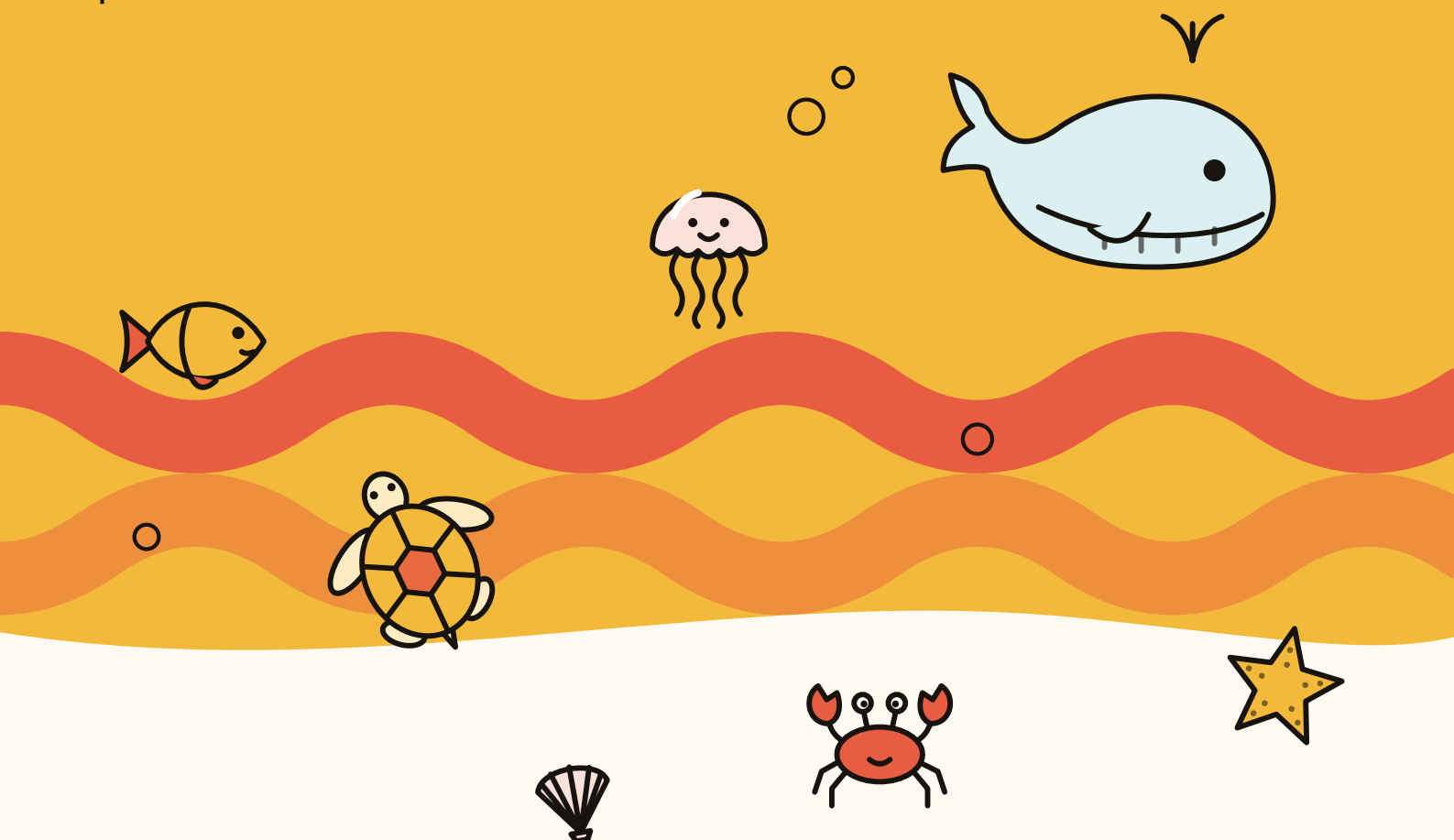


A SAVE OUR SEAS ACTIVITY BOOKLET

# Little Sea Explorers

Colour, count, spot and make — and help keep plastic out of the sea!



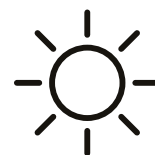
This booklet belongs to \_\_\_\_\_

WELCOME

# Hello, sea explorer!

The sea is home to lots of amazing animals. Plastic can hurt them — but **you** can help! Let's find out how.

DRAW YOURSELF AT THE SEASIDE



My name is \_\_\_\_\_

I am \_\_\_\_\_ years old.

