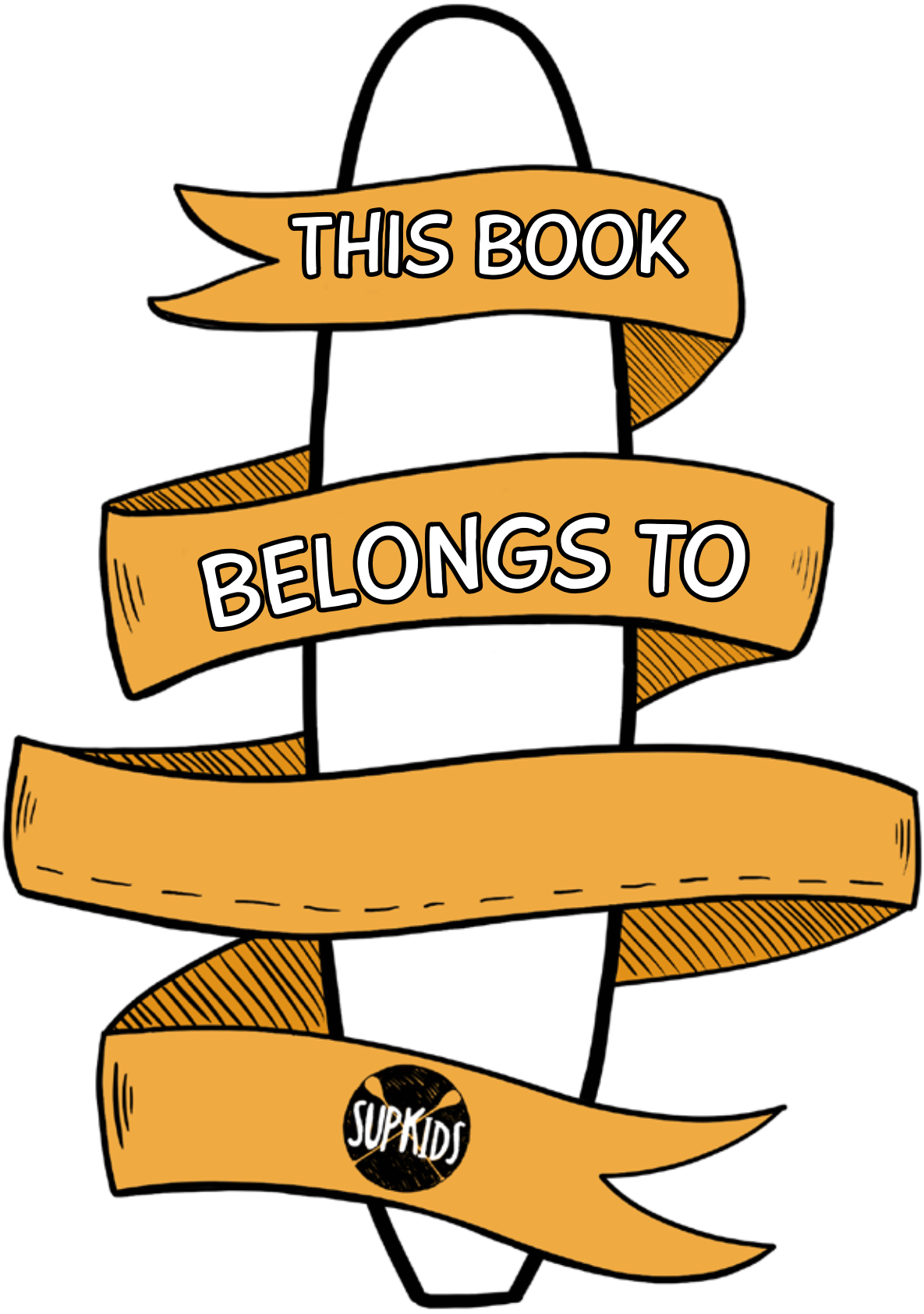
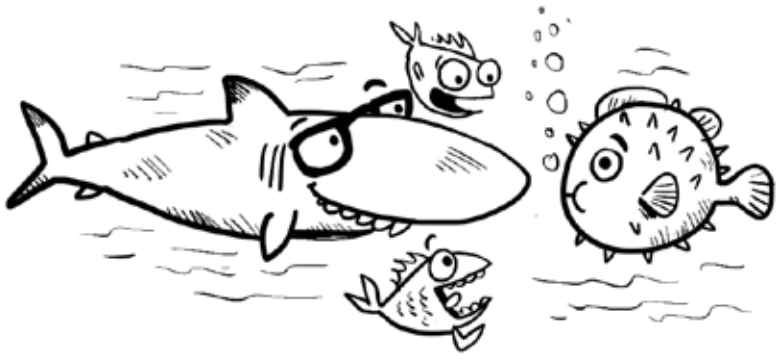


WORKBOOK


THIS BOOK
BELONGS TO
SUPKIDS

SUPKIDS



WELCOME TO SUPKIDS.

Hey! Stoked you're here :)

This workbook is filled with everything you need to become a SUPKid.

You can bring it along to every SUPKids lesson you have, and use it to remember all the awesome stuff you learn along the way.



Here's how it works....

There are 5 main sections in this workbook, one for each of your SUPKids lessons.

You'll do some of the exercises with your SUPKids class, and some you can do at home.

Oh, and there's extra space to scribble things down & plan your next SUP adventure.

5 LESSON In The SUPKIDS PROGRAM



This lesson is all about staying safe in the water, learning the basics of SUP, recognising hazards & being able to help someone who gets in trouble.



This lesson is all about going on adventures. You'll learn about some amazing explorers and how you can plan your own adventures without having to go too far from home.



This lesson is about keeping our oceans & waterways clean. You'll learn why plastics are causing so much trouble in our environment, and what we can do to help.



This lesson is about being a healthy SUPKid. You'll learn how to stay fit for your SUP adventures, what kind of food you should be eating, and the little things you can do to stay relaxed & happy.

This lesson will help you become an ambassador for the planet. You'll learn what's happening in your local area and around the world, and you'll choose which cause you want to support and what you can do to make a difference !



Meet Suppy and the Eco Team




Sian Sykes


Svein Rasmussen
Founder; Starboard


Tasmin Chilcott

You'll also spot lots of Starboard Dream Team riders throughout the workbook, sharing their tips & tricks & making sure you stay safe in the water and take good care of our planet.


Maddie Leblanc


Mikaela Nichols


Fiona Wylde


Merijn Tinga



Daniel Hasyulo


Cal Major


Zane Schweitzer


Brianna Orams


Franz Orsi


Lizzy Howard

Lesson One Safe SUP

The very first thing we need to learn is how to stay safe in the water. Once we know this, SUP'ing is a lot more fun!



1. Always swim or SUP with a buddy



2. Respect other water users

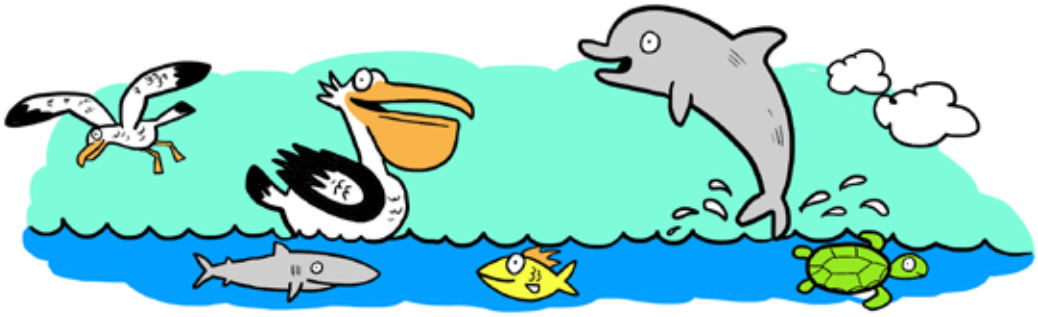
3. Healthy SUPKid = Happy SUPKid



4. Know your local beaches & waterways



5. Always use safe equipment



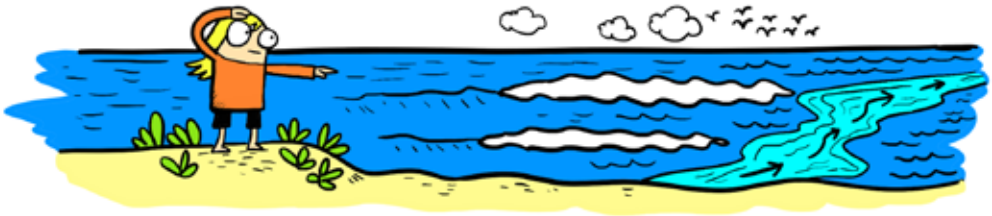
6. Take care of local wildlife



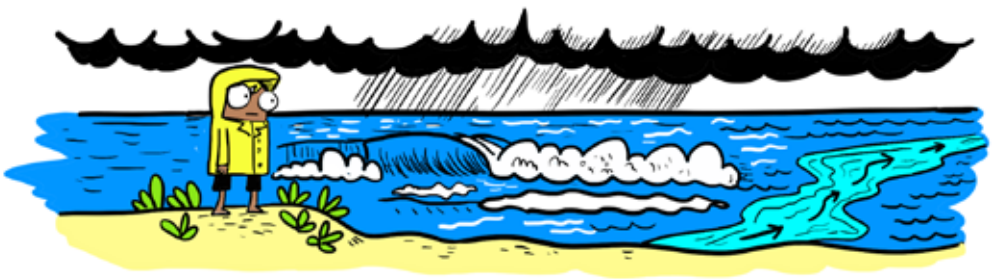
7. Share your knowledge



8. Only leave your prints



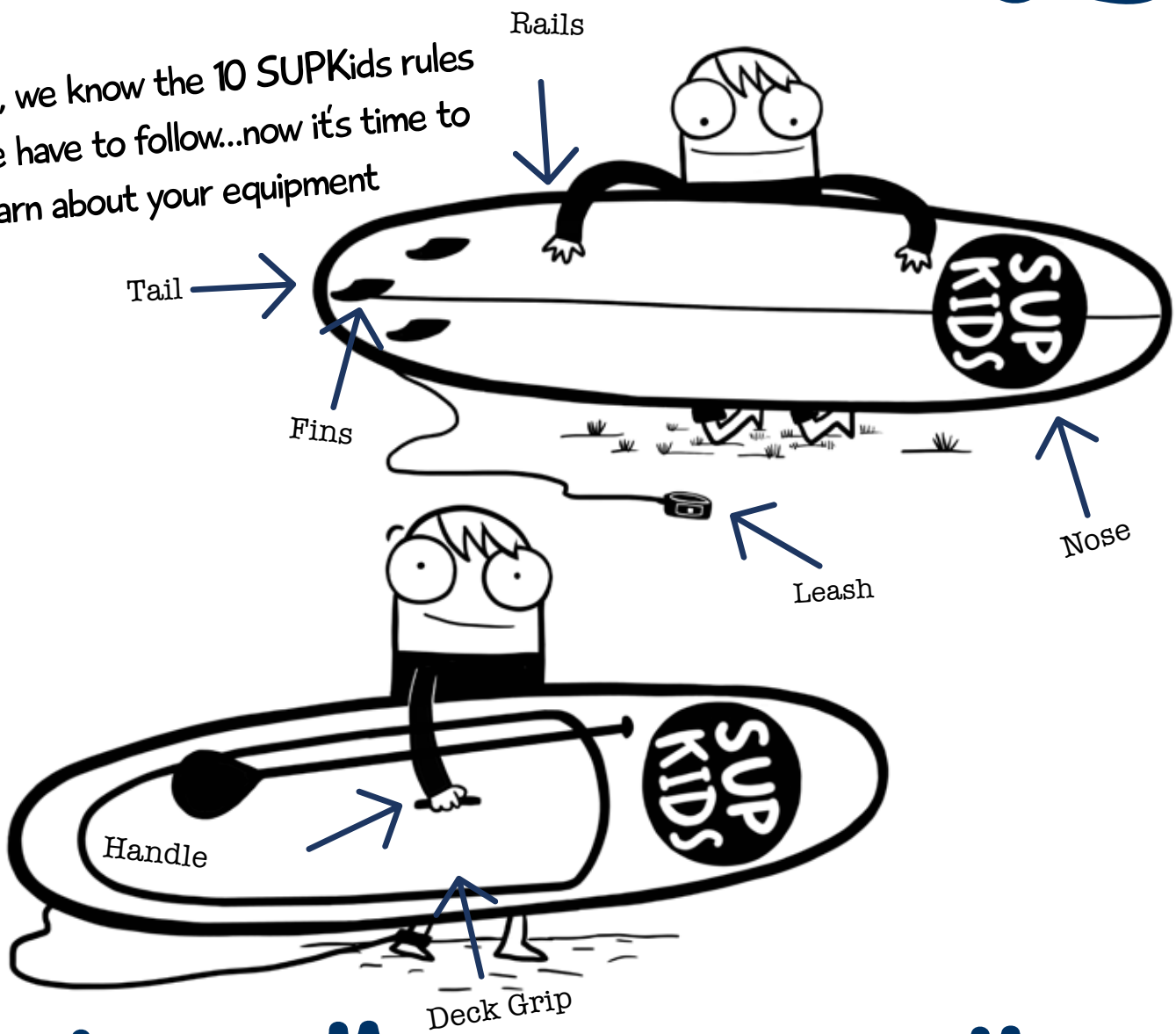
9. Learn to recognise hazards



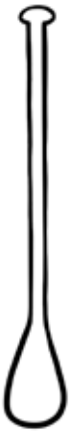
10. If in doubt, STAY OUT!

