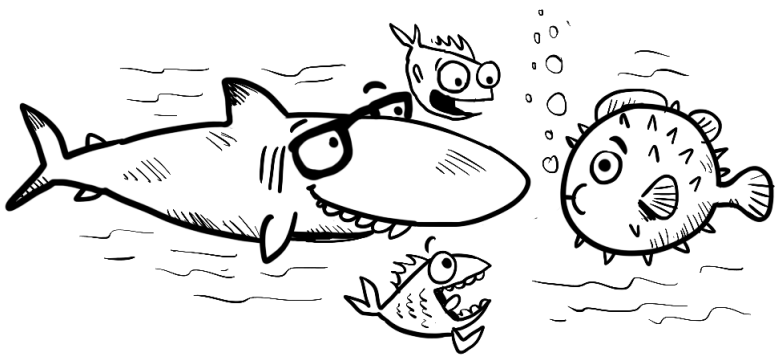


WORKBOOK


THIS BOOK
BELONGS TO:
WING KIDS



WELCOME TO WINGKIDS

Here's how it works...

Hey! Stoked you're here :)

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

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

There are 6 main sections in this workbook, one for each of your WingKids lessons.



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

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

6 LESSONS IN THE WINGKIDS PROGRAM!



This lesson is all about staying safe in the water, recognising hazards, self rescue and being able to help someone else who gets in trouble. Page 8



This lesson will help you master the all important wing basics. No need for swimsuits on this lesson, you can learn everything here from the beach Page 20



This lesson will teach you how to put your new skills to the test out on the water. Time to wing like a pro! Page 25



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. Page 36



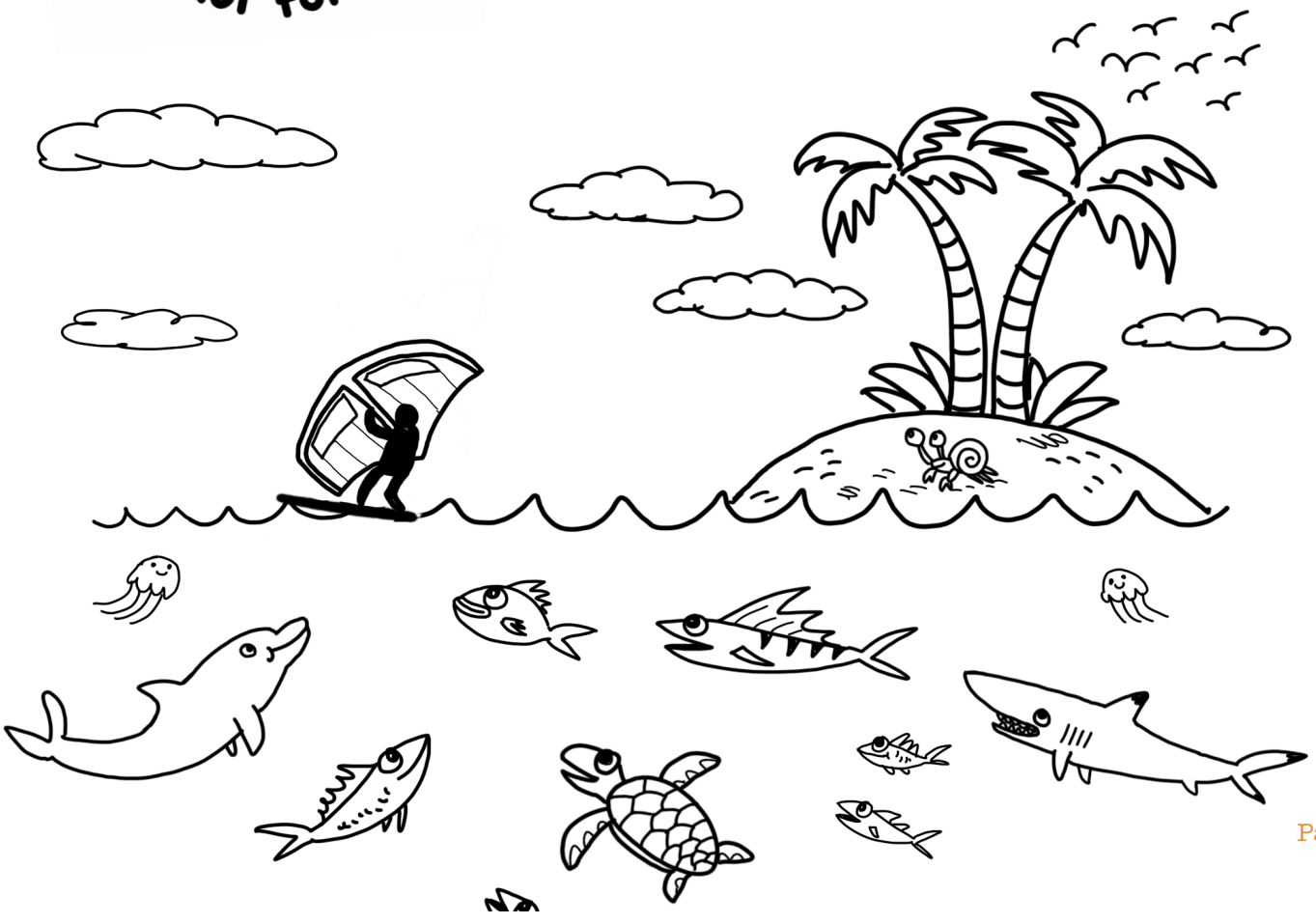
This lesson is about keeping our oceans & waterways clean. You'll learn why plastics are causing so much trouble in our environment, and what we can do to help. Page 45



This lesson is about being a healthy WingKid. You'll learn how to stay fit for your wing sessions, what kind of food you should be eating, and the little things you can do to stay relaxed & happy. Page 57



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 ! Page 45



Meet TIKI & the Dream Team

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



MEET TIKI!

TIKI will be your guide throughout this workbook! Teaching you everything you need to know about being a happy, healthy, planet-protecting WingKid!



Svein Rasmussen
Starboard Founder



Fiona Wylde
Team Rider & X-15 Class Manager



Zane Schweitzer
Team Rider & Ocean Ambassador



Shane Promwaen
Team Rider



Lizzy Howard
Starboard Eco Team

The Dream Team is made up of professional Team Riders, Ocean Ambassadors and members of the Starboard Eco Team.



