

Here's how we can be super Ocean Guardians

No More Plastic Mess

1. **Sip Smart:** Use a reusable water bottle instead of plastic ones.
2. **Pack Smart:** Use reusable lunch boxes and bags.
3. **Recycle Right:** Sort your rubbish and put it in the right bins.



Beach Cleanup Squad

1. **Leave No Trace:** Pick up any litter you see on the beach.
2. **Family Beach Clean-up:** Grab a bag and gloves and clean up together!

Planet-Friendly Living

1. **Bike or Walk:** Get some exercise and help the planet.
2. **Power Down:** Turn off lights and electronics when you're not using them.
3. **Water Wise:** Take shorter showers and turn off the tap while brushing your teeth.
4. **Grow Your Own:** Plant a garden and eat fresh, homegrown food.