My favourite sea animal is \_\_\_\_\_

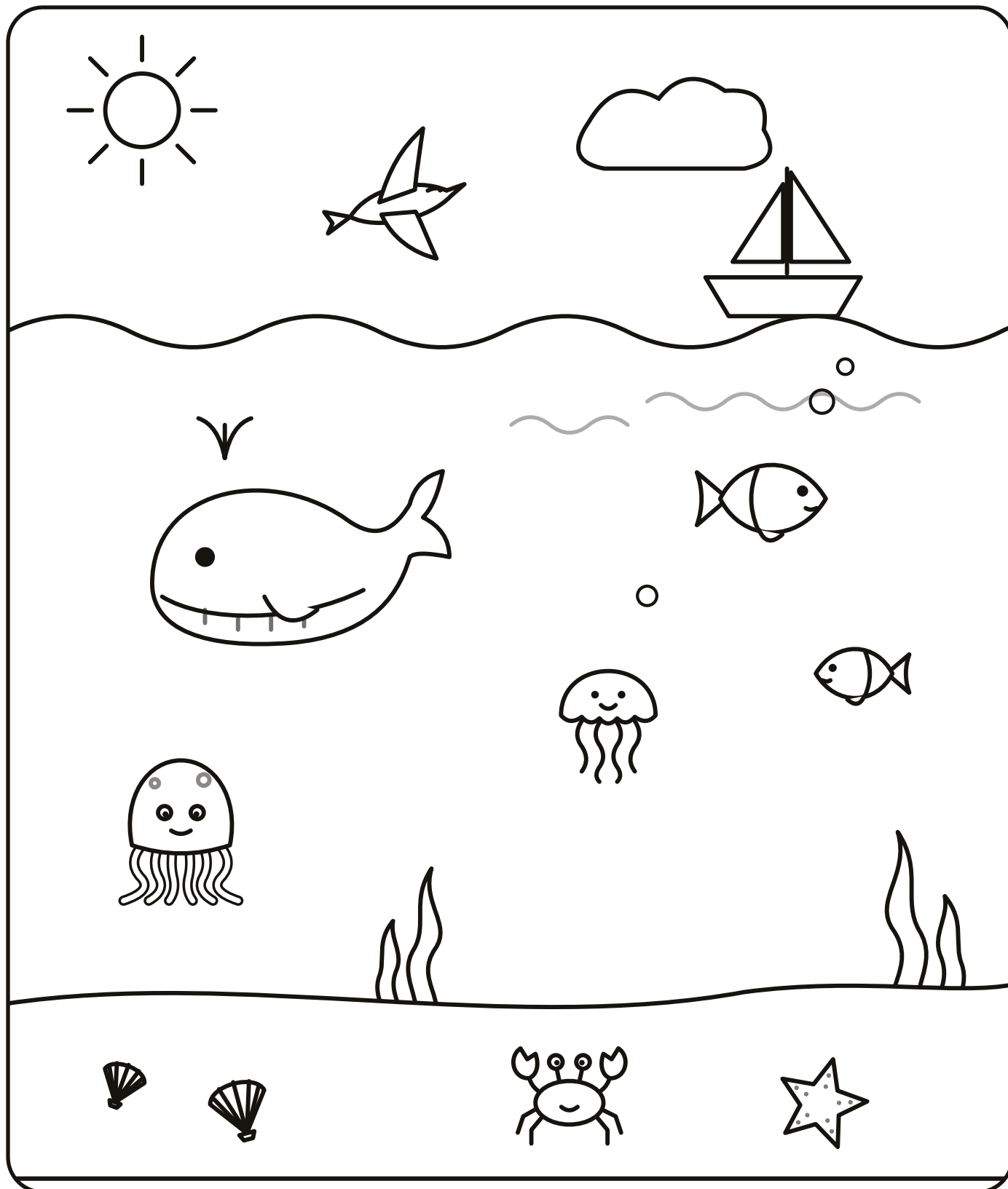
**Grown-ups:** This booklet is for children aged 4 to 6. Read each page aloud and let children draw, colour and chat about what they notice — there is no wrong way to do it. Notes and answers are on the back page.



