages



Aquarium or beach scavenger hunt



3 tips to help the ocean



Photo credit: Art Tower from Pixabay

Children's book recommendations

Our staff rounded up some of their favorite children's books about the ocean and the wildlife that live there. Check out your local library to read one of these recommended children's books or discover other books about the ocean.



Nerdy Babies: Ocean By Emmy Kastner

A sweet book on Oceans for the youngest beginners. This book talks all about the different parts of the ocean and gives a lot of very good facts that kids will love.



Myrtle The Turtle by Celeste Meiffren-Swango

Written by the director of Environment Oregon, this wonderful tale focuses on our need to address plastic waste pollution in order to save sea creatures. The story stars Myrtle, who is a young, adventurous sea turtle in the Pacific Ocean. She mistakes a plastic bag for a jellyfish before realizing she needs our help to keep her ocean home safe and beautiful.



Ocean: A Peek-through Picture Book by Britta Teckentrup

This beautifully illustrated picture book dives into different parts of the ocean with unique ocean animals from fish to whales and beyond. Each page has a peek-through to the next page, engaging the reader in the journey to learn more about the ocean.

*Check out all our nature-themed children's book recommendations on Environment America's website:
<https://environmentamerica.org/articles/nature-themed-childrens-book-recommendations/>*

Whale matching game

Print and cut out the cards to make your own matching game with different types of whales. To play turn all the cards face down on a table and take turns turning up two cards, trying to find the matching whales.

One card of each matching pair has a fun fact about that whale species.



Orca
(Killer Whale)



Southern resident orcas off the coast of the Pacific Northwest primarily eat Chinook salmon.



Blue Whale



Blue whales are the largest animals on earth.



Sperm Whale



Sperm whales are toothed whales that eat fish, squid and sharks in deep ocean water.



North Atlantic
Right Whale



North Atlantic right whales are endangered. There are only around 370 of these whales.



Beluga Whale



Beluga whales live in ocean waters off the coast of Alaska.



Humpback
Whale

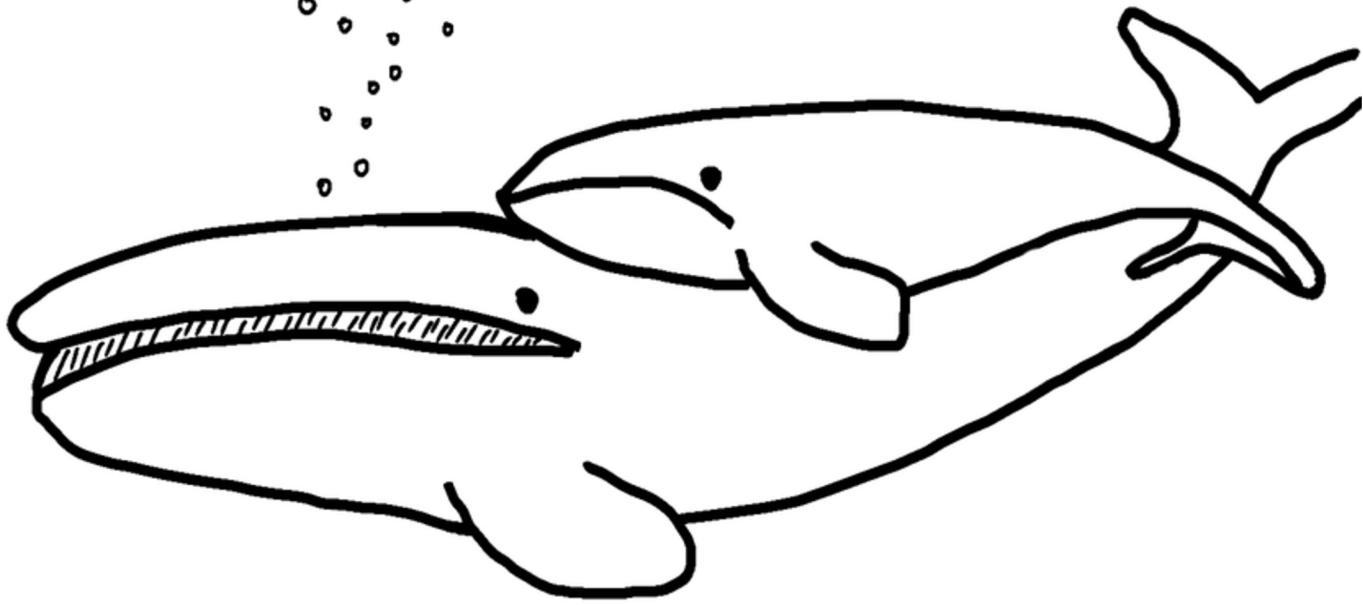


Humpback whales migrate long distances each year and live in every ocean.

THE KELP FOREST



SAVE THE WHALES



Beach or aquarium scavenger hunt

If you live near a beach or aquarium, go for a visit and keep track of how many things off this list you find.

☐

Water

☐

A green plant

☐

Sand

☐

A plant with flowers

☐

An animal that swims

☐

An animal that eats fish

☐

An animal that walks

☐

Something that is stuck to a rock

☐

An animal that flies

☐

An empty shell

☐

An animal that has a shell

BONUS: Write or draw in the box below other interesting things you see on your beach or aquarium adventure!

3 tips to help the ocean

Our planet is over 70% ocean and the significance of it cannot be overstated. We need to keep our ocean healthy for the health of the animals that live there and the planet. Use these tips to help the ocean in your everyday life.

#1 **Reduce single-use plastic waste**

Plastic pollution is a big threat to our ocean health. You can reduce your own use of single-use plastic by bringing your own reusable water bottle and bags.

#2 **Eat sustainable seafood**

You can use the Monterey Bay Aquarium's Seafood Watch Guide to better understand the sustainability of the seafood on your dinner plate.

#3 **Be a voice for the ocean**

You don't need to be a scientist or politician to have a say in the ocean's health. By learning about the ocean and sharing what you know with others, you can help support actions to protect it. Tell your friends and neighbors about your favorite ocean animals and ask them to help you be an ocean advocate.