Get to know your SUP board

ok, we know the 10 SUPKids rules we have to follow...now it's time to learn about your equipment



Your SUP paddle....



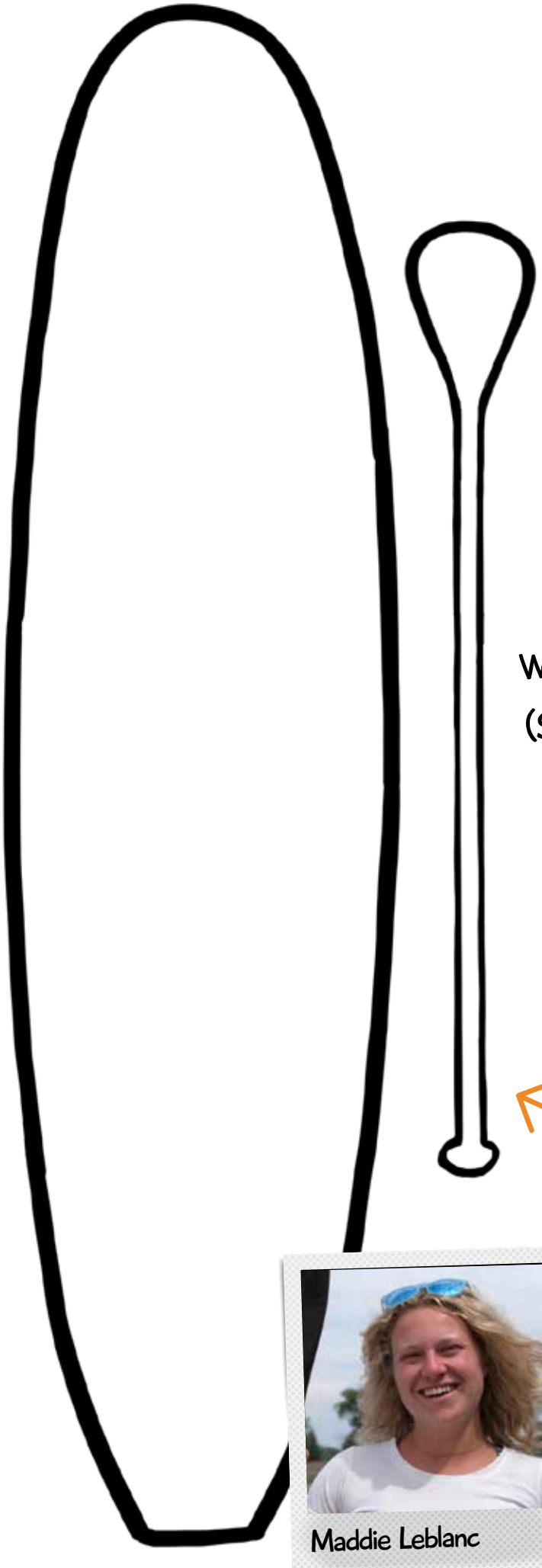
You need to make sure your paddle is the right size for you. The easiest way to check is to hold the paddle in front of you (with the blade on the floor) and raise your arm up above your head. The handle needs to be in line with your wrist.

Hold your paddle



One hand will always hold on to the handle, and your other hand will be about halfway down the paddle.

Design your own SUP!



Imagine you were designing your own SUP board.

What colour would it be?

Would you draw something on it? (SUPPY likes stripes on his).



Grab some crayons and create yours here.

Maddie Leblanc

ECO TEAM TIP:

Always make sure you have your leash and PFD tightly fastened before you get on the water. When you start stand up paddling, momentum is stability so keep your eyes up and paddle in the water as much as possible. Also don't forget to HAVE FUN!

Here's some SUP basics!



Carry your board

SUP boards might look big, but they're actually not too heavy. The best way to carry them is by holding on to the handle with one arm and holding on to your paddle with the other. Make sure the fin is facing towards you and is in front (so you don't bump it into anyone). Oh, and don't let your leash trail behind you on the floor!





Put on your leash & PFD

This is one of the most important things to remember. A leash keeps us attached to our board, so if anything goes wrong, we can stay floating on our board till someone comes to help us. Make sure your leash is done up nice & tight, and that the bit where the leash is attached to your ankle is facing outwards (so you don't trip up !). Don't forget to put on your PFD (Personal Floatation Device) before you get in the water.

Stand on your board

The best way to stand up on your board is to start from the lying down position. Once you feel stable, you can go onto your hands & knees, putting the paddle across the board in front of you, and then slowly get up to your feet. Make sure your feet are hips width apart, your knees are a little bent, your back is straight and that you keep your chin up and face forwards. Stay relaxed and smile.

ECO TEAM TIP:

We all learn at different paces. It is important remember that especially when you're learning to paddle with a group your friends. Some people will learn faster, some slower, but we will all learn. It's important to slow down, ask questions, try things in different ways, and most of all, have fun in the learning process!



Fiona Wylde



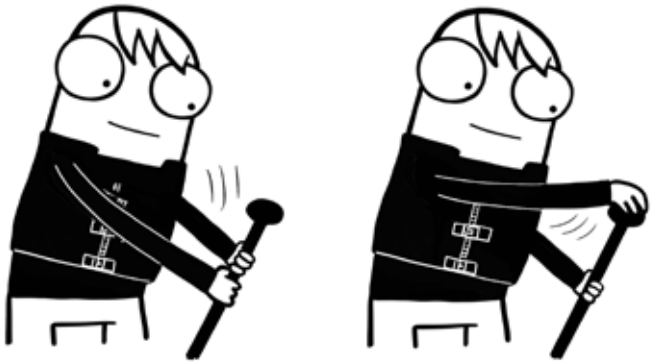
Basic stroke

We split the stroke into 4 easy parts. The first part is called the 'catch'. Lean forwards and put the whole blade in the water. Make sure your top & bottom hands are stacked one above the other (so the paddle is straight). Keep the paddle close to the board. Make sure you are looking forwards, with a straight back and have your knees bent a little.

The second part is called the 'power phase'. This is when you move the paddle back towards you. Try to keep your arms quite straight. Bring the paddle back to where your feet are.

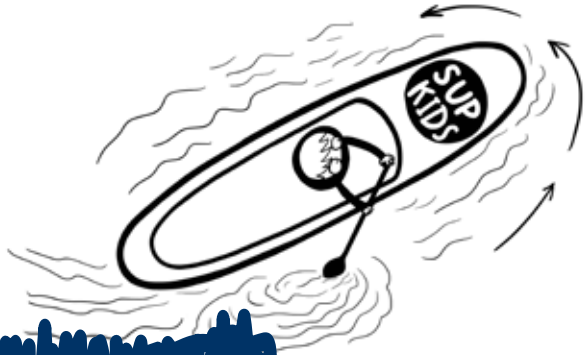
The third part is called the 'release'. This is the part when you take the paddle out of the water. As soon as the paddle passes your feet, you should take it out. Twist your top hand so your thumb is facing forwards.

The last part is called the 'recovery'. This is when you bring the paddle back up to the front of the board to start again.



Swap hands

What do you think would happen if you only paddled on one side ? Youd' end up going round in circles ! So every few strokes, you need to swap hands. All you need to do is move your top hand down to where your bottom hand is, and move your bottom hand up to where your top hand was. Then you'll be ready to do a stroke on the other side.