COLOURING

# Colour the sea

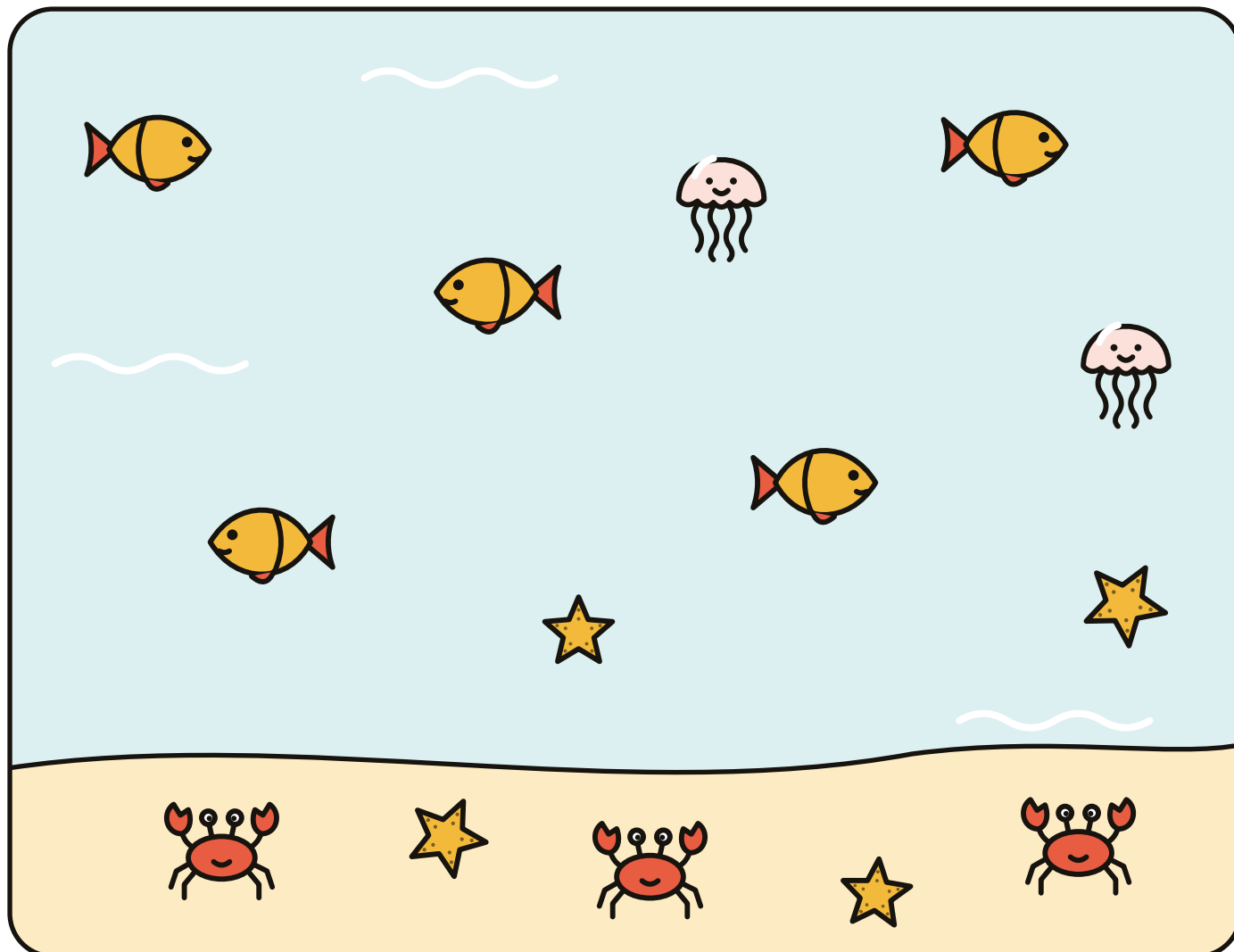
Colour in the sea and all the animals who live there.



## COUNTING

# Count the sea