

Giving the ocean a voice

For this activity, you'll need to get into character.

You could be a marine animal of your choice, or the whole ocean. Imagine them as an individual, and give them the chance to write or speak their feelings.

Play the video and listen to the music. Consider how it feels to be them. What is your message to humanity?

Prompts for contemplation:

- ➔ How does it feel to be the ocean, or the animal you've chosen?
- ➔ How is human activity affecting you?
- ➔ What would you like to see change?

Once the music comes to an end (or earlier if you're ready), write down or speak into your audio recorder what your message is. Spend around 5 minutes on this.

If you're in a group:

Take it in turns to speak your message to humanity, presenting it to the rest of the group. Actively listen to the other members. Once everyone has shared their message, recognise and discuss the compassion you feel for the ocean and how you could channel this compassion into meaningful actions.

If you're an individual:

Reflect on your compassion for the ocean and marine life, and consider how you could constructively channel this compassion into meaningful action. For more ideas see our Starfish story and support pages.