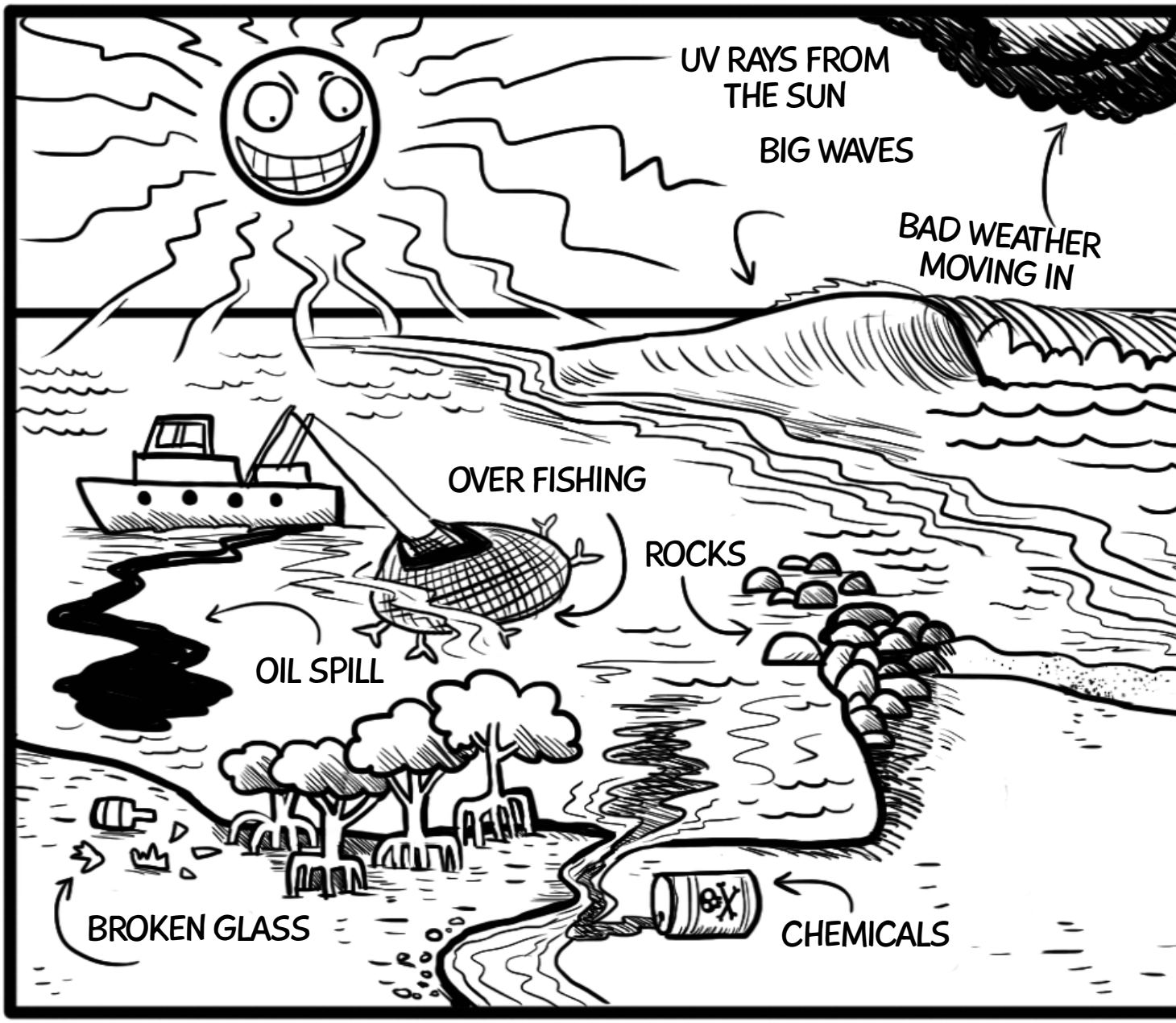


Basic turn

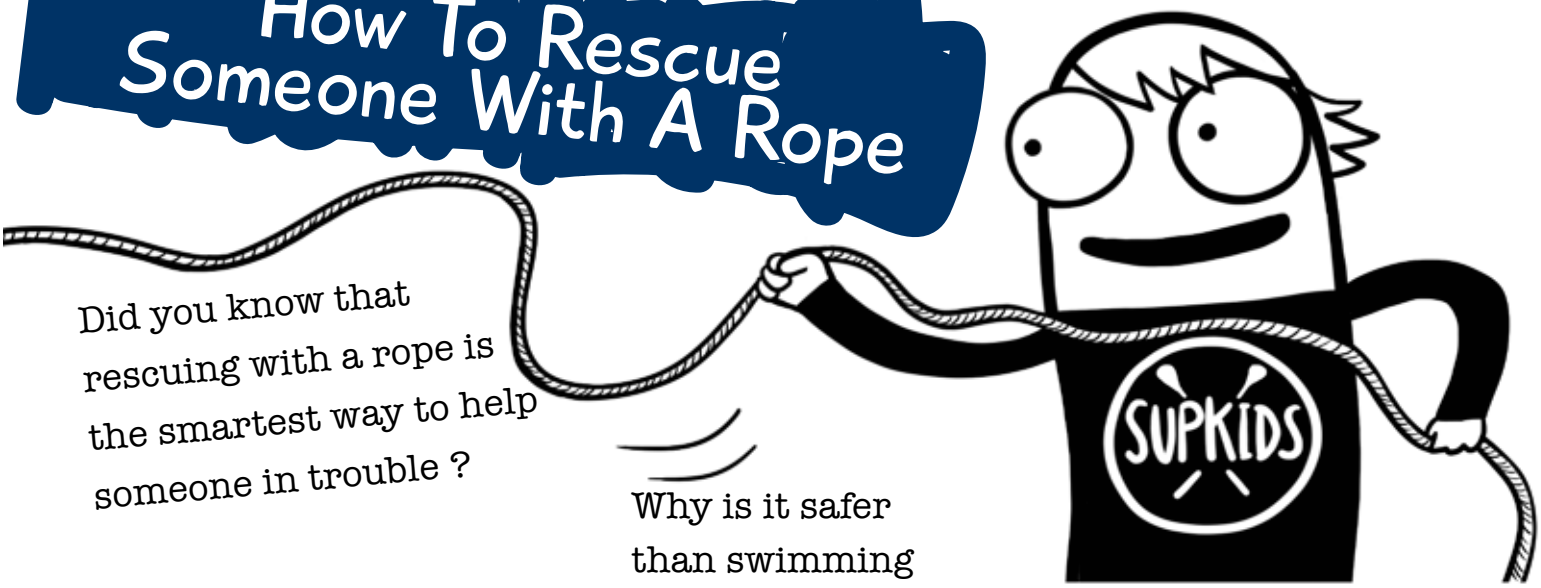
There are a few different types of turn, but we'll start with the easiest one ! Put your paddle behind you (near the tail of the board) and bring the paddle back towards the nose, in a big half circle movement. Make sure you stay low and keep your knees bent so you don't fall off.

Hazard Map

Do you know what a hazard is ? A hazard is something that could be dangerous. Sometimes, when we go for a SUP, we see things that could be dangerous to us or our friends, and sometimes we see things that are dangerous for animals or the environment. Can you spot all the hazards in the picture ? Which of those have you seen in real life ?

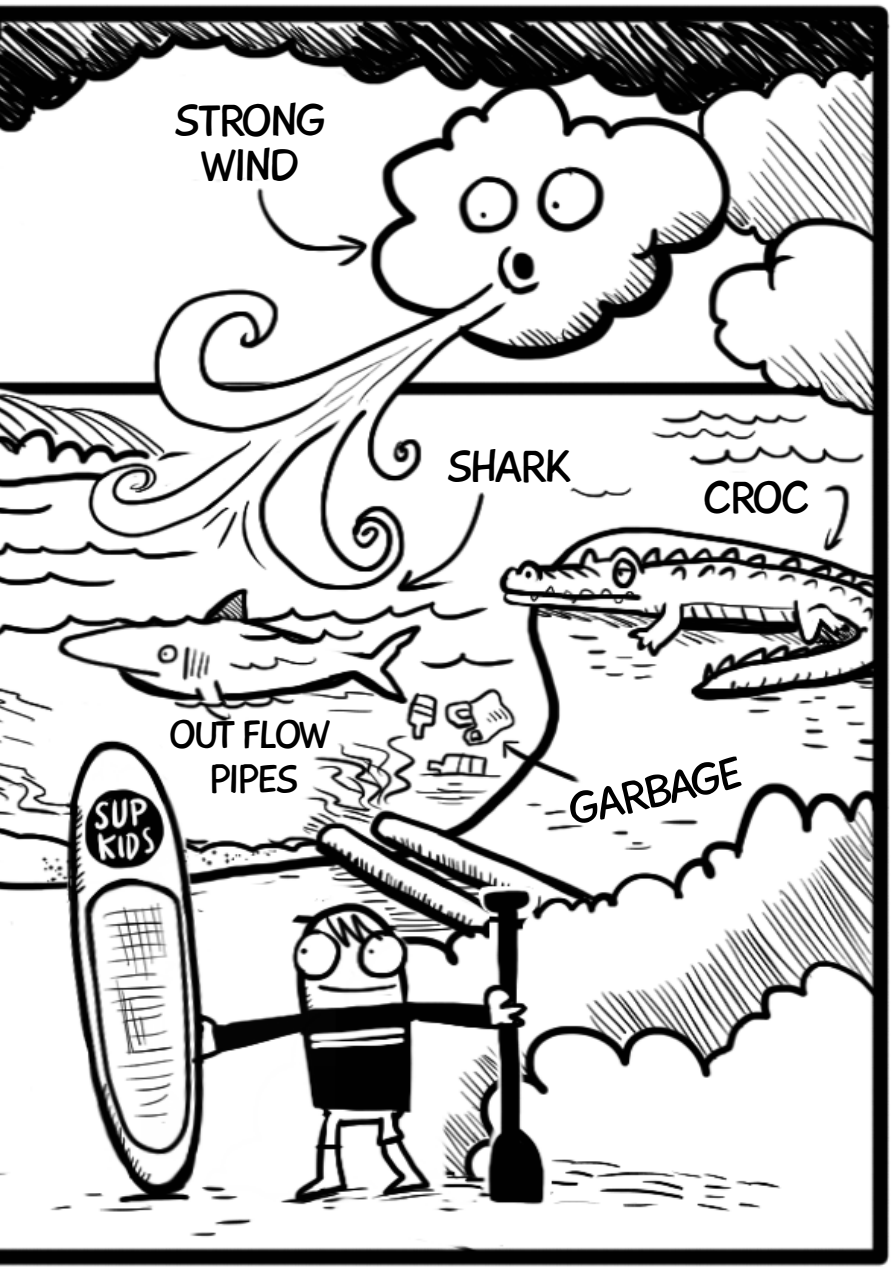


How To Rescue Someone With A Rope



Did you know that rescuing with a rope is the smartest way to help someone in trouble ?

Why is it safer than swimming out to help them?



Here's 4 things to remember when doing a rope rescue:

1. Make sure you coil your rope properly so it's easy to throw

2. Don't forget to shout loudly to the person in trouble, to let them know you're going to help them and to keep their head above the water & to stay calm & just grab hold of the rope.

3. Make sure you take a couple of steps back from the waters edge.

4. Hold on tight to your end of the rope when you throw!

Lesson Two

SUP Adventures

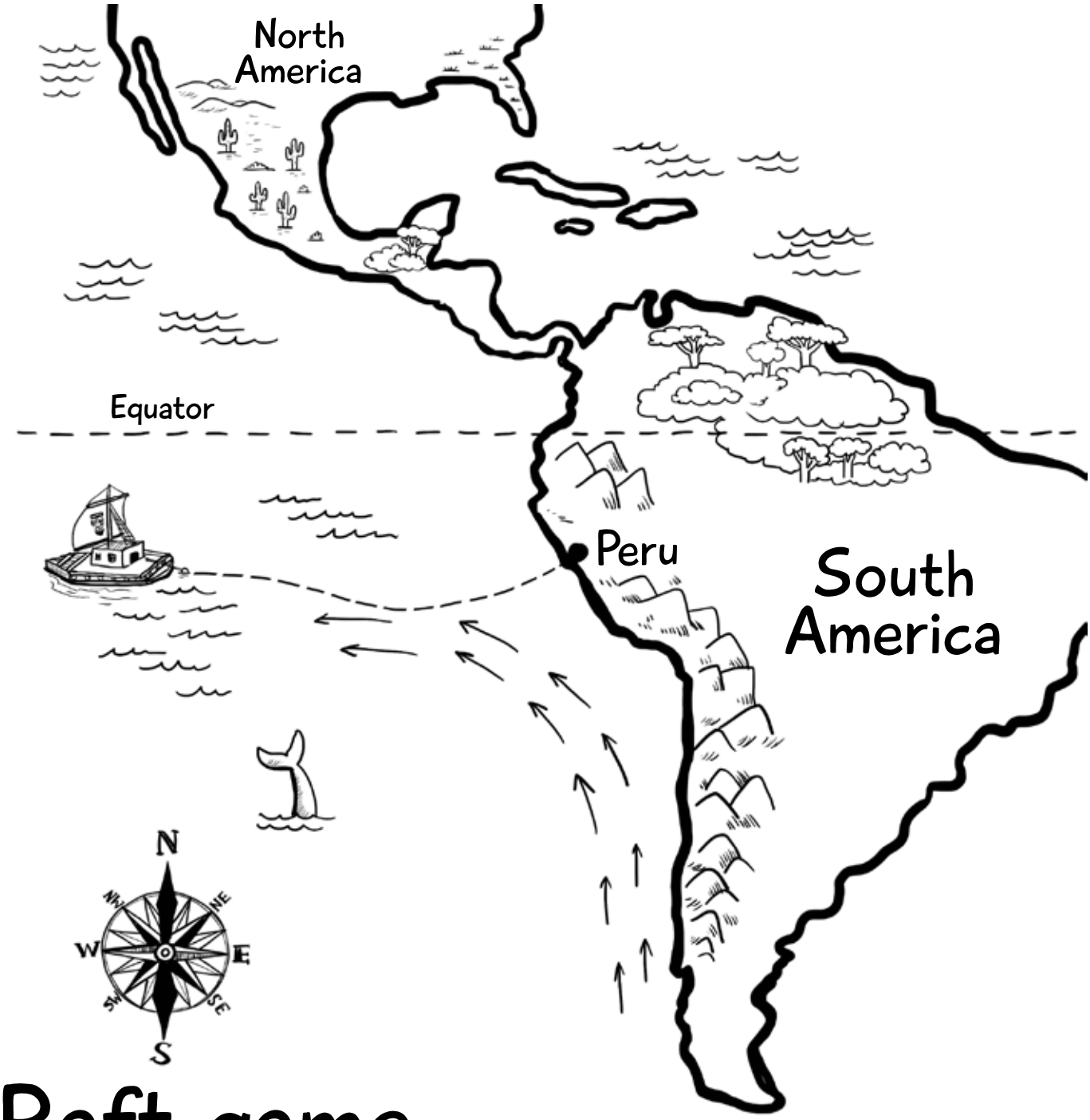
Now we know how to stay safe & we've learnt the basics, it's time to go on an adventure!



SUP'ing is a great way to explore your local environment and see new places. Some adventures can happen far away, on the other side of the world, and some can happen in your own backyard.

