

# Viewpoints and values

Ages 4-7



# Viewpoints and values

This resource is to get pupils thinking about the role of the sea in their own lives. It works well as part of a unit of work about the sea or can be used as a stand-alone lesson.

The session includes:

- Exploring the many ways the ocean affect our lives
- Finding out about the viewpoints of some people local to the Cromer Shoal Chalk Beds MCZ
- Children explore their own feelings about the sea
- Ideas to use during a visit to the beach

## National Curriculum objectives:

### Citizenship

- To share their opinions on things that matter to them and explain their views;
- What improves and harms their local, natural and built environments and about some of the ways people look after them;
- To realise that money comes from different sources and can be used for different purposes.
- To identify and respect the differences and similarities between people

### Health Education

- That mental wellbeing is a normal part of daily life, in the same way as physical health.
- How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.
- The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.



## Activity 1

### How do we use the sea?

Start by getting the children to discuss their own use of the sea and create a class mind map titled 'the ocean and us.'

- What things do you do when you visit the sea?
- Do you use/eat anything that comes from the sea?
- Can you think of other things people get from the ocean?
- Is there anything else the oceans do for us?

You can find more information about what the ocean does for us in the [Amazing Ocean Fact File](#). Use the fact file to add other ideas for your mind map that are suitable for your class.

The video [What did the ocean ever do for us?](#) provides a great overview of the topic.

## Activity 2

### People's viewpoints

Split the class into groups, giving each group one of the [viewpoint sheets](#). They need to read through it and consider the main points:

- What do they like about the sea?
- Why do you think that is?
- Do their feelings for the sea affect what they do?
- What would they say to you?

Ask the children to write what the person thinks about the sea in a thought bubble and what they might say to you about the sea in a speech bubble. This could be a shared writing activity or completed individually. They should then draw the person and stick the thought and speech bubbles on.

Return to the class mind map made at the start of the lesson. Is there anything we can add to it? Make sure the physical and mental well-being benefits as well as the jobs it provides for others are included.

## Activity 3

### What does the sea mean to me?

Now ask the children to consider their own responses to the sea. They should do this individually as it is a chance for them to consider their personal thoughts and feelings. They can use the [sheet](#) provided to write and draw their response.

- What do I like to do at the seaside?
- How do I feel about the sea? Why?
- What else is good about the sea?



## Shelly – Beach Clean Organiser

### **The sea and me**

I grew up in Bacton and have spent many days on the beach. I run beach cleans as a volunteer, covering the beaches from Trimingham to Sea Palling. My group is called North Norfolk Beach Cleans. I also volunteer for Friends of Horsey Seals during the pupping season.

### **How I feel about the sea**

I love the beach and sea. It makes me feel good when I am with other people helping nature. Walking up sand dunes and along the beach carrying heavy bags keeps me fit! It is fun and relaxing too.

### **The MCZ**

It is important to look after the area. People need to see and learn about the habitat and wildlife in the MCZ. The sea plays an important part in looking after our planet so we need to look after it.

### **My message**

Go out and enjoy the beauty of the beaches and sea. Learn about the sea and how every creature and plant plays an important part in the balance and health of our oceans and planet. Do little things like pick up litter, put litter in the bin, try to reuse wherever possible and avoid single-use plastic.

# Chris – snorkeller, photographer and lifeboat crew member



## **The sea and me**

I've lived in Sheringham all my life and enjoy walking along the beach (often with a bag for any rubbish I find), swimming in the sea, surfing and taking my boat out at Blakeney Point to see the seals. I enjoy snorkelling when the sea is clear to see the amazing sea life and take lots of photos and video. I am also in the lifeboat crew at Sheringham.

## **How I feel about the sea**

I love the way the sea changes so much between the seasons. From snorkelling in clear, warm water in summer to watching huge waves lash the beach in a winter storm. I really enjoy snorkelling and making the short films to show other people what a special place the chalk reef is. I am on the lifeboat crew because I like to help people in trouble and it can be fun to go out on the lifeboat.

## **The MCZ**

It is important to find the balance between looking after the sea life of the MCZ and letting all of the users of the sea (crab fishermen, snorkellers, swimmers) do what they want to do. We need to make sure our Blue Flag beaches stay pollution-free and that our seas have as little plastic and rubbish thrown into them as possible as this harms the wildlife.

## **My message**

The MCZ is a special place and needs our help so next time you go to the beach take a bag and pick up any rubbish you find. The fish will thank you!



