

# Starfish story

After reading or watching the **starfish story**, have a think about some actions that have a positive impact on marine conservation.

**Make a list** of all the things you already do, considering the positive consequences for marine life.

## Examples:

- ➔ I carry a reusable shopping bag and water bottle so that I'm not contributing to plastic bags and bottles ending up in the ocean.
- ➔ Whenever I see litter, I pick it up and take it to a bin, which prevents those items ending up being consumed by marine life.
- ➔ I sign campaigns and write to my MP about legislation change to increase marine protection. This contributes to changes in policy and practice, reducing harm caused to marine animals.

If you're stuck for ideas, head to [mcsuk.org/what-you-can-do](https://mcsuk.org/what-you-can-do) for inspiration.

**If you're in a group:** share your ideas and listen out for inspiration from others. Try to each come up with 5 new actions to incorporate into your life.

**If you're an individual:** research what other people are doing and make a list of new positive actions you can try out.

**Top tip** – choose things that are **realistic** and **achievable**! The more you succeed at meeting your goals, the more inspired you'll feel and momentum you'll build to keep taking positive actions.



It's important to recognise that seemingly small actions can and do make a difference.

Take a moment to feel good about all the positive choices you make for our environment.