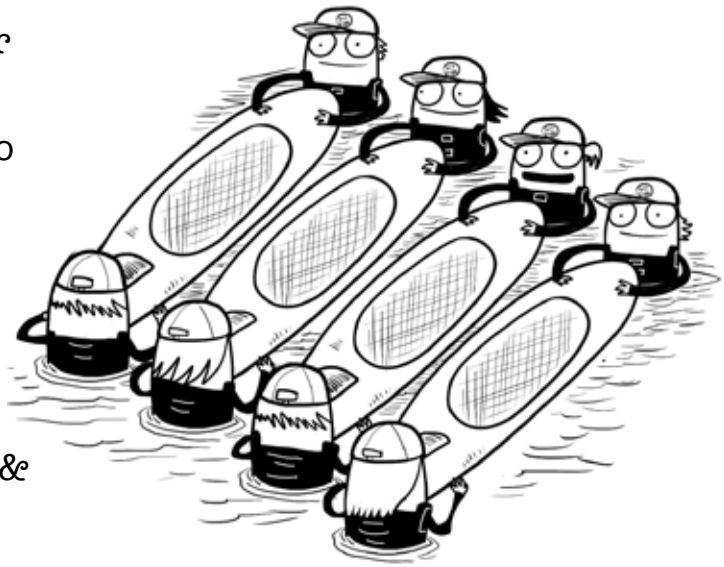
Story of Thor Heyerldahl

Thor Heyerldahl was an amazing explorer from Norway. He set off on an adventure to prove that the oceans' currents could take him all the way from Peru to Tahiti. No one believed that he would make it. So he and his team built a raft (they called it Kon Tiki) and set sail from a place called Callao. It took them 101 days to cross the ocean before they arrived on the island of Raroia. They had no motor on their boat and had to catch fish to eat.



Raft game

Do you think you could build a raft like Thor's ? You can practice in your next SUPKids lesson by putting all the boards together and holding on to them to make a long raft.



Once you've made your raft, you can take it in turns to run across (and if you want to make it really tricky, ask everyone to move the boards up & down when you run !).





Did you know that some adventurers only use stars as a map?

Where in the world would you go?



Draw your route on the map

WHAT WOULD YOU TAKE WITH YOU?

Hi!.....
I'm SUP'ing from .....
.....
to the weather is
..... and the
paddle is really.....
So far, we've seen
lots of ..... and
.....



Adventures in your own backyard



What is a Micro adventure? It is a simple, short and safe kind of adventure that everybody can do. You don't need to be a grown up to go on an adventure. You just need some imagination and some curiosity to try something a bit different.

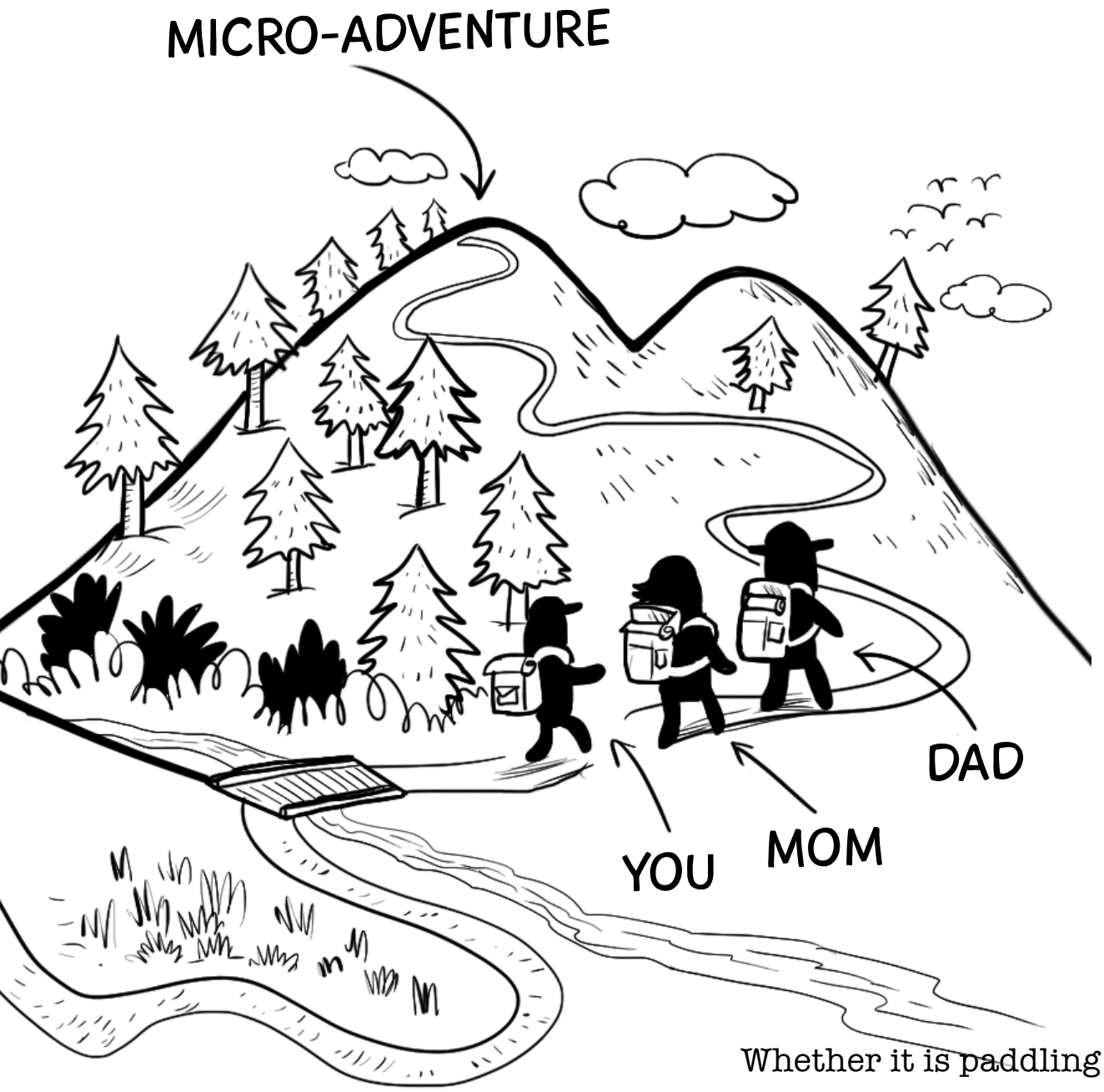
You don't need to go far to find an adventure. Remember that you need to ask an adult to come with you on all these micro adventures!

Paddle to the next beach

Stand up paddling is a great way to explore your coastline. Make sure you start with some research. It is important to check for potential hazards and to work out how long your paddle will take. Start with a test run, and go a little further next time.

Picnic by SUP

SUPPY loves picnics ! You can pack your favourite food, some drinks and take your friends on a picnic. But this time you'll paddle to your picnic spot. How rad is that? So first find the perfect spot: You can check on a map or try to remember a nice place by the water that you've been to before. It doesn't have to be far. Then plan what food you'll take, how you'll pack it (in a dry bag?) and invite some of your friends to join your micro adventure picnic.



Sleep on the beach

Beach camping is a great way to experience nature. Even your local beach will feel like a big adventure when you go there at night. Take a look at a map and try to figure out a good spot to camp. It doesn't have to be anywhere far away. The best bit about beach camping is jumping in the water just after breakfast.

Whether it is paddling to the next beach, going on a SUP picnic or even camping at the beach with your friends and family, it will be a great experience to try something new. So... Go have some fun and explore the world!



Sian Sykes

ECO TEAM TIP:

My favourite adventure is on the iconic Menai Strait which separates the island of Anglesey from Wales in the UK. I paddle under the famous Telford suspension bridge through whirlpools and waves in a fast 8 knot tide. I've been lucky enough to see seals, starfish and crabs hidden within the sea kelp.

Franz's top tips for planning a micro adventure





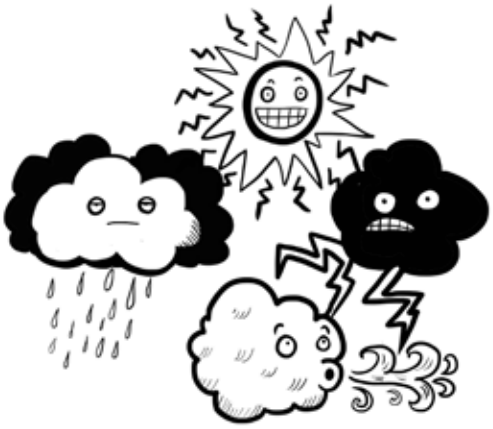
1. Research

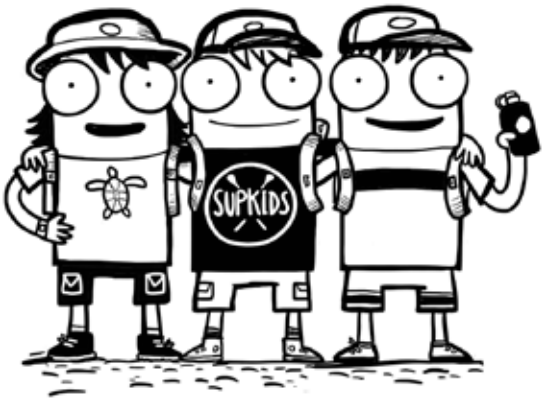
Pick an idea that really interests you (like exploring some caves or paddling up a river), a place that you really want to see or a micro adventure that you would really like to go on. Make sure you know the area well that you intend to explore, taking the landscape and weather into account as well as areas to avoid. Also think about the potential hazards you might find along the way.



2. Make a map

If you really want to be an explorer you need to have a good map. See if you can find a map of your local area and mark all the important points on it. If you want to, you can draw your own map. Make sure you remember to take it with you !





3. Know the weather

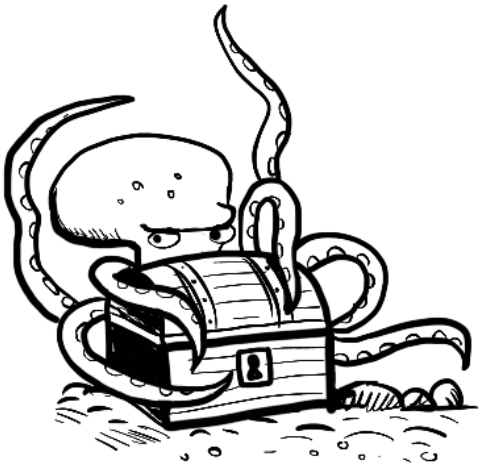
Knowing what the weather will be like during your trip is really important. Anytime you're going SUP'ing you should spend some time studying the water and the weather. It's good to know what temperature it will be (the air and the water), if there will be any wind (and what direction it will be blowing) and what type of weather is forecast.

Make sure you pack the right equipment : If it's going to be cold, take a good wetsuit and some extra warm clothes in a dry bag; if it's going to be warm bring some clothes to protect your skin from the sun, sunscreen and some extra water.

4. Safety first

Being safe is super important. Remember to follow the 10 SUPKids rules. Don't go on a micro adventure alone. Going on a micro adventure with friends will be much safer and it will be a lot more fun.!