Merijn Tinga
Ocean Ambassador



Victor Løøf
Team Rider



Enoha Laurent
Team Rider



Benoit Carpentier
Team Rider



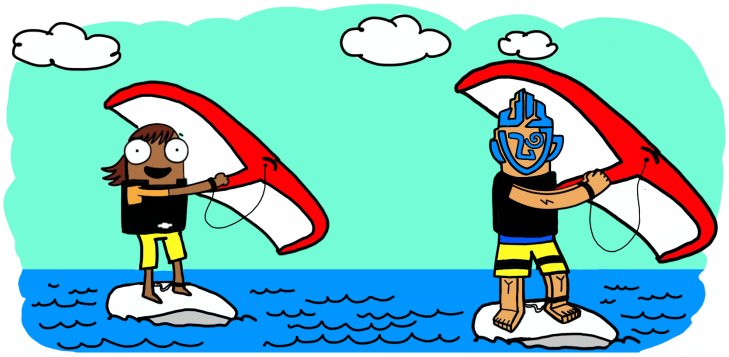
Namtarn Lekpetch
Starboard Eco Team



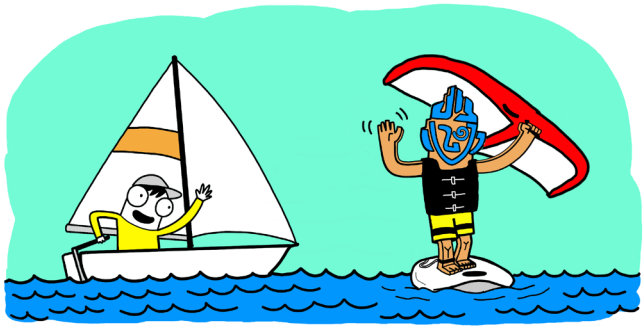
Clément Colmas
Team Rider

Lesson One
Windsurf Safety

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



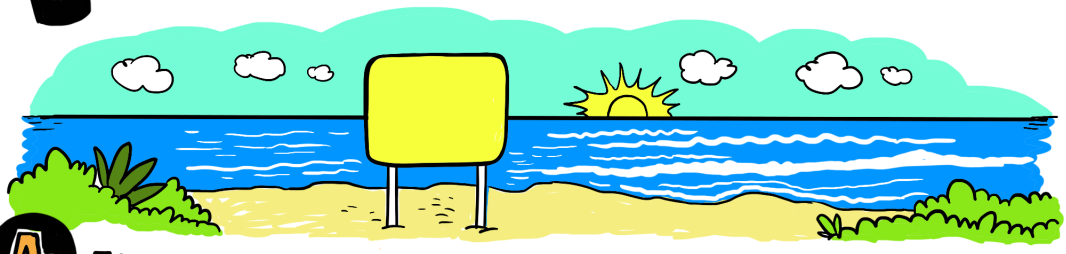
1. Always Wing with a Buddy



2. Respect other water users



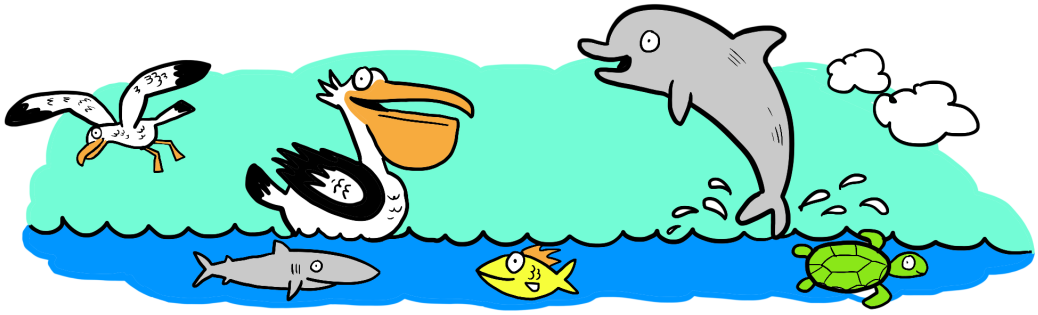
3. Healthy WingKid = Happy WingKid



4. Know your local beaches & waterways



5. Always check your equipment



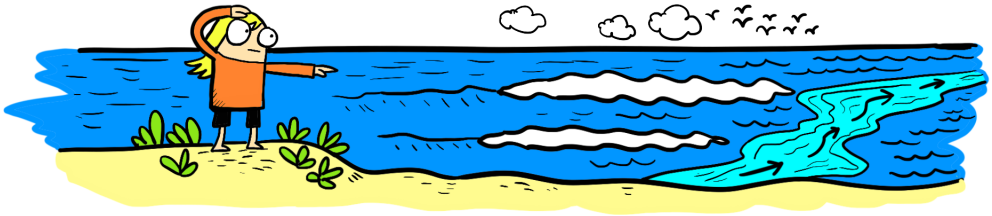
6. TAKE CARE OF LOCAL WILDLIFE



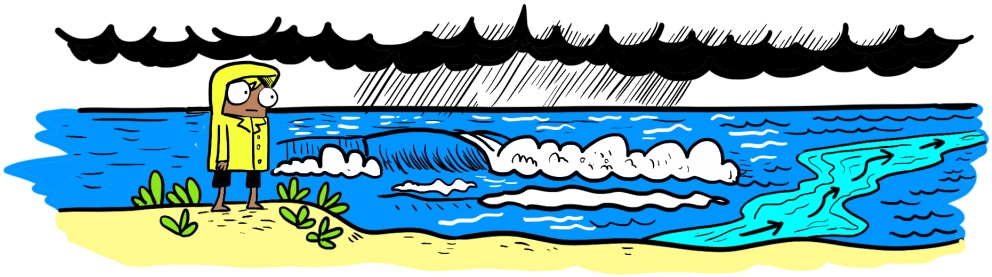
7. SHARE YOUR KNOWLEDGE



8. ONLY LEAVE YOUR PRINTS



9. LEARN TO RECOGNISE HAZARDS

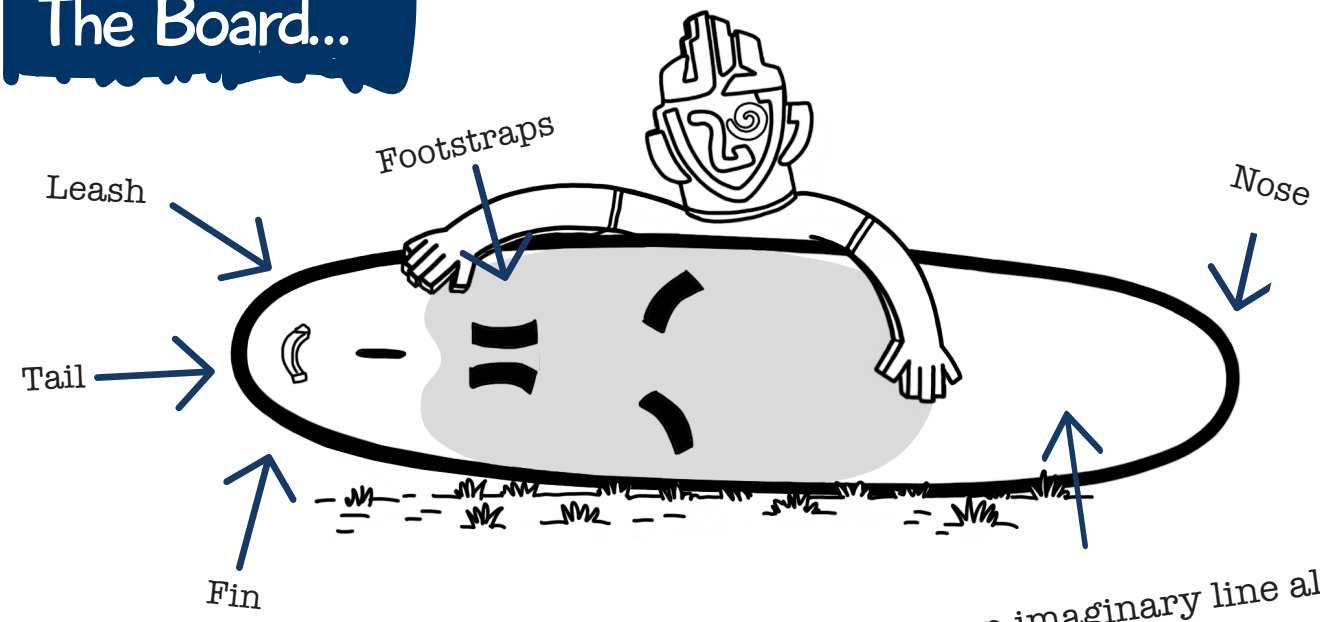


10. IF IN DOUBT, STAY OUT!

Get to know your Wing Kit

Ok, we know the 10 WingKids rules we have to follow...now it's time to learn about your equipment. Wing Kit is split into three main parts:

The Board...