animals

Count each kind of animal. Write the number in the box.



How many?



How many?



How many?



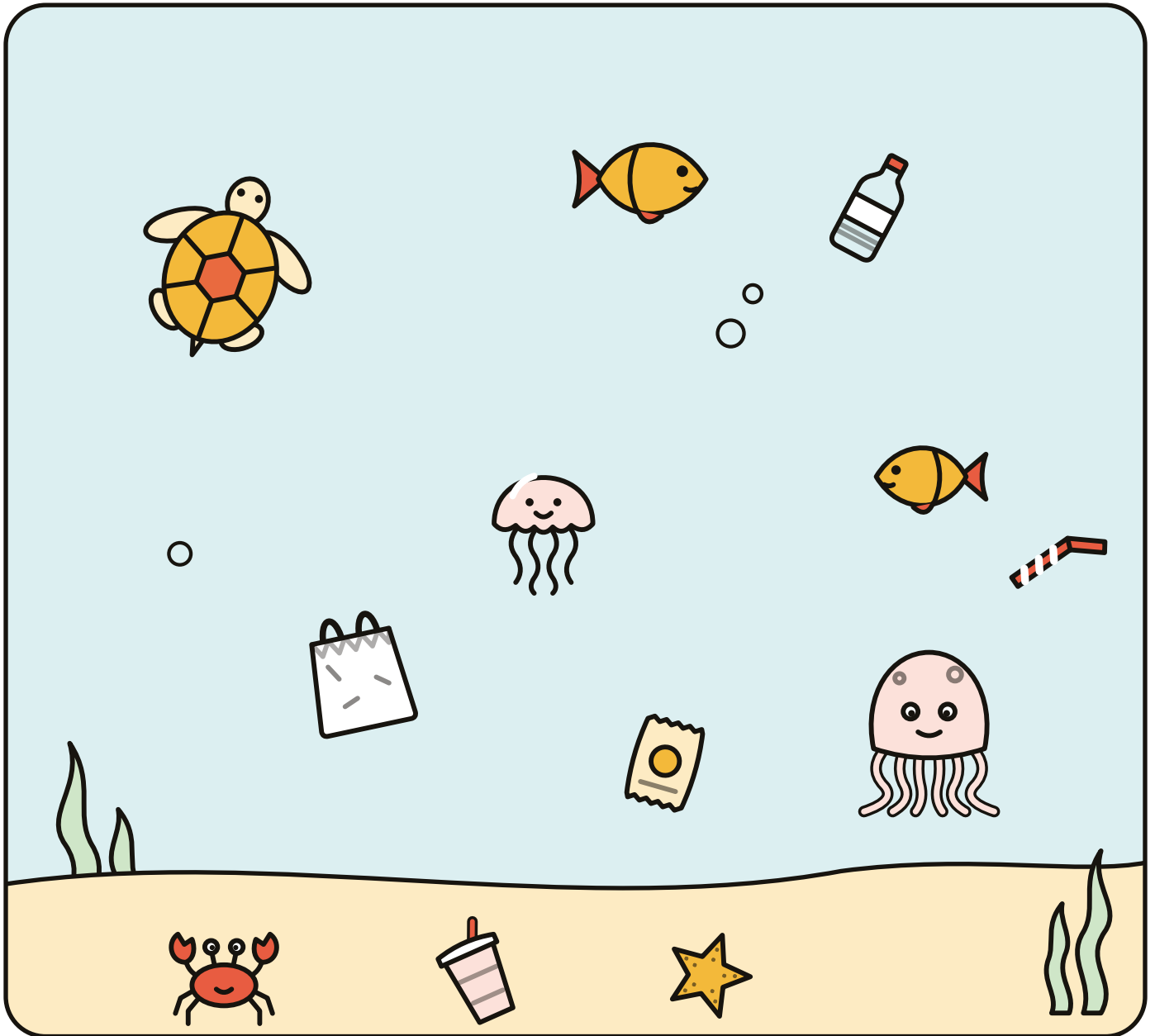
How many?