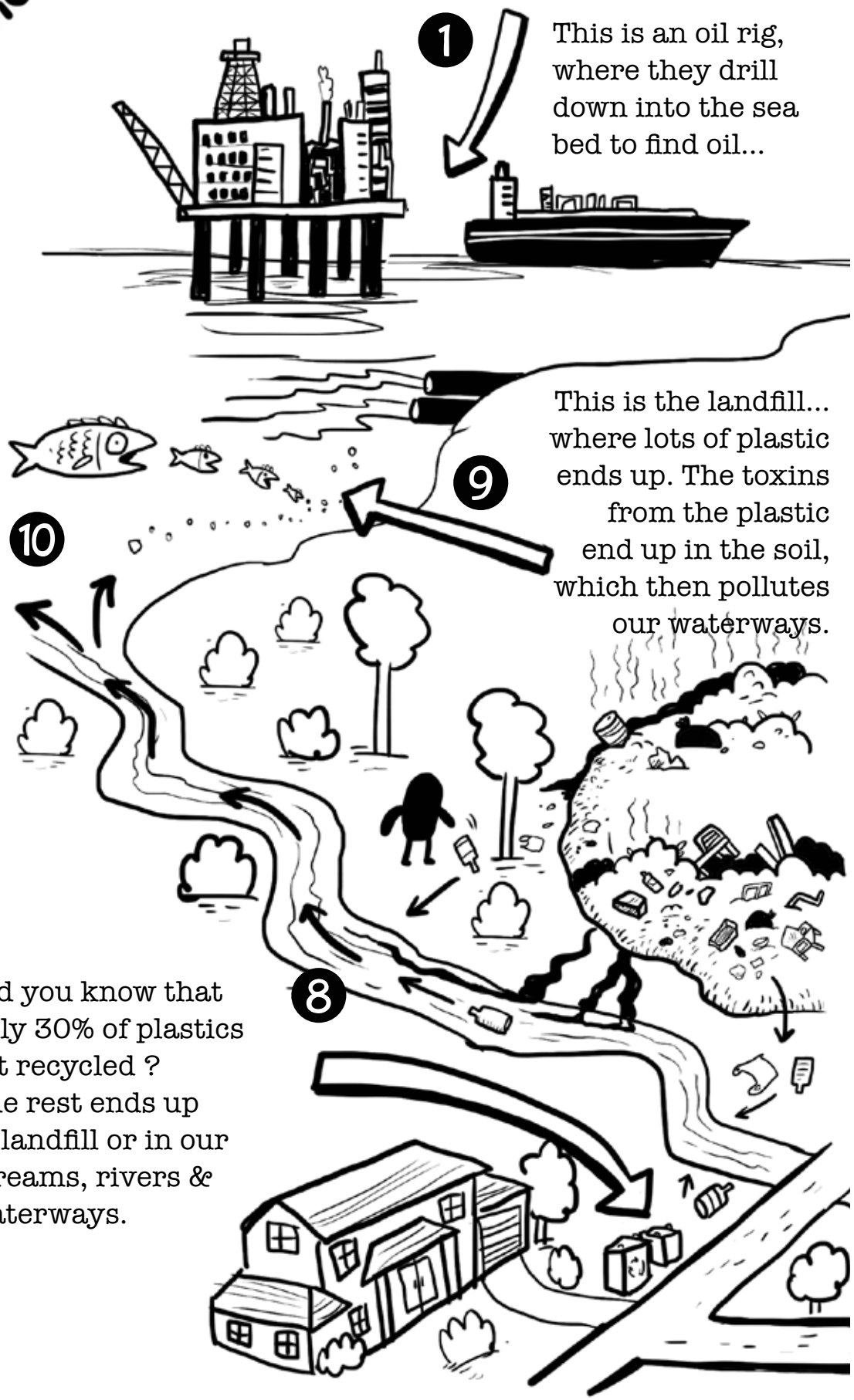
Fiona Wylde

ECO TEAM TIP:

Whenever I go on a trip I always pack my board, paddle & leash, food, water, sunscreen & a good attitude.

Lesson Three
Ocean Plastics

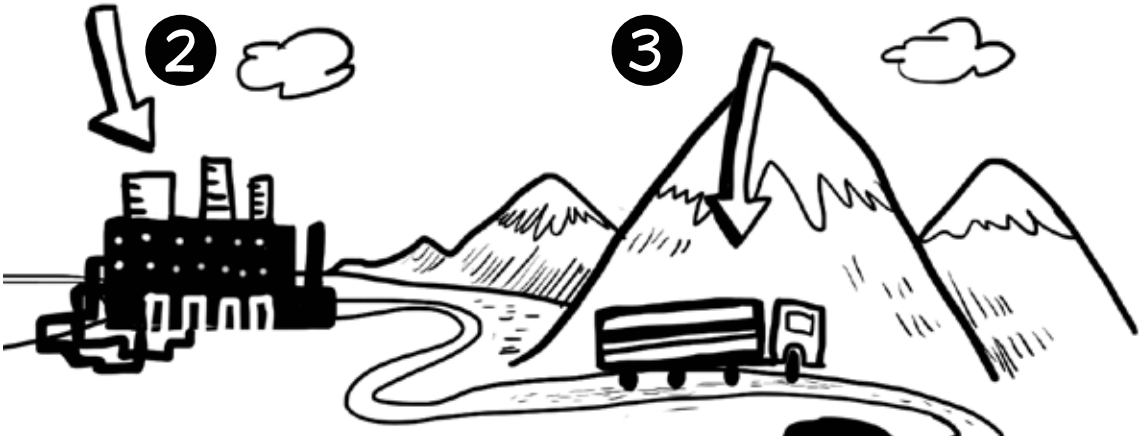
Plastics are causing a lot of problems for our environment. We use way too much plastic - it's in almost everything we use, from packaging to toys, and a lot of it ends up in our waterways and in the ocean.



Lifecycle of a plastic water bottle

This is where they add chemicals to the oil, and make plastic pellets.

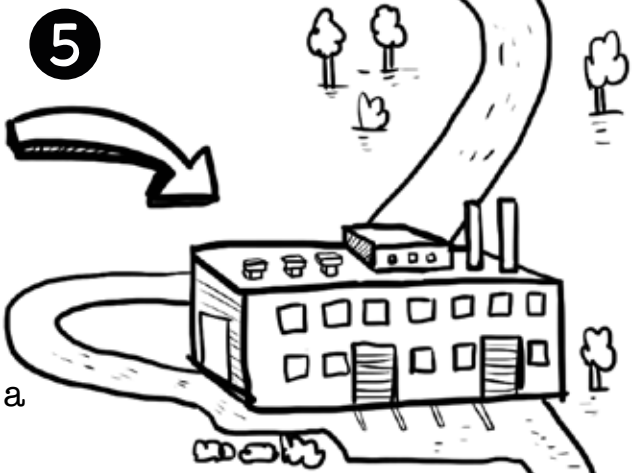
They drive them to the manufacturing plant.



Here's where they turn the plastic pellets into a plastic bottle.



Then they fill the bottles with water, and package them up in more plastic before they send them out to stores.



This is where we buy the bottled water. Some people will take their water home in a plastic bag.

Driving home.

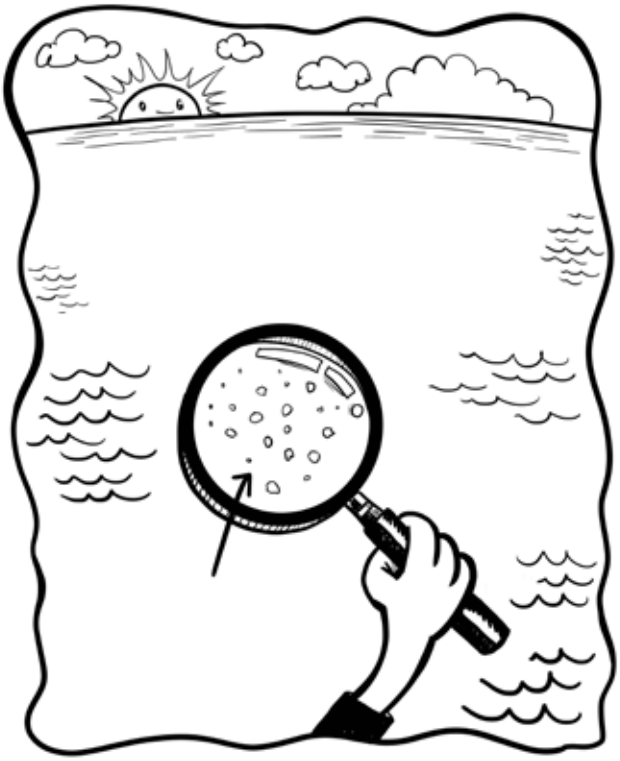


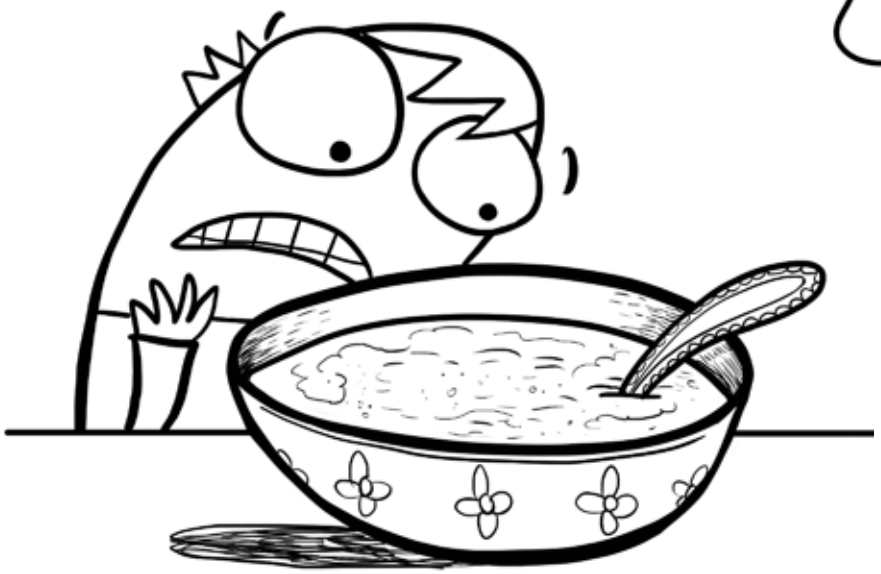
Did you know?

One of the worst things about plastics is that it never really goes away - which means every single piece of plastic we've ever created is still on the planet somewhere. This includes every paddleboard which has ever been made! It will be on the planet in some form or another.

What are microplastics?

When the sun shines on the plastics in our ocean they start to break down into tiny pieces. That makes it really difficult for us to see them, and even more difficult for us to get rid of them. We call them micro plastics.





Plastic soup

Scientists use the term 'plastic soup' to describe the areas where plastics have polluted our waters. Can you imagine eating that ?! Yuck !

ECO TEAM TIP:

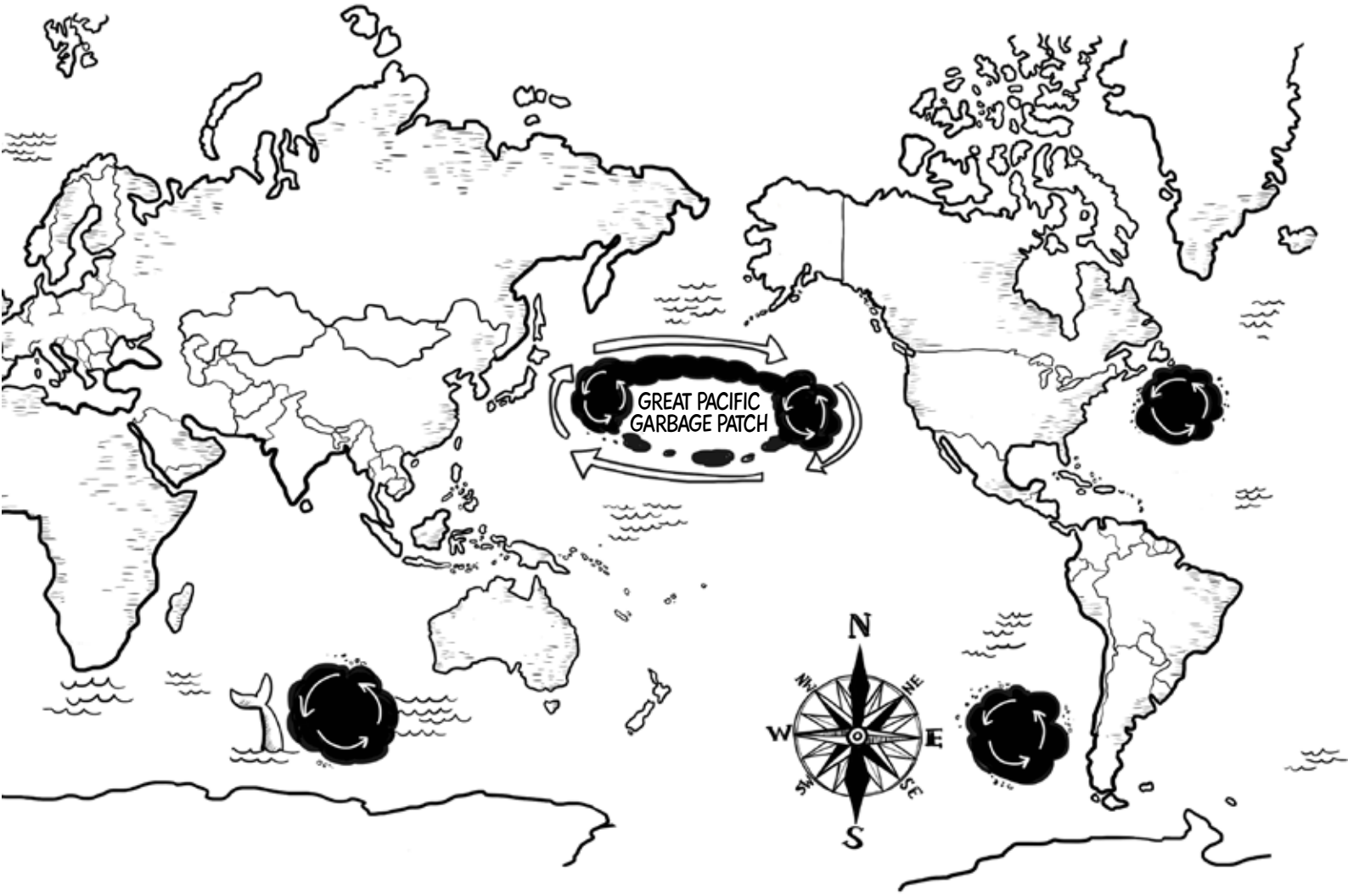
Microplastics might be tiny, but they have a big impact as they gather up the food chain. Stopping plastic from entering the sea in the first place is the best way to tackle them!