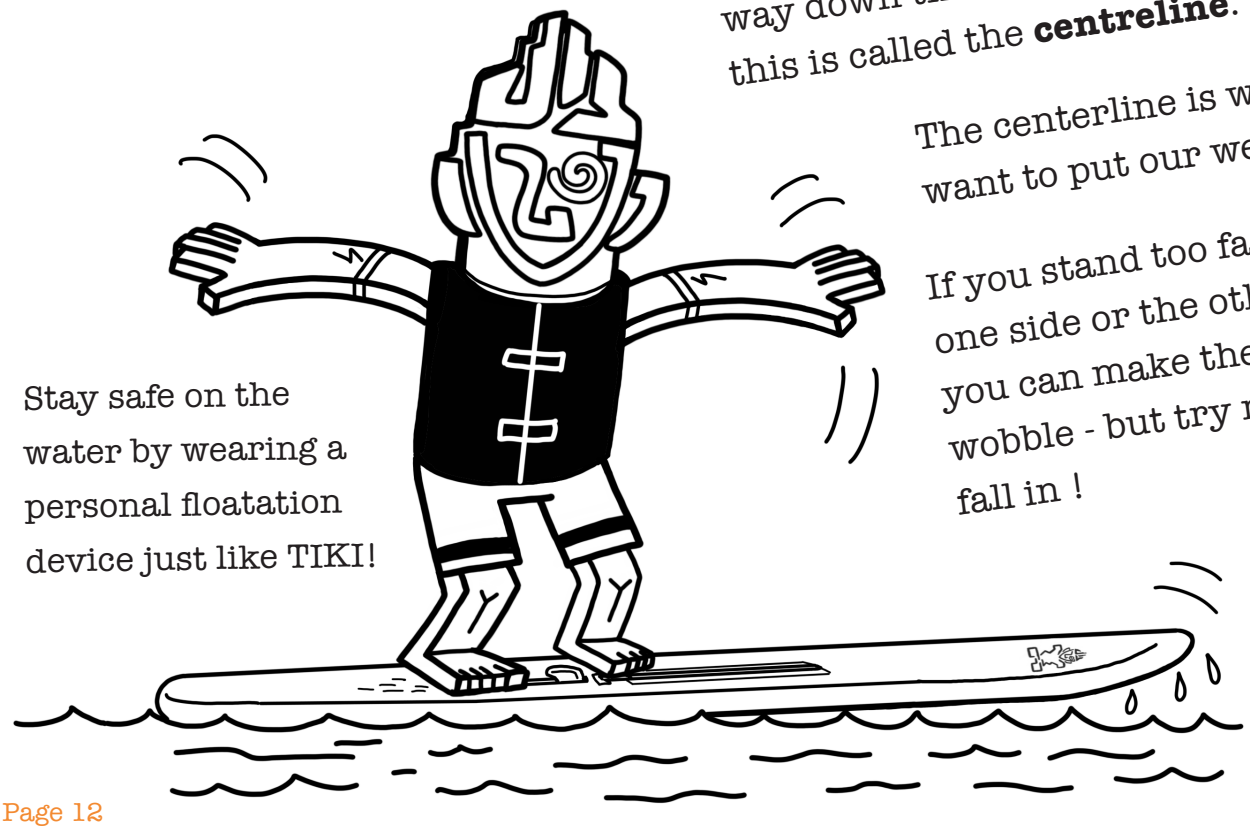


There is also an imaginary line all the way down the middle of your board, this is called the **centreline**.

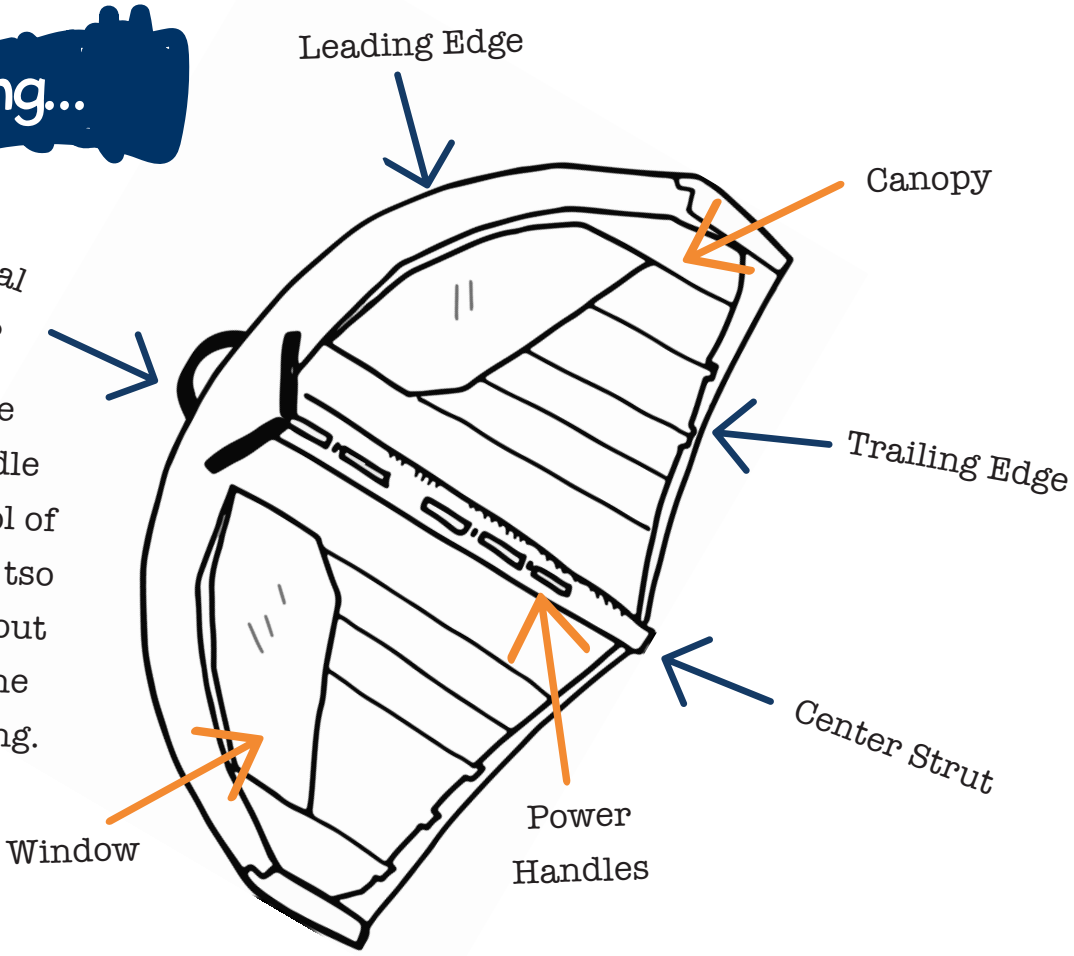
The centerline is where we want to put our weight.

If you stand too far on one side or the other you can make the board wobble - but try not to fall in !

Stay safe on the water by wearing a personal floatation device just like TIKI!



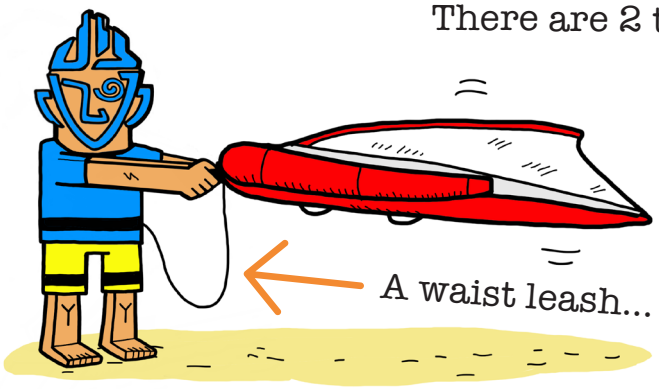
...The Wing...

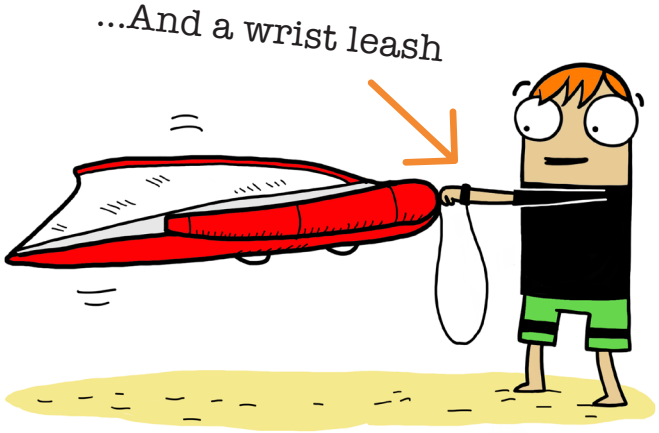


We hold the neutral handle to gain control of the wing, and tso we can work out which way the wind is blowing.

