

**NEW STARTER**

You are part of the New Starter Shoal! Congratulations you have just started your journey to connecting with the Ocean. This is such an exciting time for you, there are so many ways you can begin to #thinkocean.

**Go with the flow! Gradually build your pro-Ocean habits on your #thinkocean journey...**

**START****1 Visit your nearest blue space!****Why?**

Being near water can have a lot of positive benefits to our mental and physical wellbeing. People who spend time in nature are also more likely to take care of it, so that's good too!

**How?**

Get outside and explore the Ocean near you! If you don't live near the Ocean, visit your local lake or river or find a video online - it's all connected to the Ocean and when you visit you will be too.

**3 Try reducing the amount of plastic packaging you come home with from your weekly shop.****Why?**

Millions of tonnes of single use plastics enter our Oceans every year choking habitats and harming animals, as soon as you reduce your usage you are positively impacting the Ocean!

**How?**

Challenge yourself to picking loose fruit and veg, rather than the packaged stuff and remember to take your own reusable bags.

**2 Pick some items in your home and see if you can trace them back to the Ocean.****Why?**

Almost everything that we own has a link to the Ocean. Understanding these links better can help to give us the motivation to do our bit to support Ocean health.

**How?**

Check the labels to see if your item has travelled (probably on a cargo ship!). Items made from plastics or fuelled by fossil fuels have strong links to Ocean derived raw materials.

**4 Tell a friend about the #thinkocean challenge and some of the things you have done to start your #thinkocean journey.****Why?**

Creating a change and supporting a healthy Ocean can be as simple as spreading the word about the importance of the Ocean.

**How?**

Start by telling them about how amazing the habitats and species are, and the issues that face them - don't forget to add some Ocean Optimism too. Share your successes on social media, use #thinkocean!

**FINISH****CONGRATULATIONS!**

You have made it to the last step, but your journey doesn't end here, try taking the quiz again to see how you #thinkocean and continue your journey. If you have signed up to our emails, we will keep you updated with good news stories for some inspiration and some new challenges to try!