**Grown-ups:** Point and count together. For an extra challenge, ask: are there more fish or more crabs? How many animals are there altogether?

SPOT IT

# Spot the plastic!

Some plastic has got into the sea. Can you find all **5** things that should not be there? Draw a circle round each one.



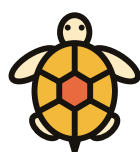
Tick each one when you find it:

|                                                                                                                 |                                                                                                                 |                                                                                                                 |                                                                                                                  |                                                                                                                   |
|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| <br><input type="checkbox"/> | <br><input type="checkbox"/> | <br><input type="checkbox"/> | <br><input type="checkbox"/> | <br><input type="checkbox"/> |
|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|

## PENCIL CONTROL

# Trace the waves

Start at the red dot. Follow the dots to help each animal reach its friend.  
Then trace the word **sea**.



sea

**Grown-ups:** Encourage a relaxed pencil grip and smooth movements from left to right. Children can go over the lines in different colours to make the sea.

## SWAP IT

# Which is kinder to the sea?

Look at each pair. Draw a circle round the one that makes **less** plastic rubbish.



plastic bottle

or



bottle to refill

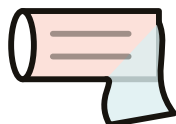


cloth bag

or



plastic bag



cling film

or



lunchbox



bamboo toothbrush

or



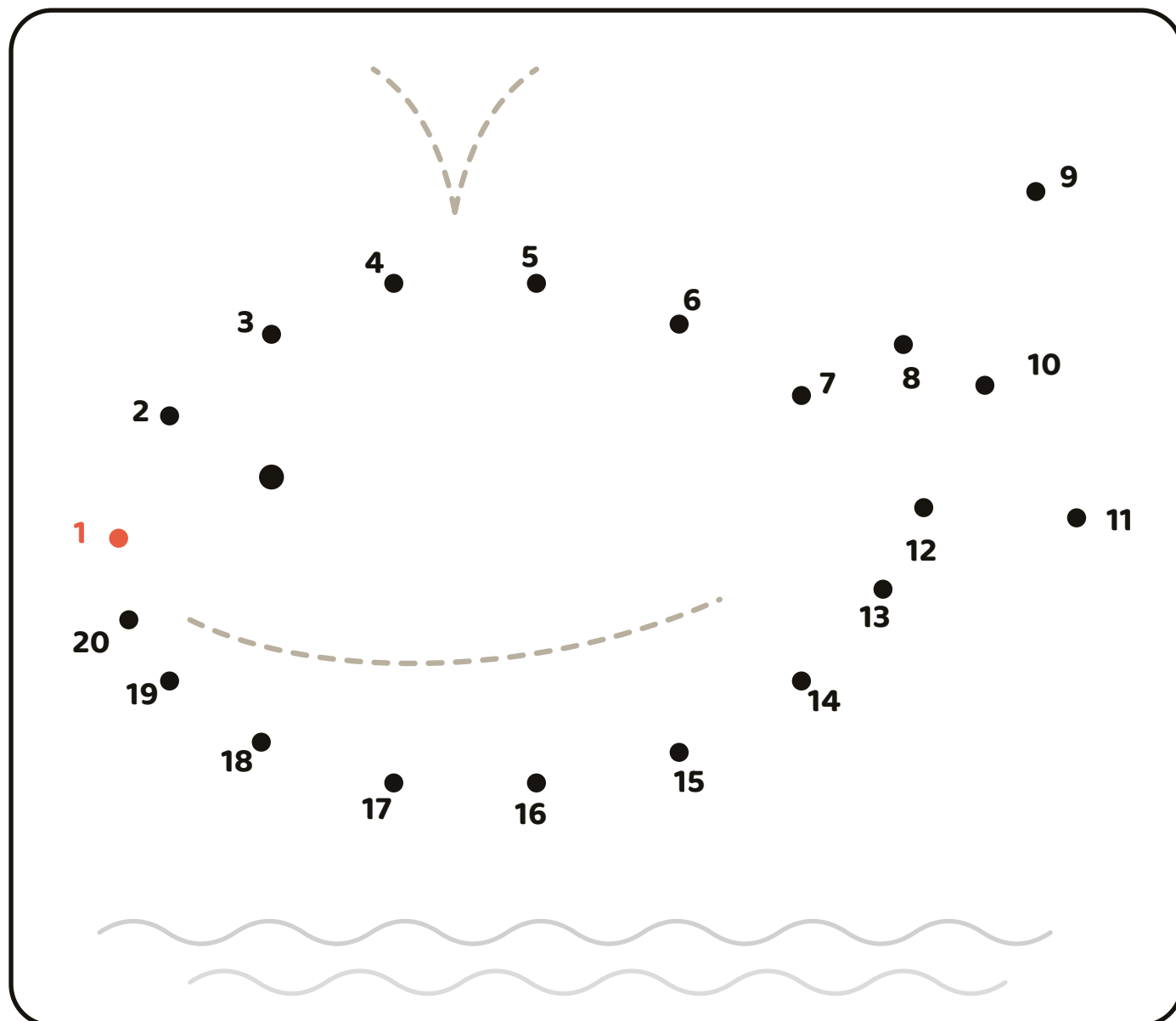
plastic toothbrush

**Grown-ups:** Talk about why: things we use again and again make less rubbish than things we use once and throw away.

## DOT TO DOT

# Who is hiding?

Join the dots from **1** to **20**, then back to **1**, to find a big sea animal. Then colour it in!