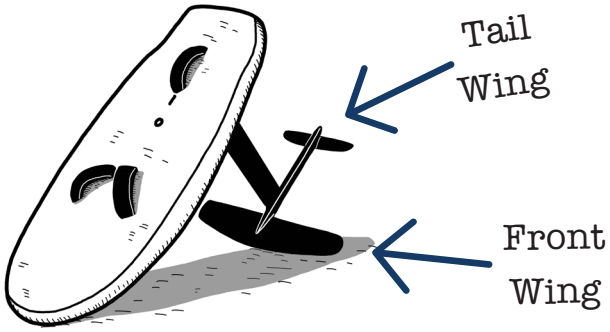
The Leash is the most important part of your wing kit...
It connects you to your wing so that it can't blow away !

There are 2 types of leash:





...And the Foil



Winging with a foil lets you fly super fast above the water.

Once you have nailed the skills in this workbook you will be ready to try foiling !

Inflating Your Wing

Before you start inflating your wing, make sure you attach your leash - you don't want your wing to blow away !



Next up, attach your pump nozzle into the inflation valve and get pumping.

Keep pumping until the needle on your pump points to about 6 PSI.



PSI is the unit we use for measuring pressure.

Not enough pressure and your wing will be floppy, but if you pump too much it could pop like a balloon!

Once you have inflated the leading edge you can detach the pump, do up the valve and move on to the center strut.

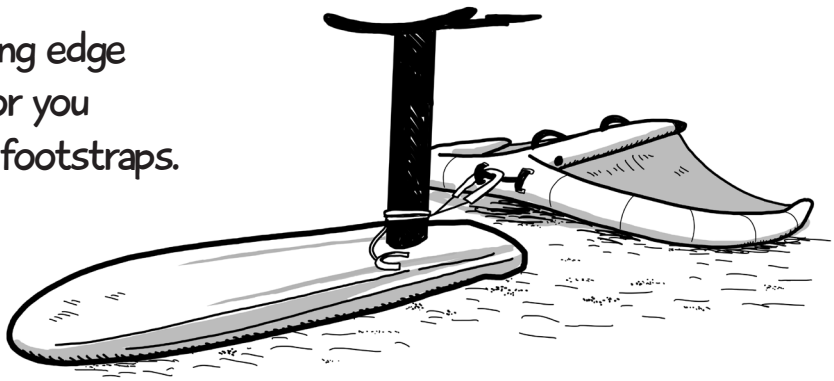
Leaving your equipment

If we're not winging we need to make sure our kit is safe and secure on the beach.

Lie the wing upside down on the beach and make sure it is downwind of your board (this means that the wind hits the board first and then the wing).

You can rest your board on the leading edge of the wing to stop it blowing away or you can attach your leash to your foil or footstraps.

The wind is blowing this way!

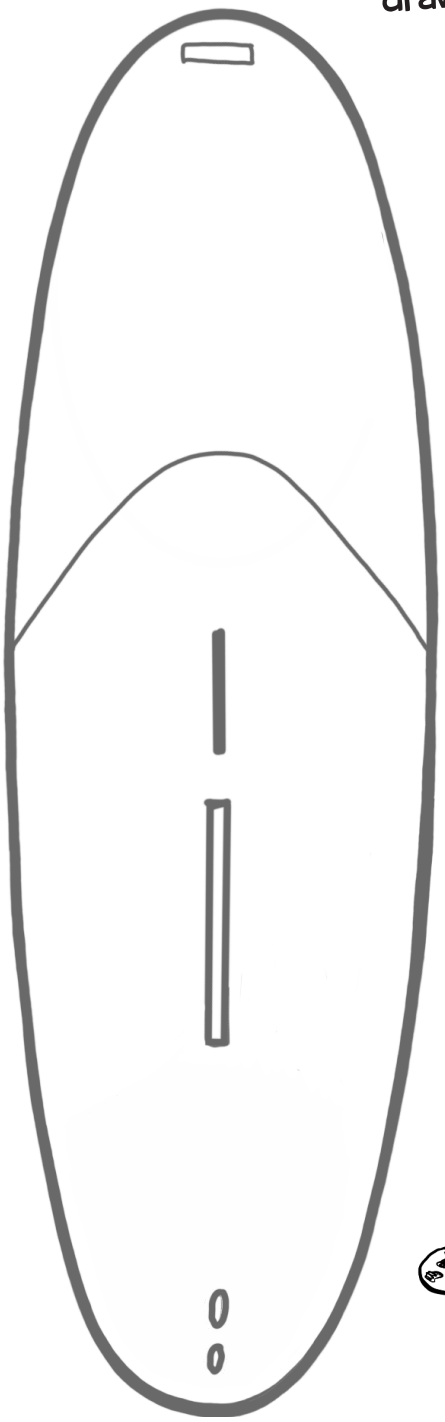


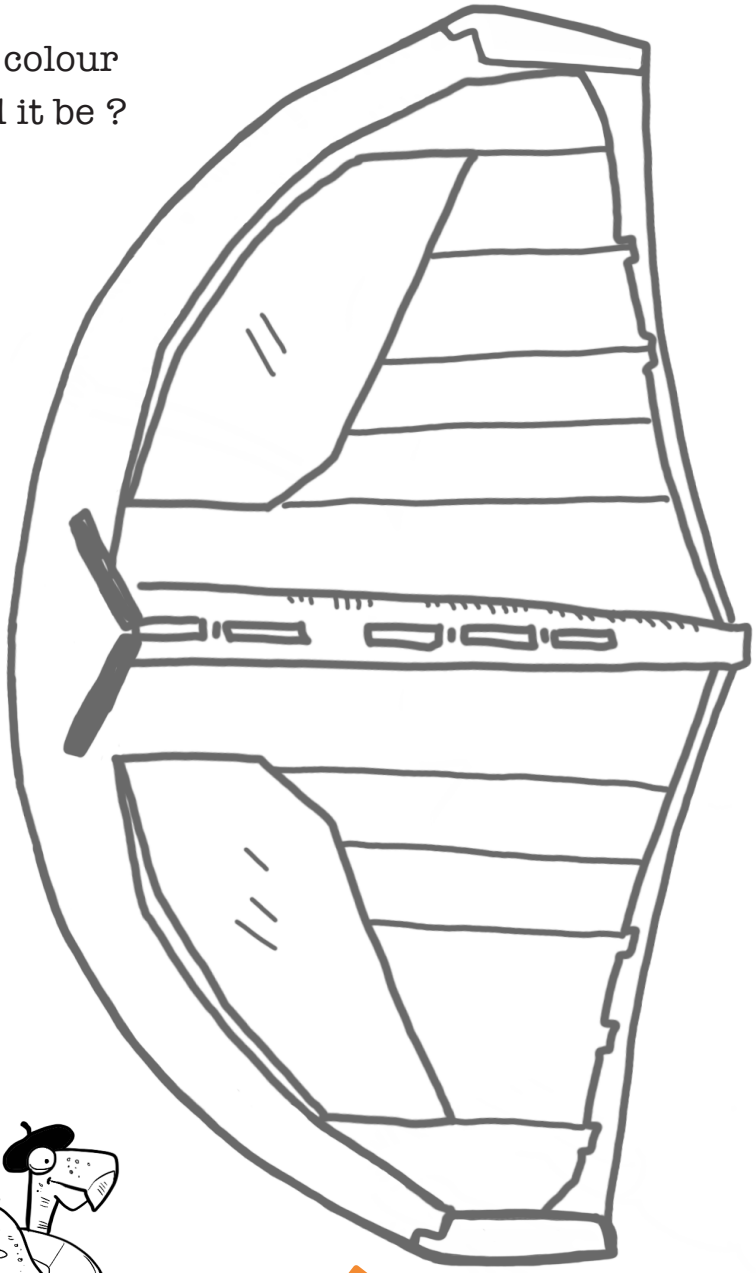
Design your own Wing Kit

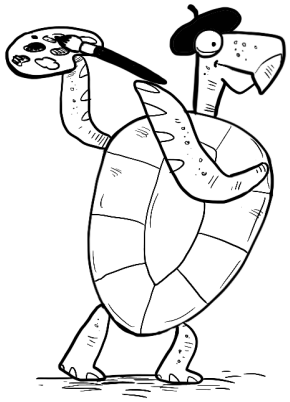
Imagine you were designing your own Wing & Wingboard

What would you draw on it ?