Cal Major



Great Pacific Garbage Patch



The oceans currents carry plastic everywhere. There are five main rotating currents (they are called gyres). Most of the plastic floating around in the oceans will end up in one of the gyres. One of the biggest gyres has been nicknamed the Great Pacific Garbage Patch.

It was discovered in 1997 by Captain Charles Moore, whilst crossing the Pacific after a yacht race.

There is 6 times more plastic than plankton in the Great Pacific Garbage Patch. It has over 100 million tonnes of floating plastic.



Tasmin Chilcott

ECO TEAM TIP:

Who has seen plastic on their beaches? Well the Starboard team found a huge amount in Thailand and wanted to take responsibility for some of the plastic they use to make boards. So for every Starboard made, 1.1 KG of shoreline waste is collected from the Thailand beaches.

How can we help?

The biggest thing we can do to help is to reduce the amount of plastic we use. Imagine if every single one of us was able to reduce our usage by 50 % ? That would make a really big difference. There are some really easy things we can do straight away :

- Use your SUPKids watter bottle instead of buying water bottles.
- Stop using straws & other single use plastics
- Take your own shopping bags to the supermarket
- Try to buy things with as little packaging as possible.
- We can also help by picking up any plastic we find on the beach.



Remember if we don't pick it up , it will end up in the ocean !

ECO TEAM TIP:

We can also make sure we are making all the items we own last as long as possible. So if you have a paddleboard and its broken, try and fix it as many times as possible. If it is no longer repairable, you can upcycle it and give it a new use, maybe making it into a bench for your garden or a table!



Lizzy Howard



Parley Air

Our friends at Parley have been coming up with really smart ways to protect the oceans. They've created three rules for us to follow :

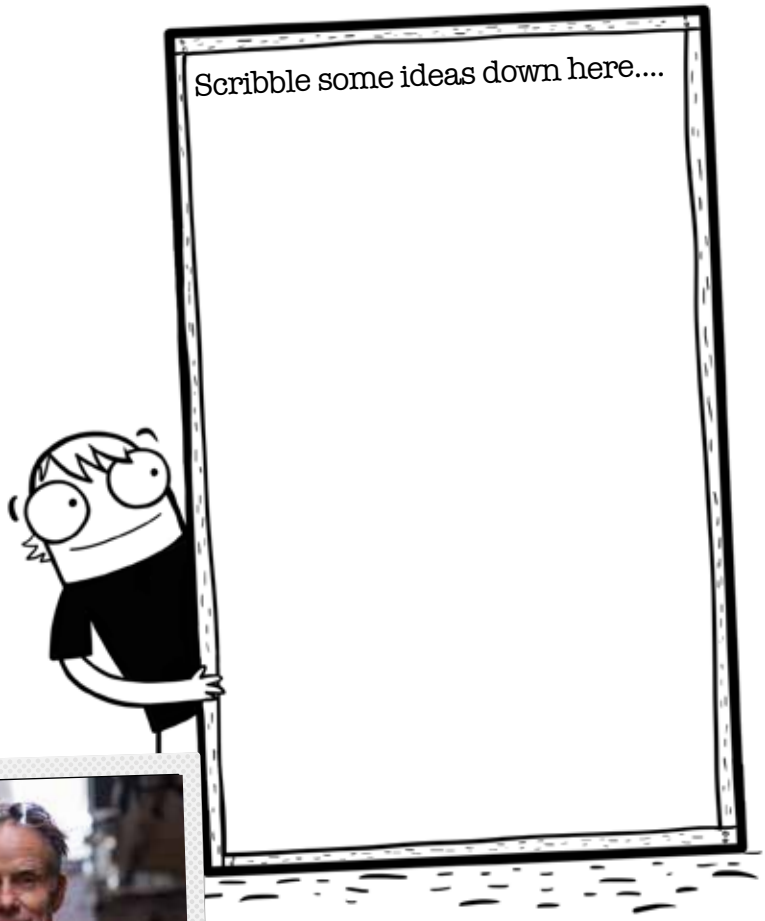
A - AVOID - This rule means trying to avoid using plastics. We can use other materials or at least try and use plastics that have already been recycled.

I - INTERCEPT - This rule is all about taking care of the plastics we have used. That means making sure we don't let plastics end up in landfill or in our waterways. It also means we try and pick up any plastic we see on our beaches, lakes and rivers.

R- REDESIGN - This rule is all about coming up with new ideas :) Trying to come up with ways for products to last longer, switching up the materials that are used in everyday stuff that is normally made of plastic and finding cool ways to prevent pollution.

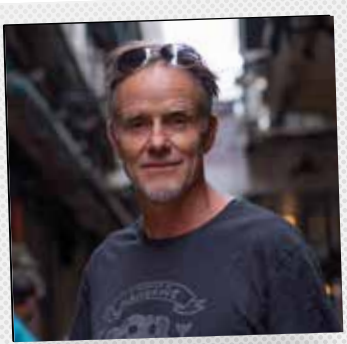
SUPPY'S Parley Project

Can you come up with a new invention to reduce plastic pollution ?



ECO TEAM TIP:

Starboard use this exact AIR concept! We've Avoid all plastic packaging and now use recycled paper and cardboard, we Intercept using our Plastic Offset Program and we Redesign our boards each year with the aim to use less virgin plastics, more recycled matieral and natural materials.

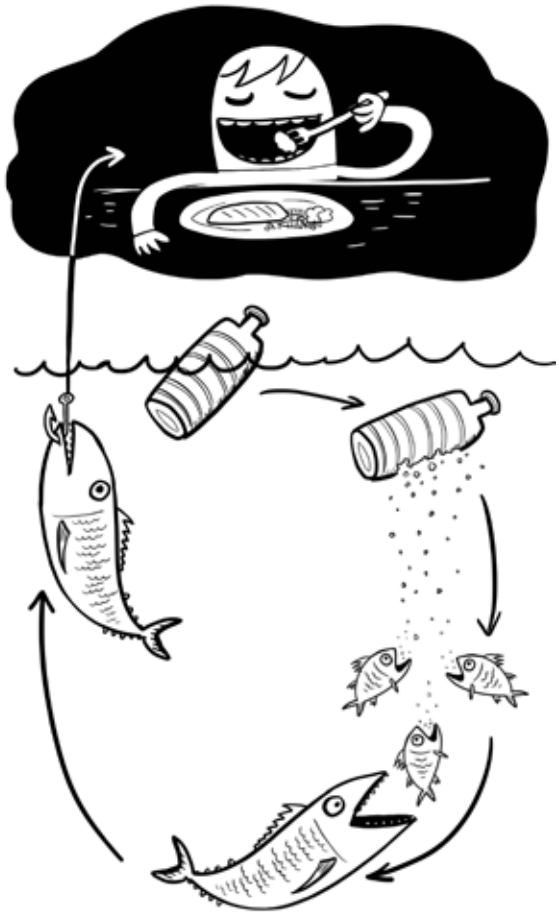


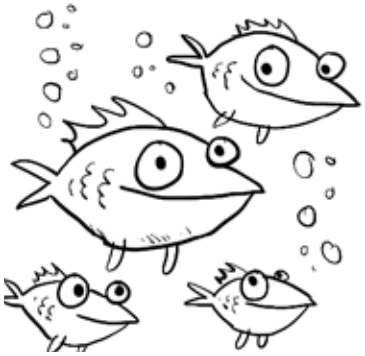
Svein Rasmussen
Founder; Starboard

What are you going to do?

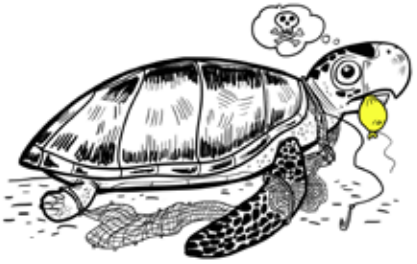
At least 260 different types of sea life are known to eat micro plastics by mistake. The smallest of all of them (they're called plankton) get eaten by little fish, then the little fish get eaten by bigger fish, then the bigger fish get eaten by even bigger fish... then guess what ? We catch the big fish & eat them and all that plastic !

Plastic food chain





One of the easiest things we can do is to stop using single use plastics. These are things that only get used once (like drinking straws, balloons, water bottles).



So many of these plastics are dangerous for animals. Not only do they eat the plastics by mistake but turtles, dolphins, whales & sea birds can get tangled up in old fishing nets, balloons and plastic packaging.

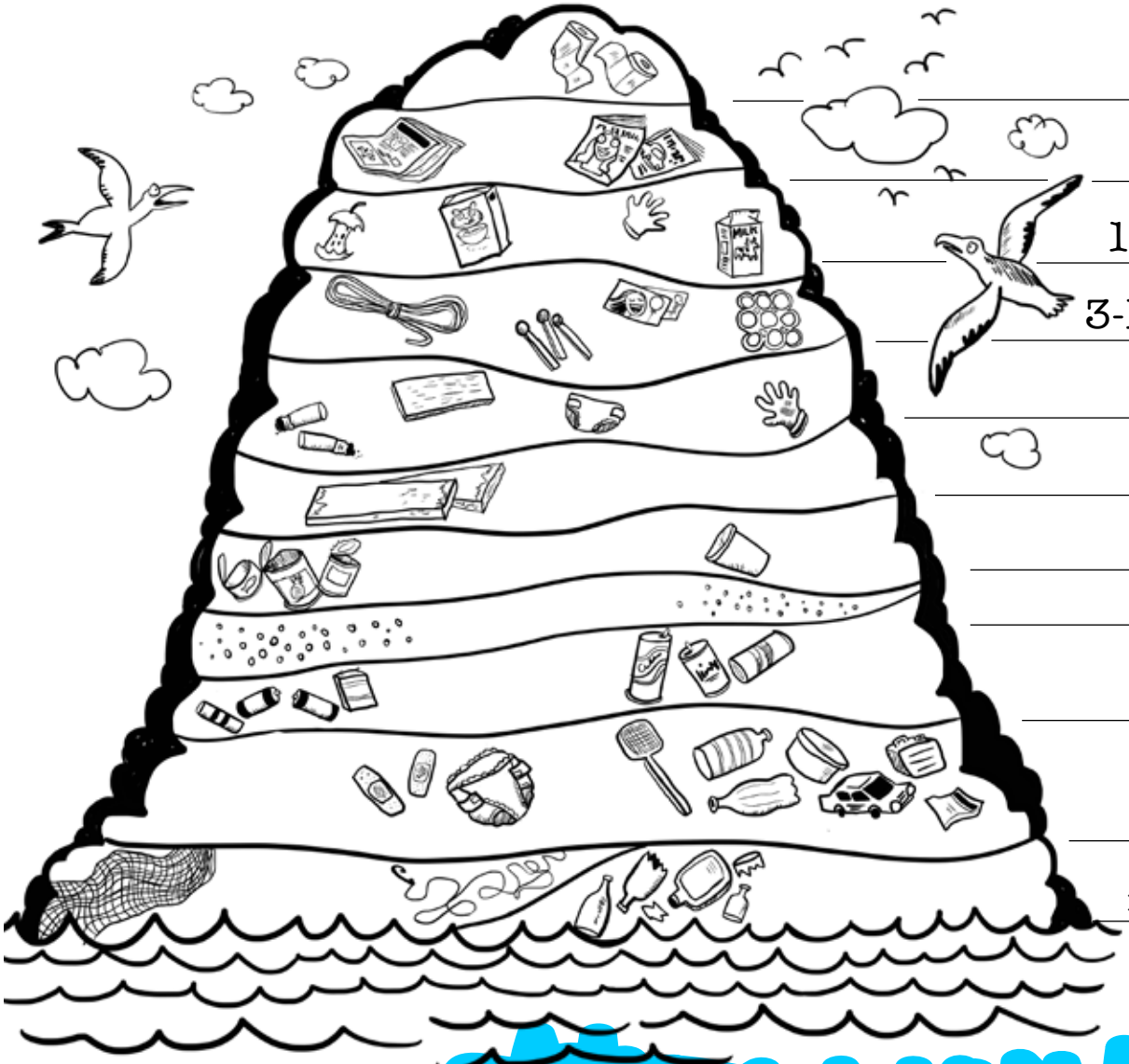
ECO TEAM TIP:

I choose no plastic bags,
I choose no plastic straws,
I choose no single use plastic,
I choose to protect our oceans,
I choose to protect the planet!
You can choose too...
Be Brave.