It is a \_\_\_\_\_

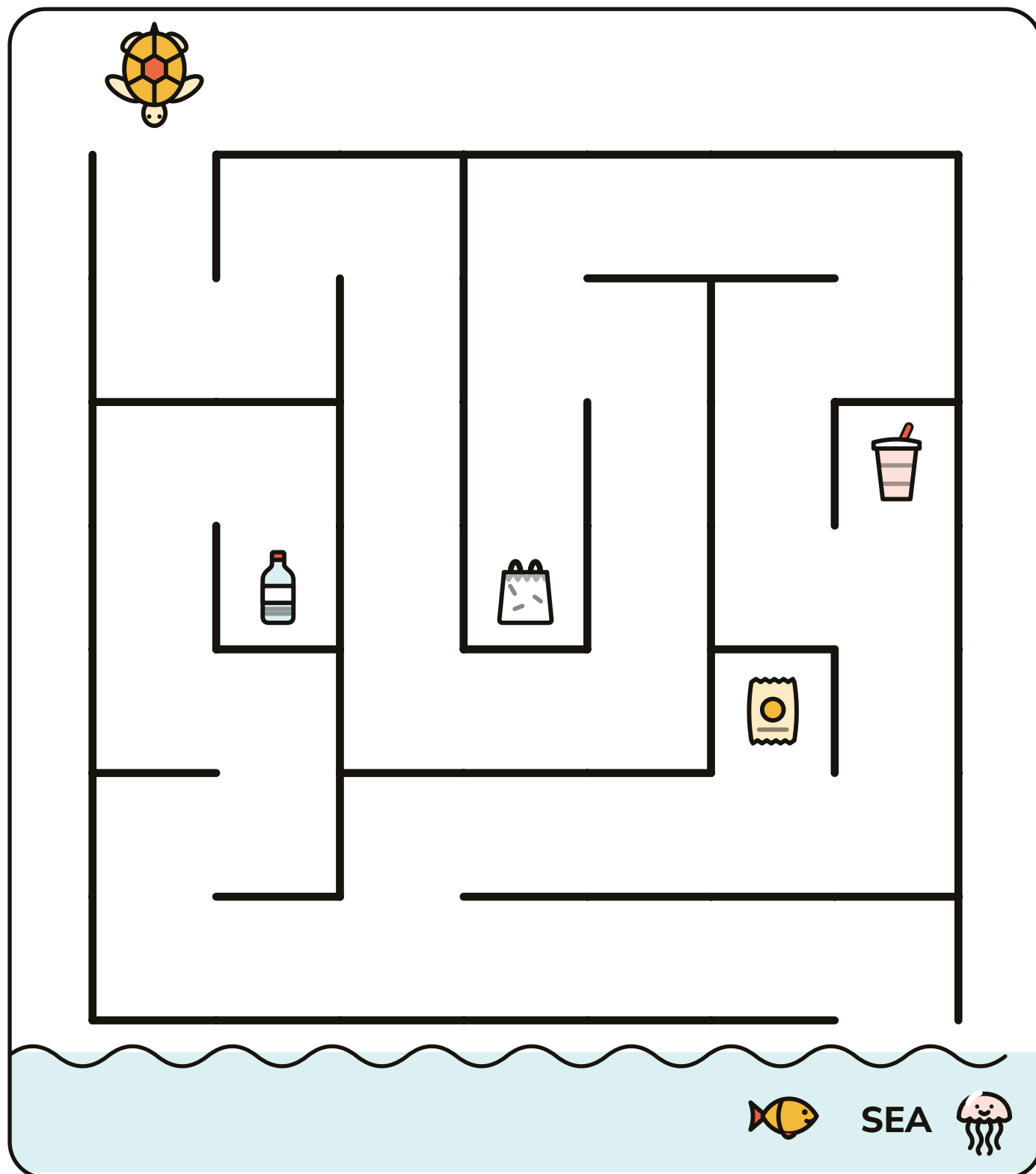


**Did you know?** Some whales are as long as a bus! Whales come up to the top of the sea to breathe air, just like us.

## MAZE

# Help the turtle swim home

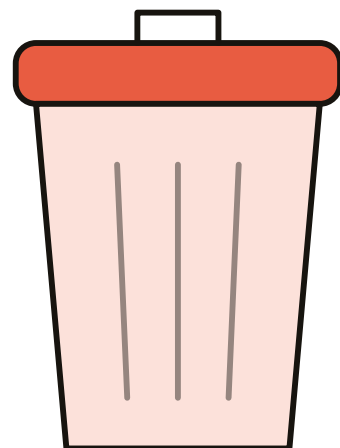
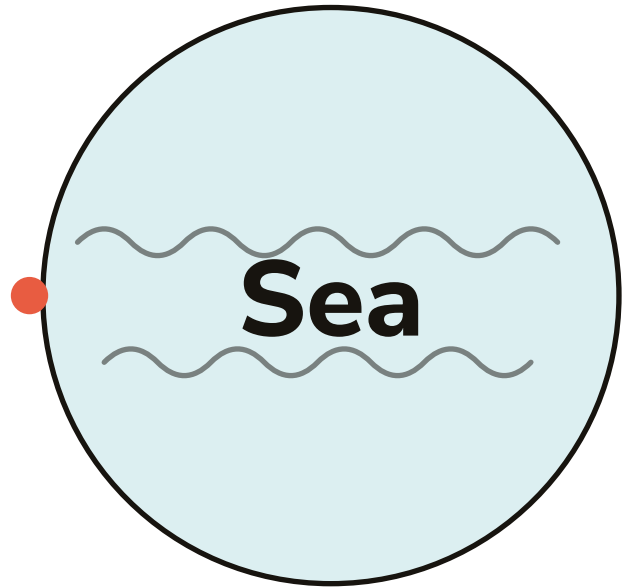
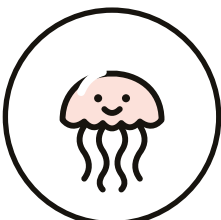
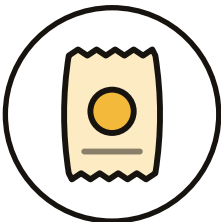
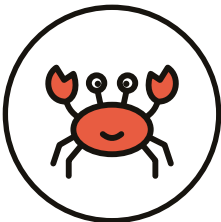
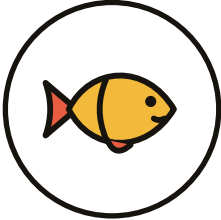
Draw a line to take the turtle down through the maze to the sea. Try not to bump into any plastic!



## SORTING

# Where does it belong?

Animals belong in the sea. Rubbish belongs in the bin. Draw a line from each picture to where it belongs.

**Bin**

IMAGINE

# Invent a sea creature

Draw your very own sea creature. What does it look like? Where does it live?

Does it have...

FINS?