What colour would it be ?





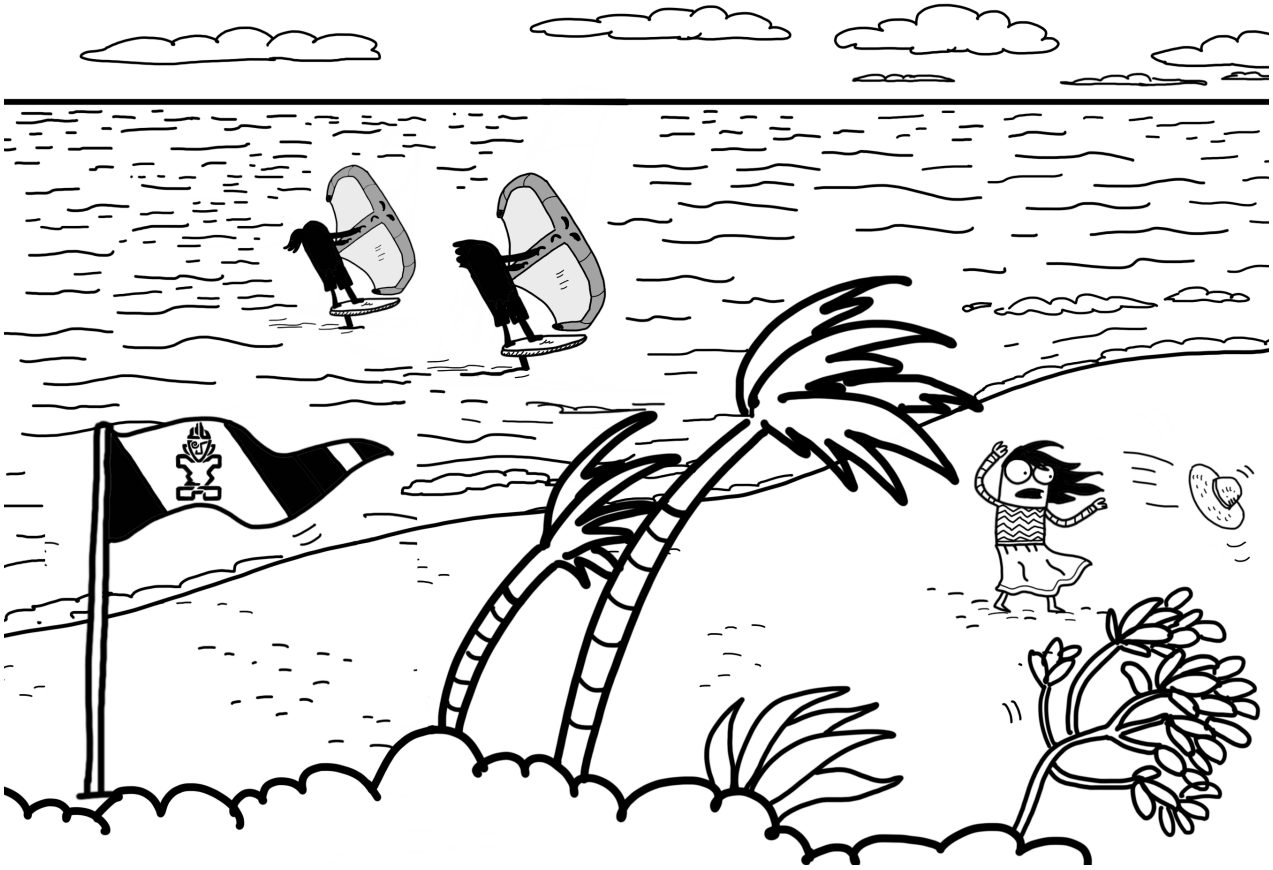


Grab some crayons and create yours here.

Wind Check!

Before we go winging its super important to check the wind conditions.

Where is the wind coming from in this picture? How can you tell?

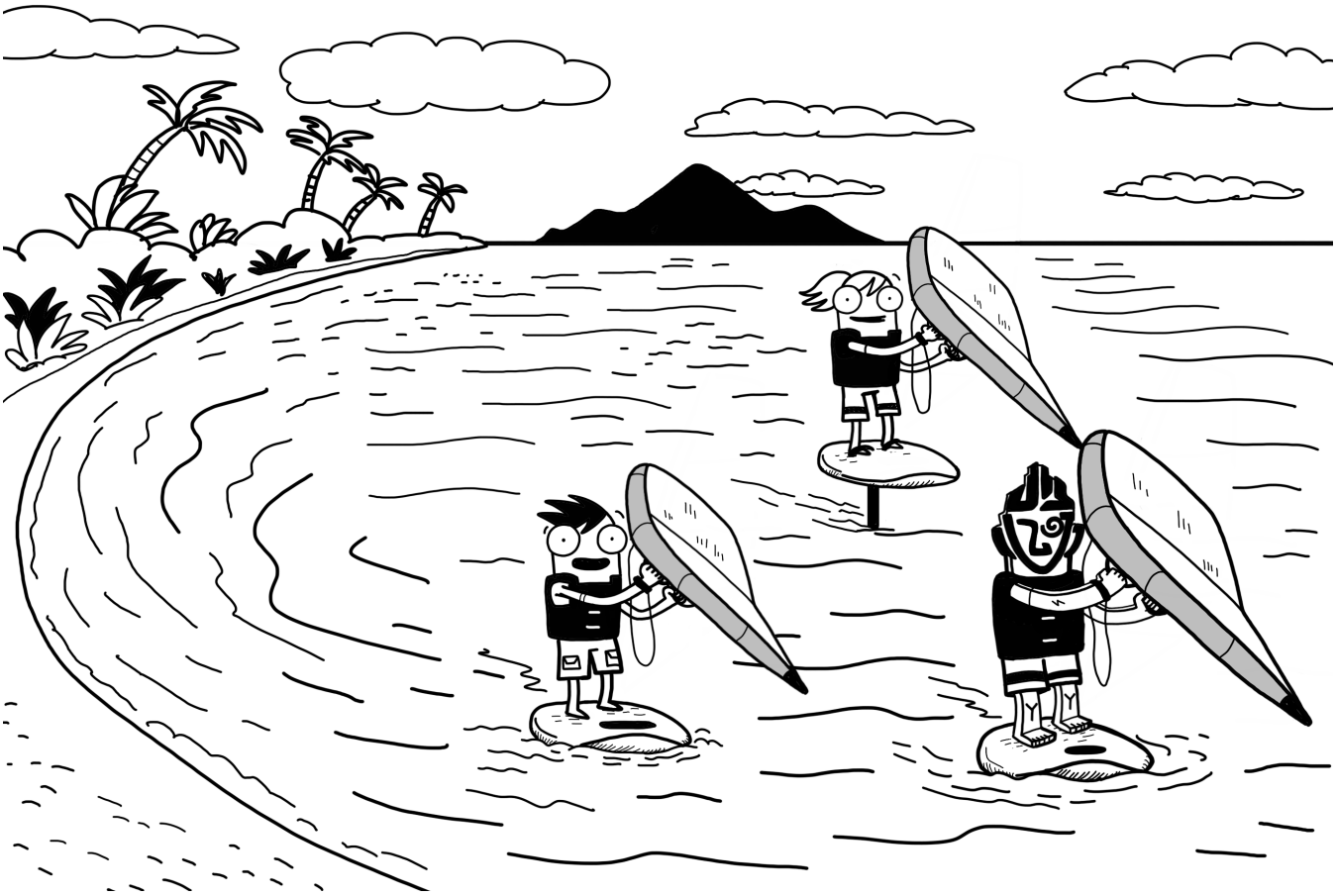


Now, can you point to where the wind is coming from where you are today?

If you aren't sure, try dropping a leaf or some sand and see which way it moves.



When we wing we move across the wind, with the breeze hitting our body first and then the wing. Just like TIKI and the other wingers in this picture.



