

Our blue planet: lesson 3 of 3

Why the ocean matters

What the ocean does for us every day



Clean-up volunteers on the beach. Photo: MCP



Every second breath

about half

of the oxygen we breathe is made by tiny ocean plants called phytoplankton

Take two breaths. Thank the ocean for one of them!

How we know: National Geographic. NOAA.



The ocean gives us



Food

Fish, shellfish and seaweed feed millions of Filipinos.



Air and weather

Oxygen, rain, and heat moved around the planet.



Things we use

Medicines, salt, and a road for ships.



Fun and jobs

Beaches, diving, fishing and tourism.



Sort the ocean gifts

1. Your group gets twelve ocean gift cards.
2. Sort them into four groups: food, air and weather, things we use, fun and jobs.
3. Which gift surprised you most?
4. Can you think of one more gift to add?



The ocean needs help too

We rely on the ocean, so looking after it means looking after ourselves.

- Plastic and rubbish, even in the deepest trench
- Too much fishing
- Warming water that bleaches coral
- Damage to reefs, mangroves and seagrass



What we can do



Say no to single-use plastic

Bring a bag, a bottle and a lunch box.



Keep beaches clean

Take rubbish home, and join a clean-up.



Choose fish wisely

Ask where it was caught.
Avoid baby fish.



Tell others

Share what you have learned.



My ocean promise poster

1. Draw the ocean gift you are most thankful for.
2. Write one promise to help the ocean.
3. Add your name, and put it up in class or at home.



Talk about it

Which ocean gift do you use most often?

How could your class help the ocean this month?

What is the most amazing thing you learned in these lessons?

Well done! You have finished the Our blue planet lessons.



Photos and sources

Photos: beach, market, Apo Island and plastic by MCP. All illustrations drawn for this lesson by Marine Conservation Philippines.

Sources:

- National Geographic (2004). Source of half Earth's oxygen gets little credit.
- NOAA. How much oxygen comes from the ocean?

Full links are in the teacher reading. Free to use and share for education. Made by Marine Conservation Philippines. More free lessons: marineconservationphilippines.org/resources/teachers-resources/