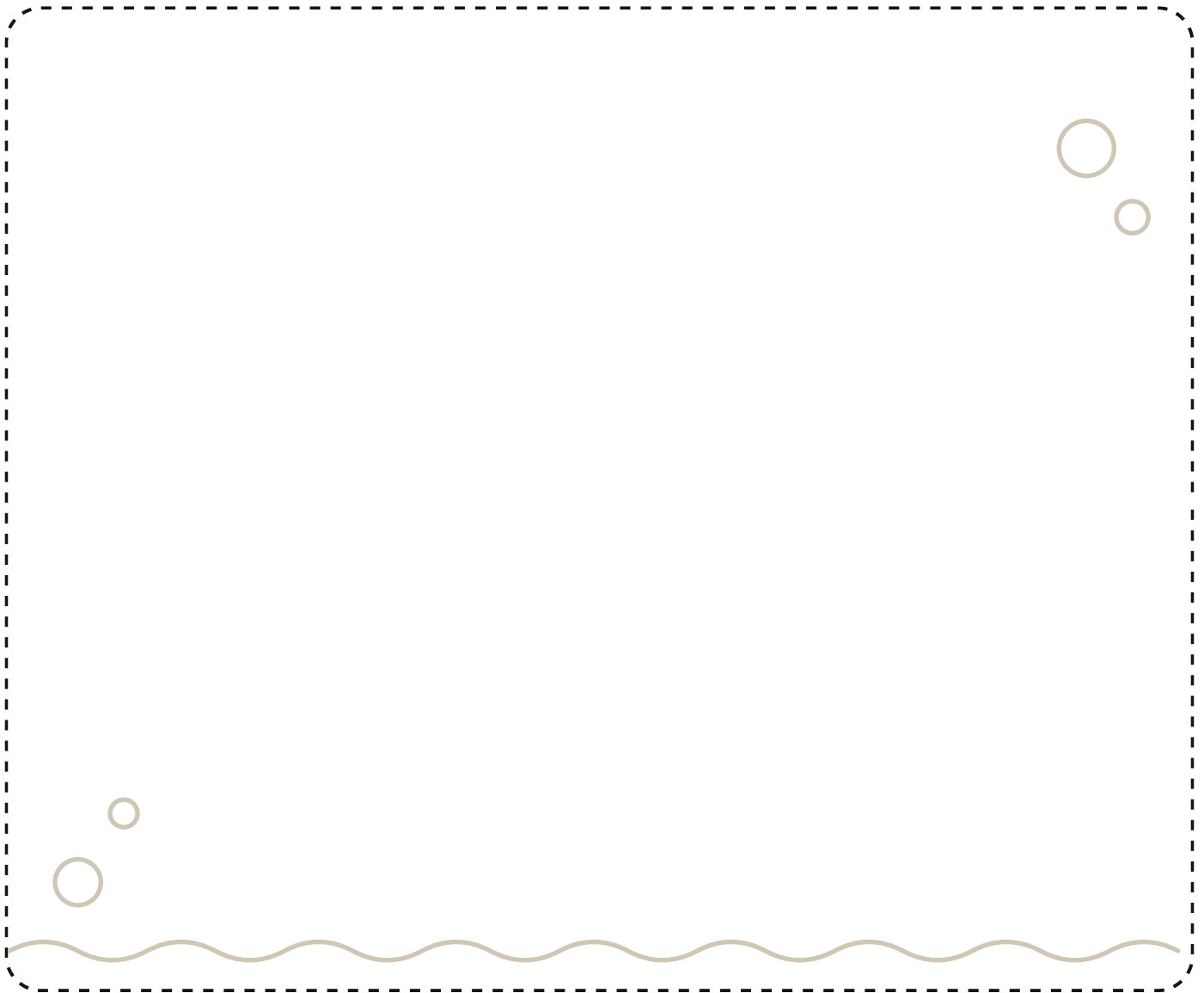
LEGS?

TENTACLES?

A SHELL?

SPOTS OR STRIPES?

BIG TEETH?



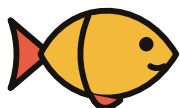
My creature is called \_\_\_\_\_

It likes to eat \_\_\_\_\_

## SING ALONG

# The Clean Sea Song

Sing to the tune of *Row, Row, Row Your Boat*. Do the actions as you sing!



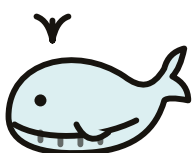
**Swim, swim, little fish,  
gently through the sea,  
Pick it up and pop it in,  
Keep the sea so clean.**

**Actions:** Wiggle your hands like a fish, then pretend to pick up litter and drop it in a bin.



**Snap, snap, little crab,  
sideways on the sand,  
Pick it up and pop it in,  
Help with your two hands.**

**Actions:** Snap your fingers like claws and walk sideways, then do the picking-up action.



**Splash, splash, big blue whale,  
swimming far and free,  
Fill your bottle, use again,  
Plastic-free for me!**

**Actions:** Make big swimming arms, pretend to fill a bottle, then point to yourself.

## Make up your own verse!

Pick another sea animal. What sound or move does it make?

\_\_\_\_\_, \_\_\_\_\_, little \_\_\_\_\_,

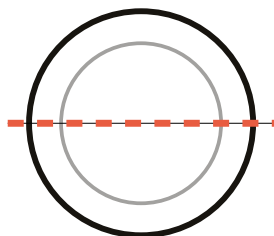
## MAKE IT

# Paper plate jellyfish

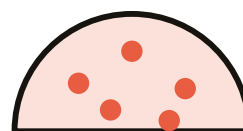
Make a wobbly jellyfish using things you already have — no new plastic needed.