When we are winging, we need wind so that we can move across the water but sometimes, if the wind is too strong or is blowing away from the beach, it can be dangerous.

Remember the 10th WingKids rule: If in doubt, STAY OUT!



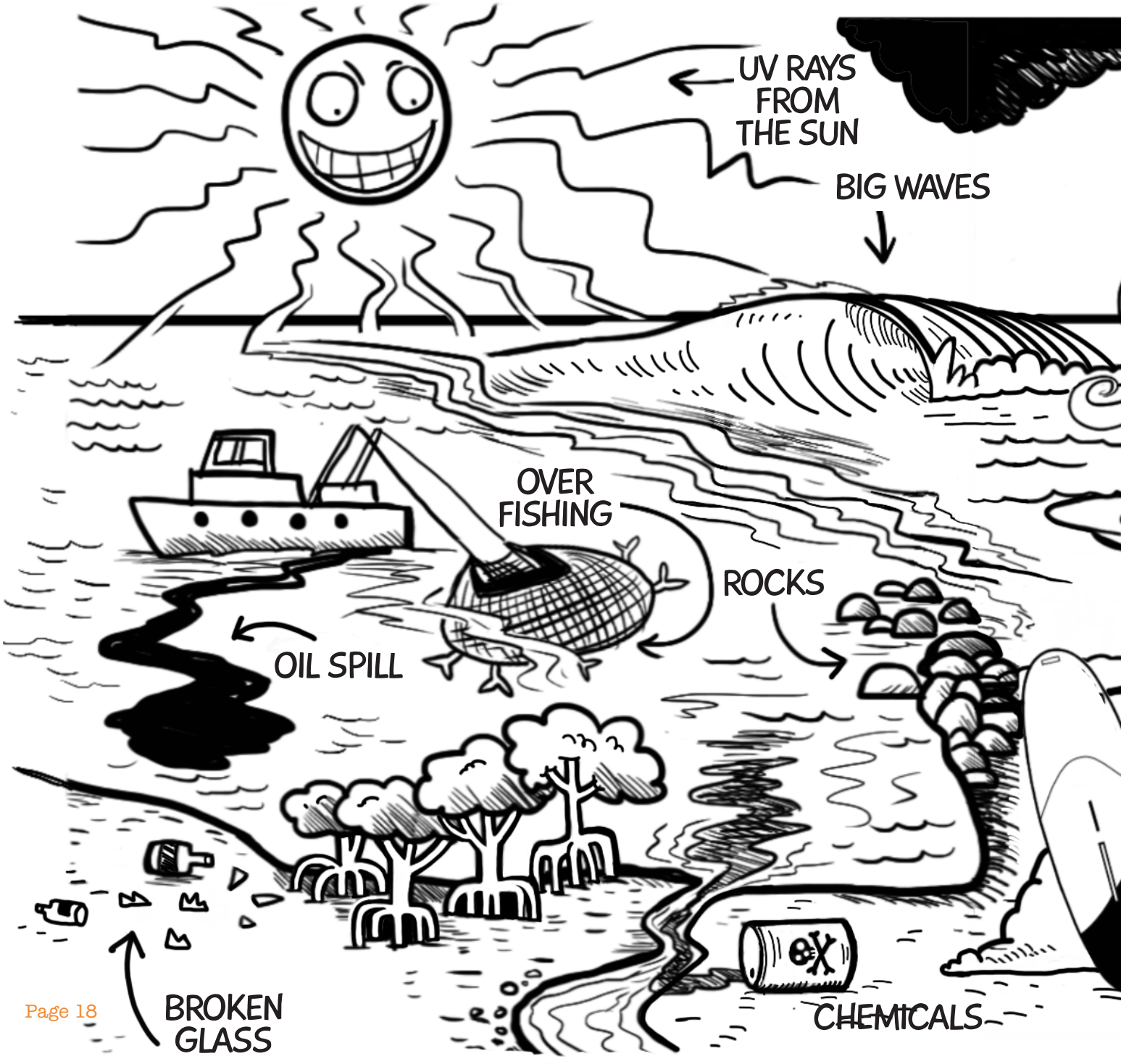
Victor Løøf

DREAM TEAM TIP

When you're out winging, it's all about catching those good vibes with your crew! Set some rad goals like racing your buddies or nailing that new trick you've been eyeing. The more you challenge each other, the more fun you'll have! Embrace the stoke, laugh a ton, and remember that every session is a chance to ride the waves of improvement. So grab your gear, hit the water, and let the good times roll!

Hazard Map

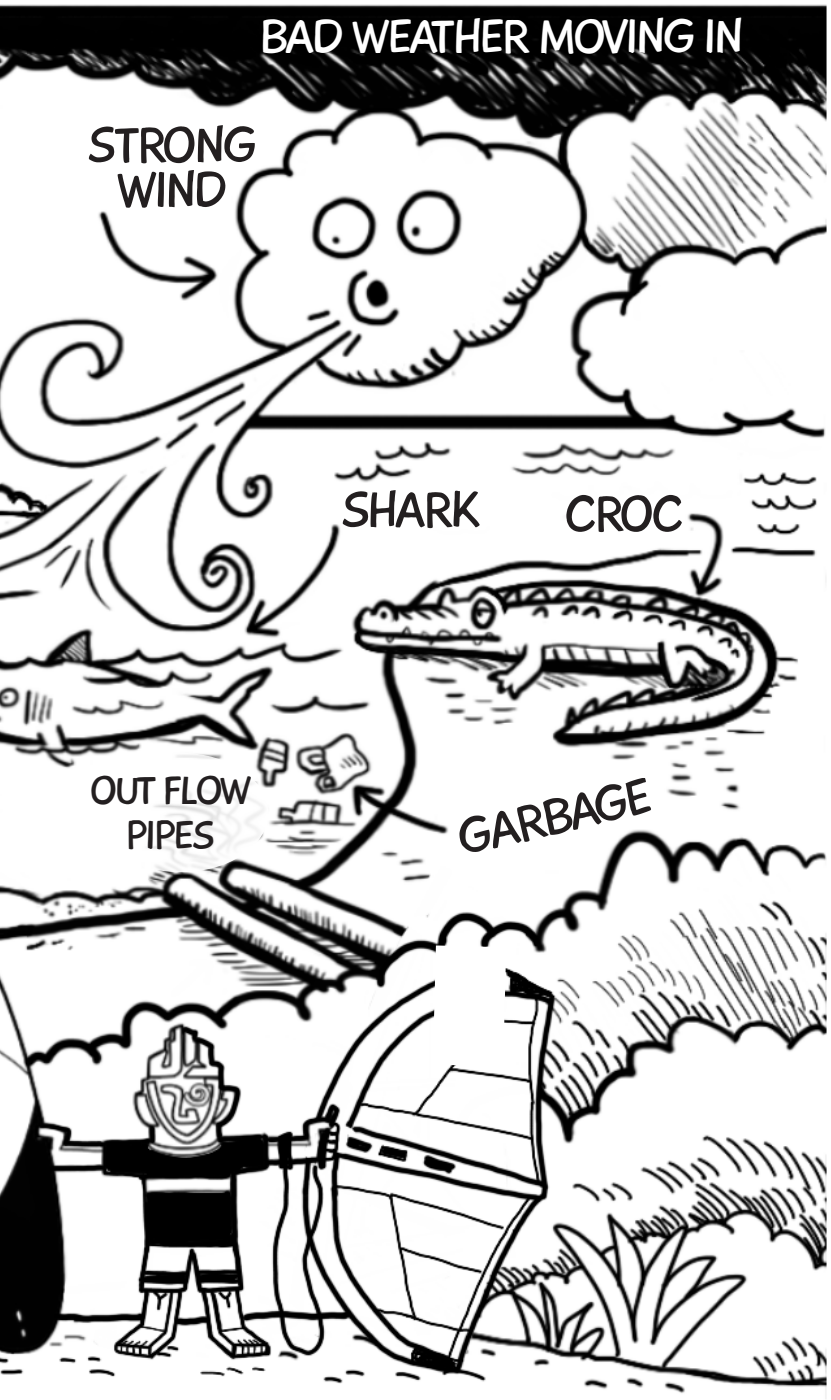
Do you know what a hazard is ? A hazard is something that could be dangerous. Sometimes, when we go winging, we see things that could be dangerous to us or our friends, and sometimes we see things that are dangerous for animals or the environment. Can you spot all the hazards in this picture ? Which 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, to keep their head above the water, to stay calm & 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!