## Philip – RNLI lifeboat volunteer

### **The sea and me**

I was a fisherman at Cromer catching crabs, lobsters, whelk and herring. I joined the RNLI lifeboat and was on the crew for thirty years. Since I retired from the crew, I have taken on other roles at the RNLI Lifeboat Station. I go to the lifeboat station every week to raise public awareness about water safety. I was also in the RAF on Air Sea Rescue Launches. I walk my dog on the beach. My dog loves to swim in the sea!

### **How I feel about the sea**

I love the beauty and power of the sea. I also love the way the beach, the colour of the sea and the weather are always changing. I volunteer for the RNLI because I want to help others to have fun whilst keeping safe. I also enjoy being part of the lifeboat team.

### **The MCZ**

I feel it is important that we protect and maintain the chalk reef so it can carry on as it has for many years. It is also important that fishermen can carry on and earn a living.

### **My message**

My main message is to respect the sea and keep safe. Always have an adult with you when you swim. Learn how to float (starfish float on your back) – it is the one thing that will save you if you end up in the water. Visit [rnli.org](http://rnli.org) to find out more about keeping safe at the beach.



## Ben – Surf school manager

### **The sea and me**

I run a surf school and surf shop in Cromer. I teach surf and stand up paddle board lessons but most of the time I'm managing the business. I love surfing and aim to get out whenever there are waves! My love for the sea began when I was about 10 years old and started going sea fishing.

### **How I feel about the sea**

I am lucky that I get to combine my hobby with my work! I love the sense of freedom I get when I go surfing. The sea is so vast. Surfing, stand up paddleboarding and generally being in and by the sea are good for my fitness and mental well-being. It really helps me relax, be refreshed and continue positively with life.

### **The MCZ**

It is important that there is a balance in the way the MCZ is looked after. Tourism is a really important. People come here to surf, enjoy the view, see the wildlife and eat Cromer crabs.

### **My message**

The North Norfolk coast is like a giant, free playground! Visit it and experience it. Take your shoes off and feel the water on your feet, go for a swim, try surfing lessons and make sure you keep safe. You will love it. The coast needs to be looked after for the future and the young people to come.



## Kevin – Crab and lobster business manager

### **The sea and me**

I grew up part of a fishing family, helping to dress crabs in our kitchen when I was young. I was a trawler fisherman when I left school. In 1995, I set up my company and fished for crabs and lobsters. In 2013, we moved into our current factory which meant I didn't have time to go out on the boat anymore. The factory now processes up to one million crabs a year.

### **How I feel about the sea**

Having grown up in a fishing family, the sea and crabs have always been part of my life. Trawler fishing was a job to earn money but now I enjoy running my own business. I no longer go out to sea but I enjoy keeping up with the fishermen when I go to collect the crabs.

### **The MCZ**

It is important for everyone to take a balanced view and look at others' points of view. We need to find a way for the fishing to keep going. Without the Cromer Crab, we would lose a way of life for many, jobs and the flavour of North Norfolk would change. Fishing practices may have to change a little to make sure they can keep going.

### **My message**

The fishermen only take some of the crabs: lots of small ones are put back. Potting has a much lower impact on the sea habitat than trawling. Try some crab and lobster!





## John – Fisherman with a fish shop

### **The sea and me**

The sea has always been part of my life. My father was a fisherman and his father too. I go out on my boat fishing several times a week, weather permitting. On the days I don't go out, I go and look at the sea instead. The crabs, lobsters and fish I catch are sold in our fish shop in Cromer. I was in the crew on the RNLI Cromer lifeboat crew for 36 years.