**You need:** a paper plate • paints or crayons • scrap paper or wool • glue • scissors • string

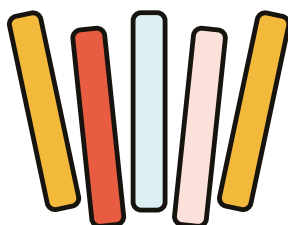
- 1 Ask a grown-up to cut a plain paper plate in half.



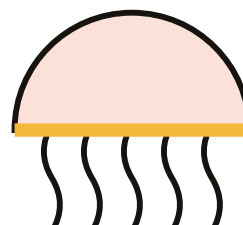
- 2 Paint or colour one half. Add spots and patterns!



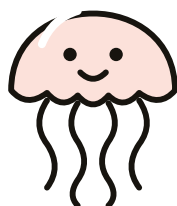
- 3 Cut strips from scrap paper, old wrapping paper or wool.



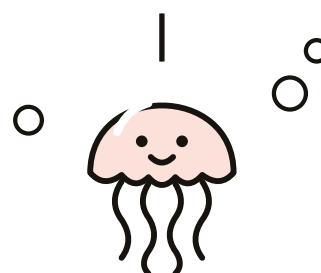
- 4 Glue the strips along the straight edge to make tentacles.



- 5 Draw on eyes and a big smile. No plastic stick-on eyes needed!



- 6 Hang it up with string and tell someone a sea fact.



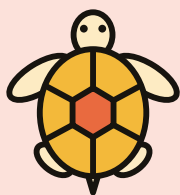
**Grown-ups:** Children will need help with scissors. Plain paper plates without a shiny plastic coating are the easiest to paint.

## MY PROMISE

# My sea promise

Every time you do one of these things, colour in a star. Can you fill a whole row?

| I promise...                                                                                                            | Mon | Tue | Wed | Thu | Fri |
|-------------------------------------------------------------------------------------------------------------------------|-----|-----|-----|-----|-----|
|  I bring my own water bottle.          | ☆   | ☆   | ☆   | ☆   | ☆   |
|  I use a lunchbox, not wrappers.       | ☆   | ☆   | ☆   | ☆   | ☆   |
|  I help take a cloth bag to the shops. | ☆   | ☆   | ☆   | ☆   | ☆   |
|  I put my rubbish in the bin.         | ☆   | ☆   | ☆   | ☆   | ☆   |
|  I tell someone how to help the sea. | ☆   | ☆   | ☆   | ☆   | ☆   |



## Sign your promise

I will help look after the sea and the animals that live there.

Signed \_\_\_\_\_

DRAW YOURSELF KEEPING YOUR PROMISE



SAVE OUR SEAS CERTIFICATE

# Sea Explorer

This certificate is proudly awarded to

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for learning how to look after the sea and all the amazing  
animals that live there.



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Signed

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Date



## FOR GROWN-UPS

# Notes & answers

## About this booklet

These activities help children aged 4–6 notice sea life, recognise everyday plastic, and see the small things they can do to help. They link to **Understanding the World** in the EYFS and to **animals** and **everyday materials** in KS1 science.

Keep it positive: the message is that children can help, not that the sea is doomed.

## Talk about it

- What is plastic? Can you find something plastic in the room?
- How could a plastic bag end up in the sea?
- What can we use again and again instead?
- Which sea animal would you like to meet?

## Staying safe

If you do a litter pick, grown-ups should handle anything sharp, and everyone should wear gloves and wash their hands afterwards.

## About Save Our Seas

Save Our Seas is a UK campaign started in 2022 to cut single-use plastic from schools and homes before it ever reaches our seas.

[saveourseas.org.uk](https://saveourseas.org.uk) ·  
[info@saveourseas.org.uk](mailto:info@saveourseas.org.uk)

## Answers

**Count the sea animals:** 5 fish, 3 crabs, 4 starfish, 2 jellyfish (14 animals altogether).

**Which is kinder to the sea?** The bottle to refill, the cloth bag, the lunchbox and the bamboo toothbrush.

**Who is hiding?** A whale.

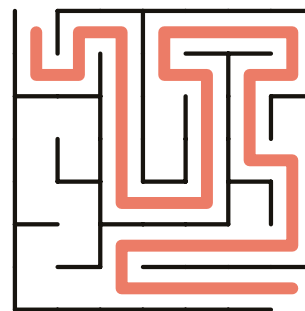
**Where does it belong?** Fish, crab and jellyfish go to the sea. The bottle, crisp packet and cup go in the bin.

## Spot the plastic



bottle, bag, straw, crisp packet,  
cup

## Maze



## Keep exploring

- Go on a litter pick in the playground or park with a grown-up.
- Do a “plastic hunt” at snack time: what could we swap?
- Share a picture book about the sea or visit an aquarium.
- Celebrate **Marine Wildlife Day** on 16 April — Save Our Seas picks one sea animal to celebrate each year.