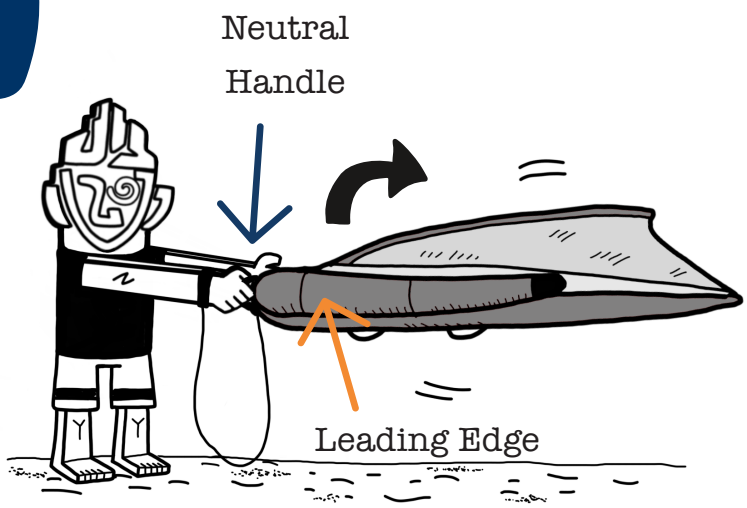


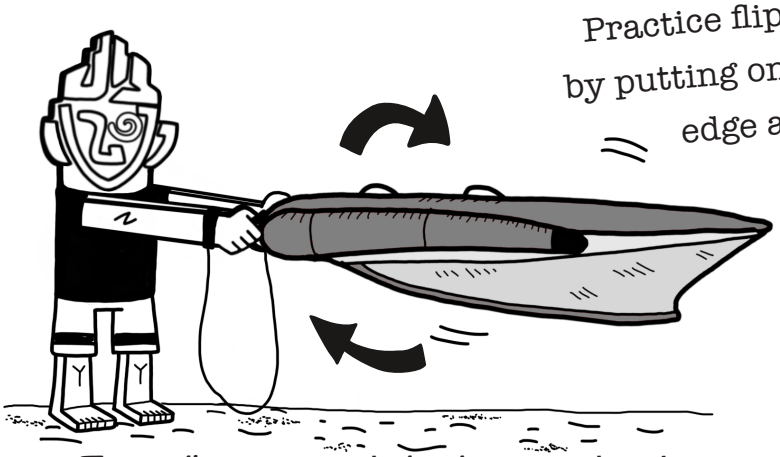
Before hitting the water we need to build up our wing skills on the land !

The Neutral Position

The first thing we need to learn is how to take control of the wing so it isn't flapping around like crazy.

Stand with your back to the wind and pick up the wing by the neutral handle, it should fly calmly in front of you. This is called the neutral position.

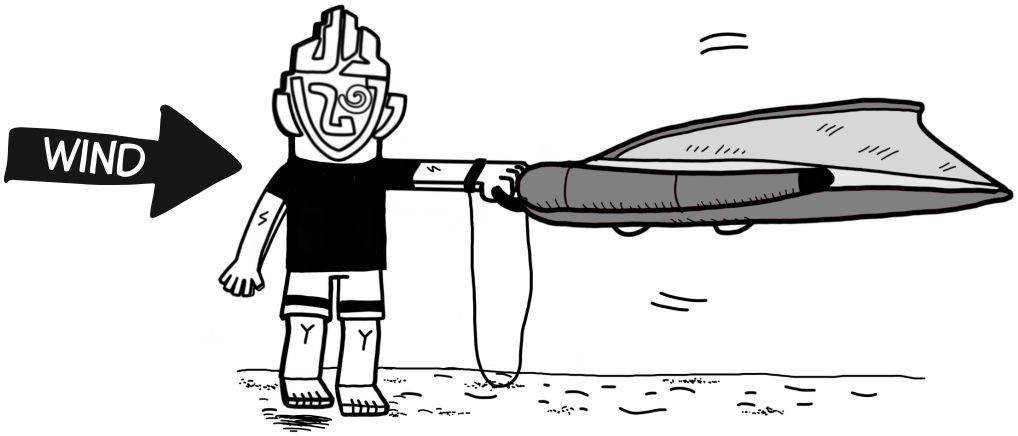




Practice flipping your wing over by putting one hand on the leading edge and pushing up!

TIP: The higher you hold the wing the easier it is to flip.

Try walking around slowly around with your wing in the neutral position.



Always make sure the wind is hitting the leading edge first and your wing will keep flying as you walk!

Powering Up The Wing

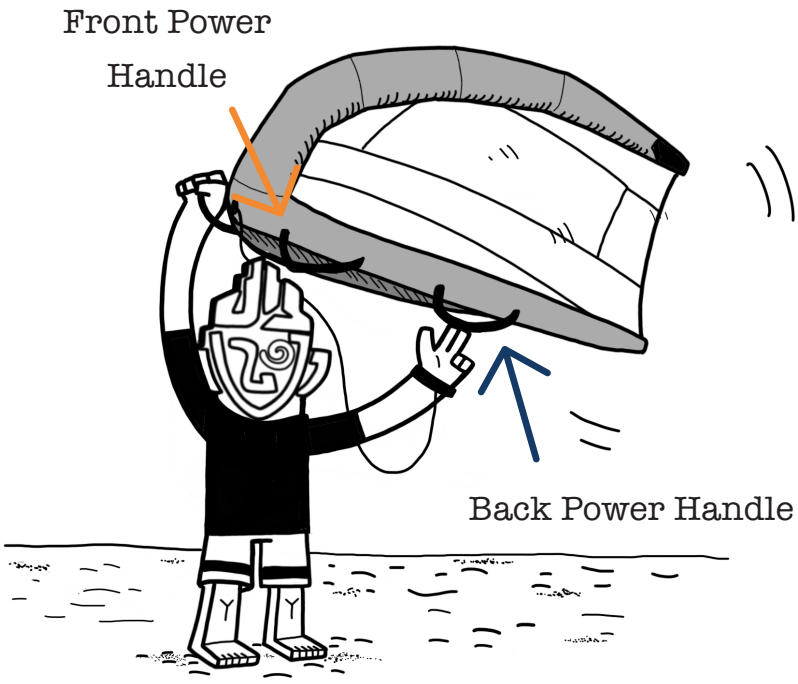
We have made our wing FLY in the neutral position, now its time to give it some POWER!

Begin by holding the neutral handle with one hand.

Slowly raise the wing above your head and place your free hand on the back power handle.

With 2 fingers, gently pull down on the back power handle.

You will feel the wing fill with power!





If you are ever unsure or have too much power, just let go of the back power handle and your wing will go straight back into the neutral position.

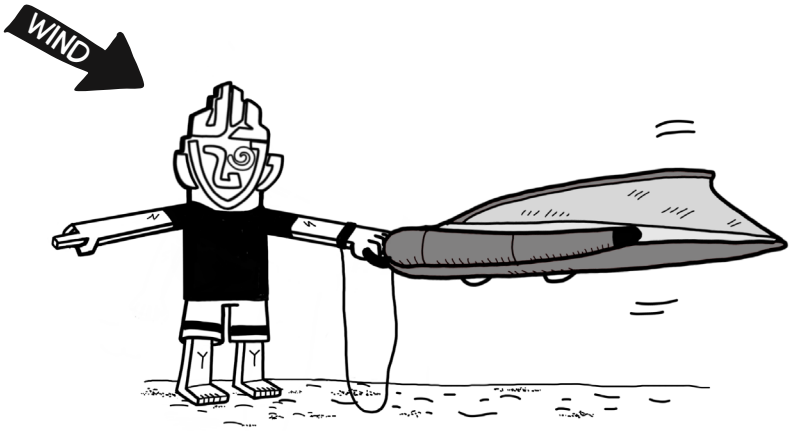
Do this a few times before you go any further. Pull for more power, and then let go to release it.