Mikaela Nichols

Look how long it takes for things to break down ....



2-4 weeks

6 weeks

1-5 months

3-14 months

1-3 years

13 years

50 years

80 years

200 years

600 years

nobody knows :-(

Grab some crayons and colour me in



CHALLENGE! Collect your rubbish for one day

Want to know how much plastic you use ? Here's an easy experiment to do at home. For one day , ask everyone to put any plastic rubbish into a separate container. At the end of the day, have a look at how much plastic you've used and see if you can come up with some ideas to reduce it tomorrow.

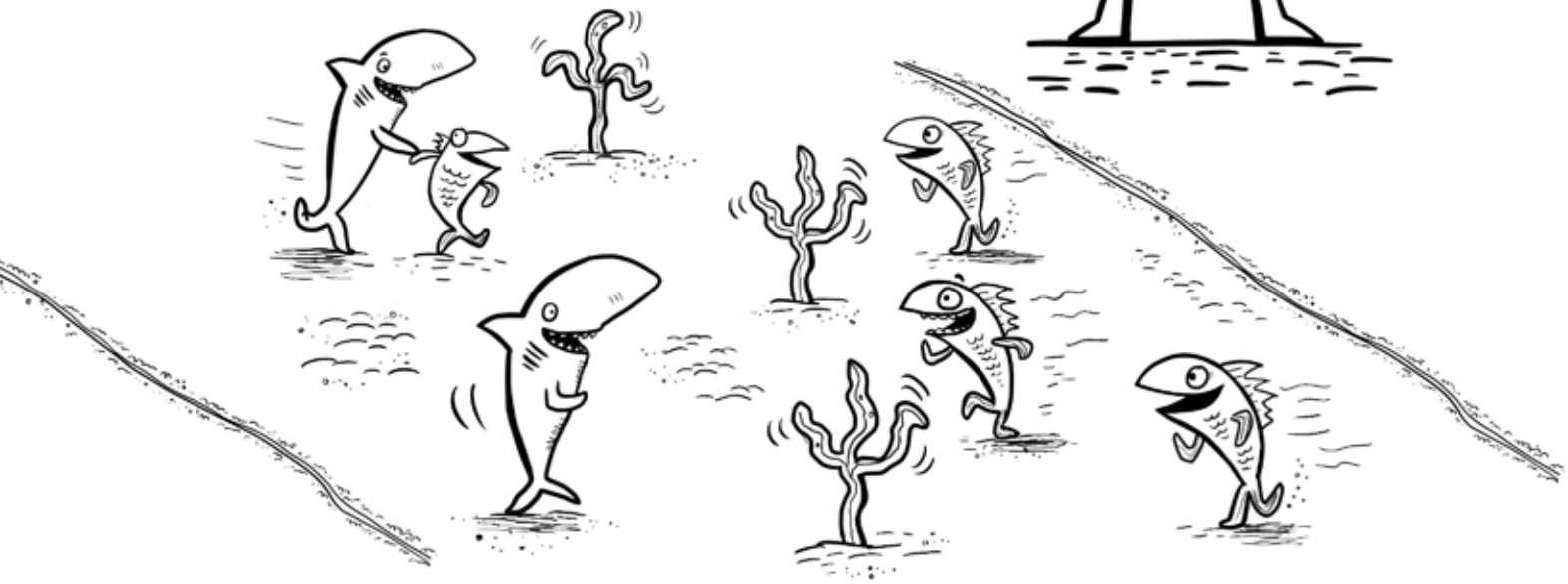


SUP is a great way to stay fit and healthy. You have to use the muscles in your arms to paddle, whilst your core muscles, your back muscles and your legs all help you stay balanced. On top of that, it's a super fun sport to do with friends, and you get to hang out in the fresh air !

SUPPY loves to make sure he's feeling strong for his paddle adventures, so he does a whole bunch of stuff to keep him healthy.

What muscles do you think we use when we SUP?



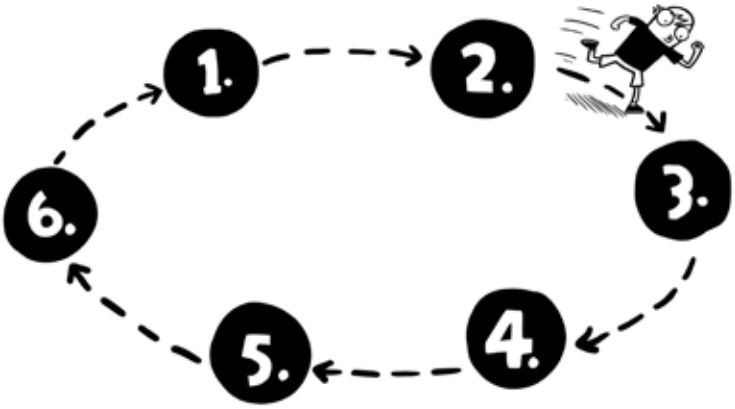


How to play the seaweed game

SUPPY's favourite way to warm up before a SUP is to play the seaweed game. First up, draw two long lines (if you're not on the beach, you can use markers like trees). Get everyone to stand along one of the lines. One person in the group is a shark - they stand in between the two lines. Everyone has to try and run from one line to the other without getting tagged by the shark. If you get tagged, you turn into a piece of seaweed. Once you are a piece of seaweed, you can't move your feet but you can move your arms from side to side to tag people. The winner is the last person to run across.

Circuit Training

Circuit training is a great way to stay fit for SUP. You can do it anywhere (at home, on the beach...) and you don't need lots of equipment.



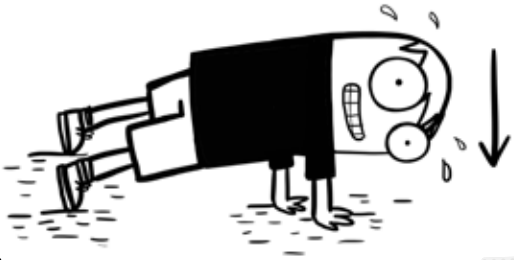
Grab some friends and set out 6 stations for your circuit training class. One person will need to use a stopwatch to time everybody. Play a game of seaweed to warm up, then pick an exercise to start with and make sure everyone is ready. You have one minute on each station before you have to move to the next. Once everybody has finished all exercises, take a short break and grab something to drink. See if you can go around the circuit 3 times !



1 Tricep dip
Find a park bench or a wall. Put your hands on the bench/wall and lower yourself down. Keep your body still & use the muscles in your arms to do all the work ! Do 15 of these.



2 Squats
Stand with your feet hip width apart. Bend your knees and squat down slowly and then come back up again. See how low you can go ! Do 15 of these.



3 Push up
Lie flat on the ground on your tummy then put your hands next to your shoulders and push up with your arms so your body is lifted off the ground & your arms are straight. Now lower yourself back down by bending your arms. Do 15 of these.



Cal Major

ECO TEAM TIP:

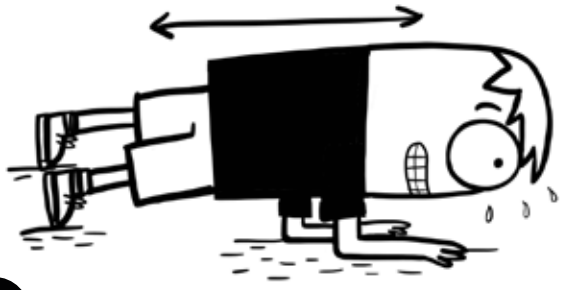
We are a part of our planet, and spending time in nature is so important for our wellbeing. The more connected we feel to nature, the more able we are to help protect it.

Circuit training



4 Superman

Lie flat on the ground on your tummy. Stretch your arms out in front of you. Now lift your arms and shoulders off the ground (keep them straight) and do the same with your legs. Hold for 5 seconds then lower. Do 5 of these."



5 Plank

Lie flat on the ground on your tummy. Stretch your arms out in front of you. Now bend your arms and bring them back so your elbows are in line with your shoulders. Push up so your whole body is lifted off the ground. Hold for 5 seconds then lower. Do 5 of these.



6 V-Sit

Sit on the ground with your legs in front of you. Bend you knees and see if you can lift your feet off the ground a little. If that's easy, straighten your legs so your body makes a V shape and reach your arms towards your toes. Hold for 5 seconds. Do 5 of these.

ECO TEAM TIP:

Weather conditions can change very quickly when you are on the water. Before heading out it is best to make sure you are well-rested and have plenty of energy stored up in your body. Always check the wind, rain and tide forecast, then you can prepare for your session appropriately. The direction and strength of the wind are very important for your safety. If the wind is offshore (going from land to sea) and strong be extra careful and stay close to the shoreline and always paddle with another person!



Brianna Orams



Yoga

Yoga is an awesome way to stay fit & flexible for SUP. It helps us with our strength, balance & focus. When you are practising yoga, remember to breathe in and out slowly through your nose.





Mountain

Stand tall & straight with your feet together. Put your hands together in front of your chest. Hold for 10 deep breaths. Go further - Try closing your eyes

Tree

Stand tall and lift one foot and rest it on the inside of the other ankle. Lift your arms over your head and hold for 5 breaths. Then try the other side. Go further - Lift the foot higher so it rests above your knee !



Eagle

Bend both knees, then lift one leg and cross it over the other. You can touch your toes on the floor or try to balance on one leg. Hold for 5 breaths and then try the other side. Go further - Hold your arms out to your sides, then bring them in front of you and cross one elbow over the other.



Chair

Bend both knees and sit down into an invisible chair. Lift your arms up and point them towards the sky. Hold for 5 breaths. Go further - Go lower & see how long you can hold the pose for !

Nutrition

Eating good food is super important. Food is the fuel your body uses to move, grow, and repair itself. It also helps us paddle longer & faster.

How to make your own trail mix

1. Make up a combination of all of your favourite ingredients (about 1/2 cup of each)
2. Put them in a big container (with a lid on) and shake shake shake!
3. Grab a smaller container and fill with handful of your trail mix, and off you go!



Nuts - almonds, pistachio nuts, cashew nuts, peanuts

Grains - toasted oats, granola, popcorn, puffed rice cereal

Coconut flakes

Dried fruit - mango, pineapple, banana

Seeds - pumpkin seeds, sunflower seeds, flax seeds, sesame seeds

Extra flavours - ginger, cinnamon, cacao nibs (this is what chocolate is made from!)

ECO TEAM TIP:

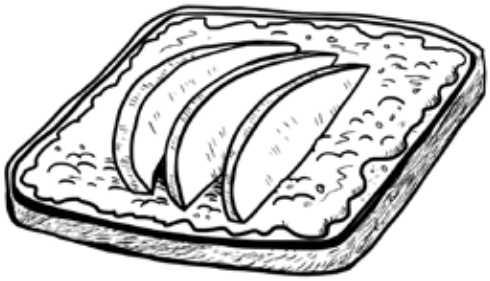
Avoid bright coloured sugary stuff! Instead eat lots of fruit & veggies!



Daniel Hasyulo

Trail mix is SUPPY's favourite snack. It's really easy to make your own, and you can take it with you when you head out on your next SUP adventure.

4 rad breakfast recipes



Wholegrain toast with peanut butter & slices of apple

Slice up an apple (ask for help if you need to) then spread some yummy peanut butter on wholegrain toast.



Boiled egg with avo toast

Mash up an avocado in a bowl with a little salt & pepper. Ask an adult to boil you an egg and whilst it's cooking, make some wholegrain toast and spread your avo all over it. Cut the toast into strips and dip it into your boiled egg ... mmmm delicious !