### **How I feel about the sea**

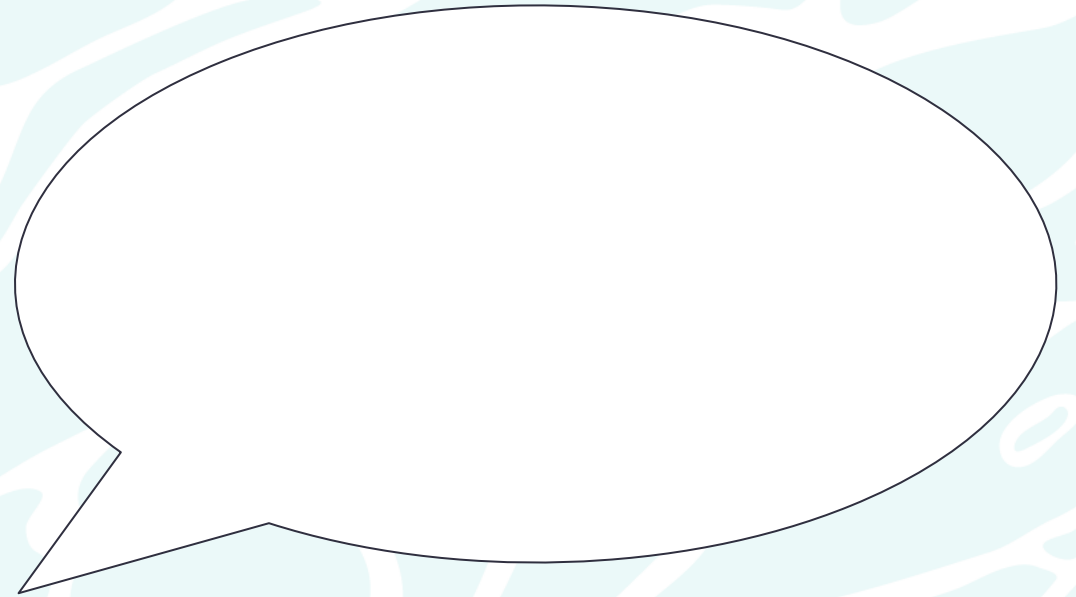
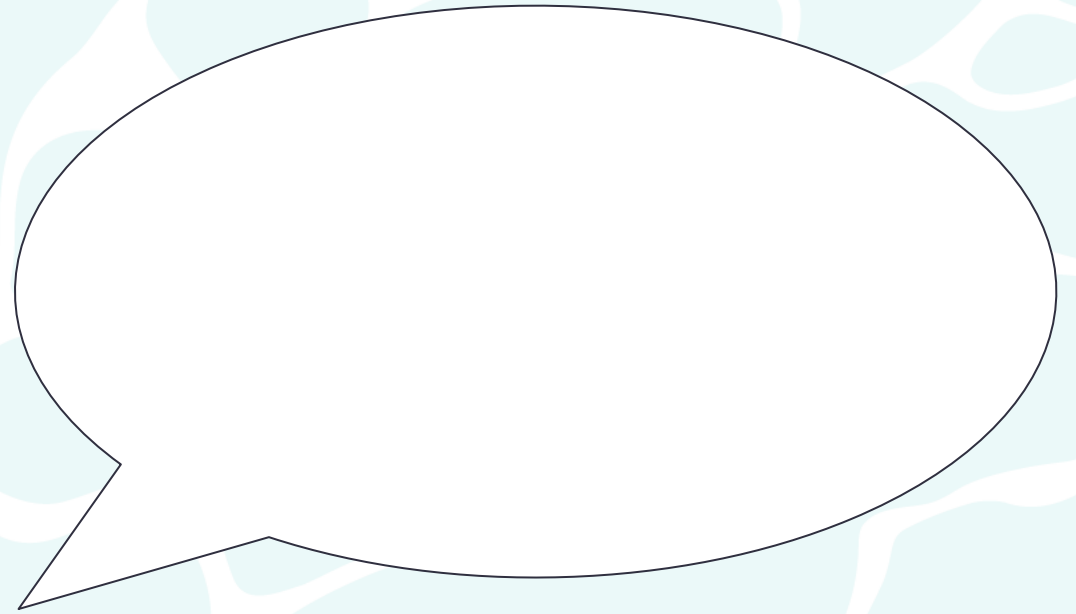
I am lucky that I enjoy my job. There are days when being out on my boat is the best place in the world! The early mornings watching the sun come up are beautiful. There's a real sense of freedom when you're out on the sea but you have got to respect it.

### **The MCZ**

It is important to protect the balance between nature and man. The MCZ needs looking after. It is also a place where people earn a living. There are not many young people getting into fishing these days and it would be a huge loss if the local crab industry ended. It is important for Cromer and Norfolk.

### **My message**

We are lucky to have the chalk shoal here. There are very few food miles when you eat a Cromer crab because most are caught just a mile or two off the beach!



# The Sea and Me by:

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How do I feel about the sea?  
Why?

What do I like to do  
at the seaside?

What else is good  
about the sea?

Use this space to write and draw your thoughts about the sea:

# Visiting the beach

A visit to the beach can be a great opportunity to get the children to consider their personal feeling about being there and the physical and mental well-being benefits of being by the sea. Point out the effort needed to walk on sand. Share your own feelings about being on the beach. Here are some other ideas:

## Explore their senses

Gather ideas, thoughts and words to describe each sense.

They could use this to write poetry about the sea.

## Pebble pledge

A great activity if you have been learning about environmental issues relating to the sea.

Invite the children to hunt for a special pebble that they really like. Whilst hunting, encourage them to consider what they could do to help the oceans. Gather together and the children place the pebbles into a pile or circle whilst making a pledge. Invite them to share their pledge if they want to.