Banana & blueberry pancakes

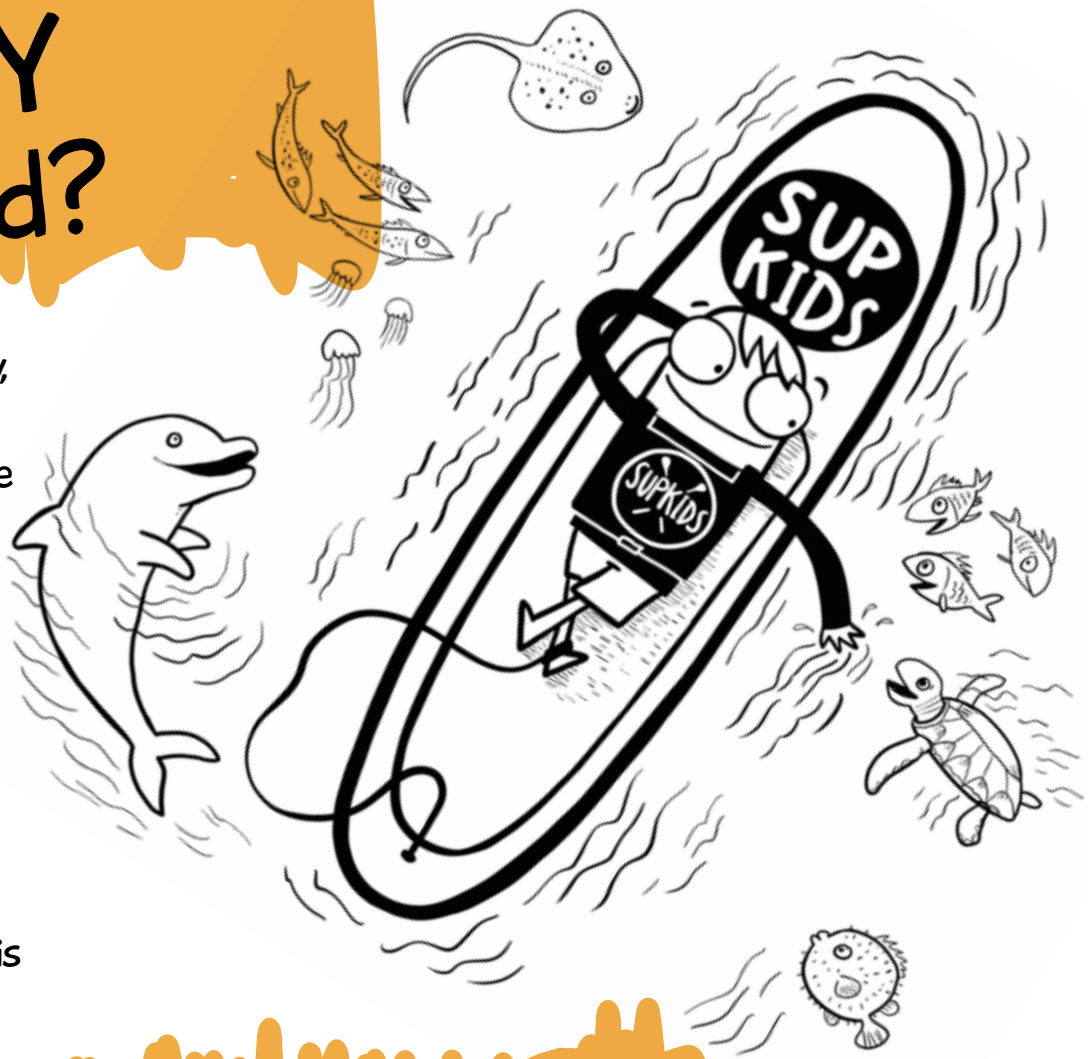
Mash 1 banana in a bowl and add 3 tbsp of almond meal, 2 eggs and half a cup of blueberries. Mix it altogether. Ask an adult to help with the cooking. Add a little coconut oil to a pan and then pour in a little mixture to make one pancake. You can fit about 4 little pancakes in one pan. Cook for a few minutes until they are golden brown. Make sure you flip them over ! Serve with maple syrup.



Smoothie bowl

Put 1 cup of frozen berries, half a banana and 1/2 cup of almond or coconut milk into a blender and whizz till it's smooth (ask an adult to help with the blending). Pour out into a bowl. Chop up the rest of the banana and put it on top, with a good sprinkle of granola, nuts & seeds.

What makes SUPPY stoked?



Staying fit & healthy, eating good food, spending lots of time outdoors & having some quiet time in nature.

Did you know that being a healthy SUPKid is also healthy for the environment ? Why is that do you think ?

Meditation



Meditation is a really cool way to relax. It's easy to do... you just need to start by noticing your breath. Breathing is something we do without even thinking about it, but when we meditate, we try to slow everything down and just gently follow our breath in and out. Try it ! Sit with your legs crossed and close your eyes. Practise breathing in slowly (count 1, 2, 3 in your head) and then breathing out slowly for 3. See if you can sit quietly for a little while and just relax whilst you practise your breathing. If you start thinking about something else, don't worry, just go back to focusing on your breathing.

Aloha Spirit



People from Hawaii use the word Aloha to describe a way of living with love and respect. Aloha is also a feeling, a way of going about things. To act with aloha is tobecaring,giving,kind.



A AKAHAI - Kindness

L LOKAHI - Unity

O OLUOLU - Agreeable

H HAAHAA - Humility

A AHONUI - Patience

Blue mind

Can you think of how to use the aloha spirit whey you are SUPing?

Did you know that science has proven that our brains change state when we're around water ? We feel calmer & happier when we're in, on or under the water. It's called 'Blue Mind'. We're stoked ! It means we have even more of a reason to go SUP!



Zane Schweitzer

ECO TEAM TIP:

A huge part of all my work revolves around sharing the aloha spirit. It's awesome to share our sport with others so we can all have fun in the ocean together.

Lesson Five
ambassador for the planet

How to become an ambassador for the planet

Global envirnomental issues

Some of the biggest environmental issues are happening all over the world - not just in one place. We call these 'global' issues. Here are some of the global issues that we're dealing with right now:

1. Ocean Plastics



2. Climate Change
(the earth is getting warmer which causes lots of problems)



3. Deforestation
(too many trees being cut down)



4. Pollution
(on the land, in the air & in the ocean)



ECO TEAM TIP:

Biodiversity is essential for a healthy ocean. We need to look after all the species that together make up the ocean ecosystems, from worms to whales! They all matter!
We can all be ocean advocates by using our voice to speak up for the creatures in the sea that don't have one!



Cal Major

What can you do?



Even though these problems are really big, we can all make a difference. If everyone on the planet picked one issue and committed to helping out, even in a small way, we'll be on our way to a much healthier planet.



Here are some ideas...

- Raise awareness of one cause & show people in your community how they can help
- Choose one cause to learn more about & ask your teacher if you can talk about it in class
- Make a list of 5 things you can do to help your global cause & start doing them today !

Working together



We think the best way to protect our planet is to team up with people who care as much as we do. We can all make a much bigger impact if we work together. This is called collaboration. Here at SUPKids we have a bunch of awesome friends we work with.... Who can you collaborate with ? Can you think of any friends who might want to help you with a project ?

What about local issues?

Local issues are environmental problems that are happening in our own community or even our own backyard.

Here are some examples of local issues:

In Los Angeles, California, there is a massive water shortage. The weather has changed a lot in the last few years. Less rain and snow means less water flowing into rivers & streams. On top of that, people are also using too much water at home and in big businesses like farms.



In the Algarve, Portugal, people are worried that their local environment is at risk from too much oil production. They don't want any new oil refineries to be built.

In South Africa, rhinos and many other animals are at risk from illegal poaching. Poaching means that animals are being killed illegally, normally when the poachers think that they can make money from selling them.

In the heart of the Amazon rainforest in Brazil, a huge new mega - dam could flood an area around the Tapajos river, destroying the homes of local people and wildlife.



Can you think of any local issues your community is dealing with?

_____

_____

_____



How to run a clean up of your local waterway

1. Ask an adult to help organise the clean up with you
2. Choose your location (and make sure it's a safe spot)
3. Make some posters to invite people to come along & help
4. Make sure you have the correct equipment (gloves, bags, first aid kit etc).
5. Before you start, talk to everyone about why you are doing it, and how to stay safe
6. Give each volunteer area to clean
7. After your clean up, sort through the rubbish & note down what you have found
8. If you can, pass this information on to your local envirnoment department or charity.



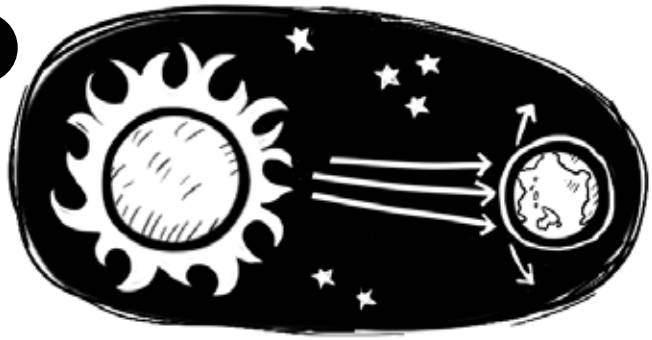
Merijn Tinga

ECO TEAM TIP:

Choose reusable cups and containers for our lunch breaks and make this a habit that stays with us our whole lives. This way we can ensure we are staying waste free! Waste can be harmful to nature, animals and humans, so any waste we do create needs to be recycled or put into bins - not into the environment.

Cllimate Change

1



The temperature of our planet depends on a balance. The sun's heat travels to the earth to keep it warm then it bounces back to space and the earth stays cool.

2 When the balance is lost, the climate changes.Our climate has changed many times before. But right now, greenhouse gases act like a blanket for the earth. They make the earth warmer & trap the heat from the sun.



3



The greenhouse gases are caused by burning too much coal & oil, cutting down too many trees, dumping rubbish in landfills & eating too much meat. The changes in our weather are making the ocean warmer, the storms get stronger, the glaciers melt quicker & the sea level rise. All living things are in big trouble.

So what can we do?

We need to change the way we live so we reduce the amount of greenhouse gas...that way, the earth's blanket can go back to normal & balance is restored.

Blue carbon

One of the major greenhouse gases is called Carbon Dioxide. Carbon Dioxide is released by our cars, our factories and when trees die CO2 is released through burning or when the tree biodegrades. All of that extra carbon is making the Earth feel sick and adding to the climate change problem :(. A lot of Carbon Dioxide comes from the making of stuff, including the clothes we wear, the sofas we sit on at home and even the boards we paddle!





But wait ! There's a rad type of tree called a mangrove that can help ! Mangroves grow in forests in between the land and the sea.



Mangroves breathe in some of the extra carbon in the air and use it to grow branches, or store it in soil around their roots where it will stay for a very long time. So having lots of mangroves makes the earth healthier and happier.



The more we take care of mangroves, the more carbon they can soak up ! Here's the coolest part of this lesson : Our friends at Starboard have been planting lots of mangrove trees in a country called Myanmar. We wanted to help so we came up with a cool idea. Every time a SUPKid delivery centre runs a program (like the one you're on right now !) we will plant a mangrove tree for each SUPKid. That means there's a little mangrove seedling being planted in Myanmar with your name on it!!

YAHOO! YOU'RE NOW AN AMBASSADOR FOR THE PLANET



CERTIFICATE

AMBASSADOR FOR THE PLANET



I..... want to make a difference

I am the ambassador for the planet & so, I'm choosing to rise awareness of _____ (of your cause global or local)

Here are my next steps

1. _____
2. _____
3. _____

STARBOARD
INNOVATION QUALITY

SUPKids Friends

PARLEY

Sustainable Surf org

G·R·I·D ARENDAL

WORLDVIEW INTERNATIONAL FOUNDATION

Certified B Corporation

protect. blue



Svein Rasmussen
Founder : Starboard

Mangroves, Thor Heyerdahl's Kon Tiki adventures, ocean plastic awarenesss, trash heroes, water safety and getting kids into SUP, this is stuff that I love and live for. We hope you'll enjoy this cool workbook that Linzi has created with her heart and mind to help connect us with the ocean and learn how to help protect it!



ICF & Starboard are Environmental Action Partners.

Using SUP kids to educate through sport.
Whilst also absorbing CO2 emitted from World events
by harnessing the power of nature through mangrove planting.

STARBOARD

INNOVATION QUALITY

www.sup-kids.com