At the moment we are only learning about power so we use the neutral handle to make this easier. But when we are on the water we will want to have both hands on the power handles so that we can move forwards.

The Starting Position

Next up we need to learn how to get hold of the front power handle. When we are on the water we **ALWAYS** start by holding the front power handle before we even touch the back one - this is why we call it the Starting Position.

Hold onto the neutral handle and with your back to the wind.



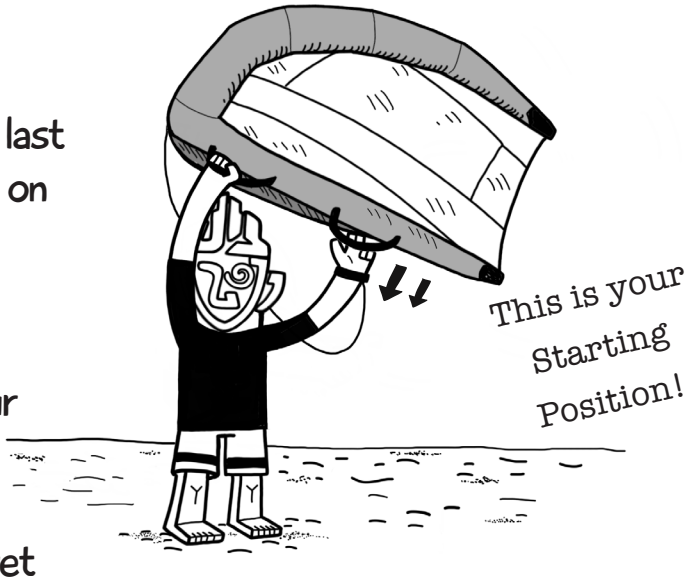
With your front hand, point to where you want to go.

Now move that hand across your body and under the wing to grab hold of the front power handle.



Next, let go of the neutral handle and raise the wing above your head using the front power handle.

Your arm needs to be straight and the leading edge of your wing should be right above your head.



From here we do exactly what we did in the last exercise - use 2 fingers to pull down gently on the back power handle. Just like before you should feel the wing fill with power!

You should have the wing directly above your head and both hands on the power handles.

This is the Starting Position. We use it to get to our feet on the board and if we ever have too much power. We also use it when we turn, but we'll learn more about that later.

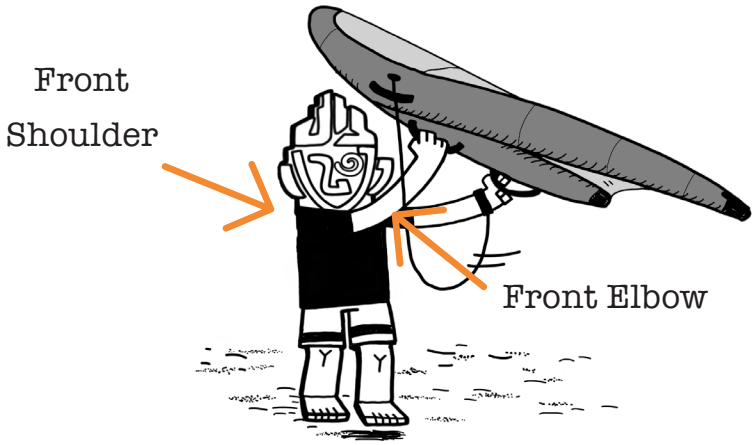
To return to the neutral position, let go with your back hand first and work your way back to the neutral handle.

The Powered Position

To move forward with the wing we have to move from the Starting Position to the Powered Position.



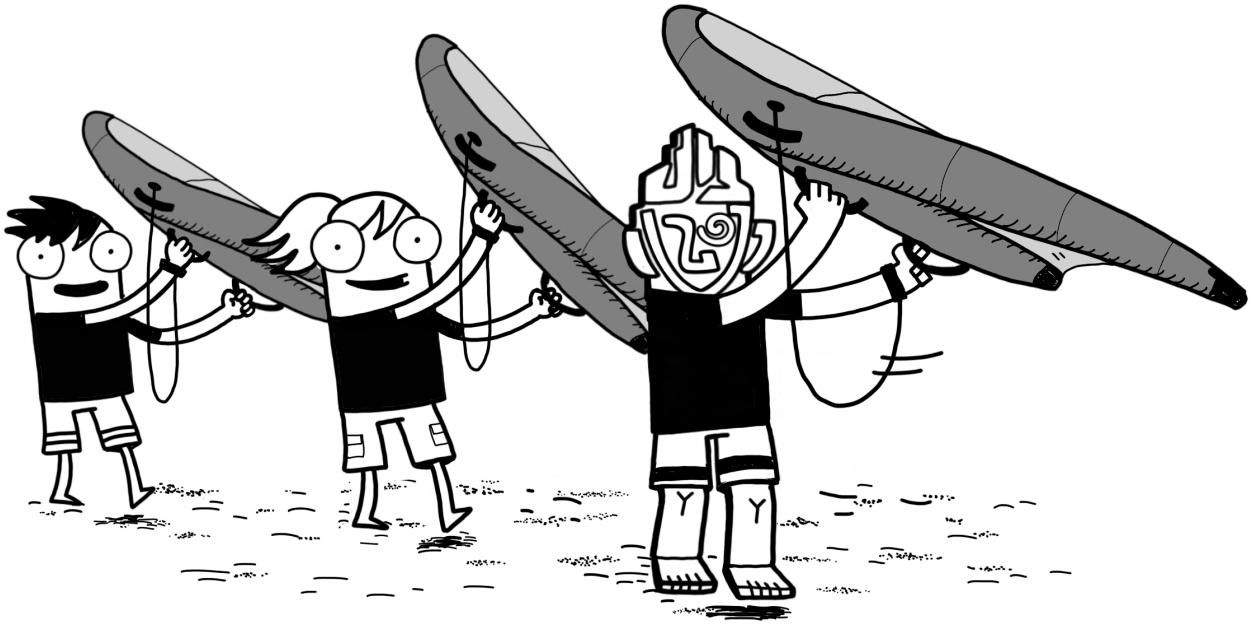
So get yourself into your starting position first with both hands on the power handles and your wing directly above your head.



To get into your Powered Position, lower your front elbow and look over your front shoulder.

As the wing drops it powers up!

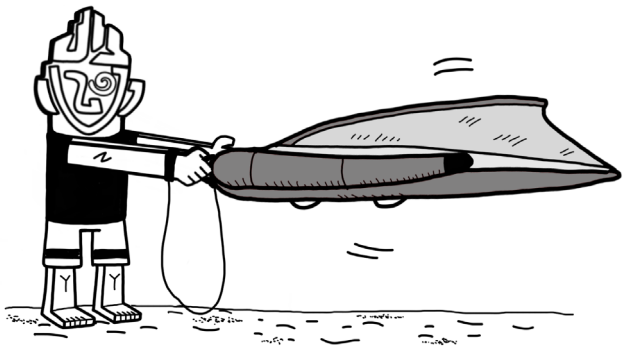
Now start walking across the wind, the faster you walk the smoother the wing will feel.



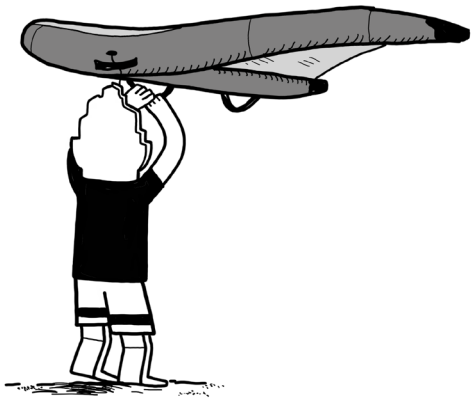
You are walking in the Powered Position, this is the position we are in on the water to move forward and to go faster.

To stop and turn around, return to the Starting Position by raising the wing above your head and either:

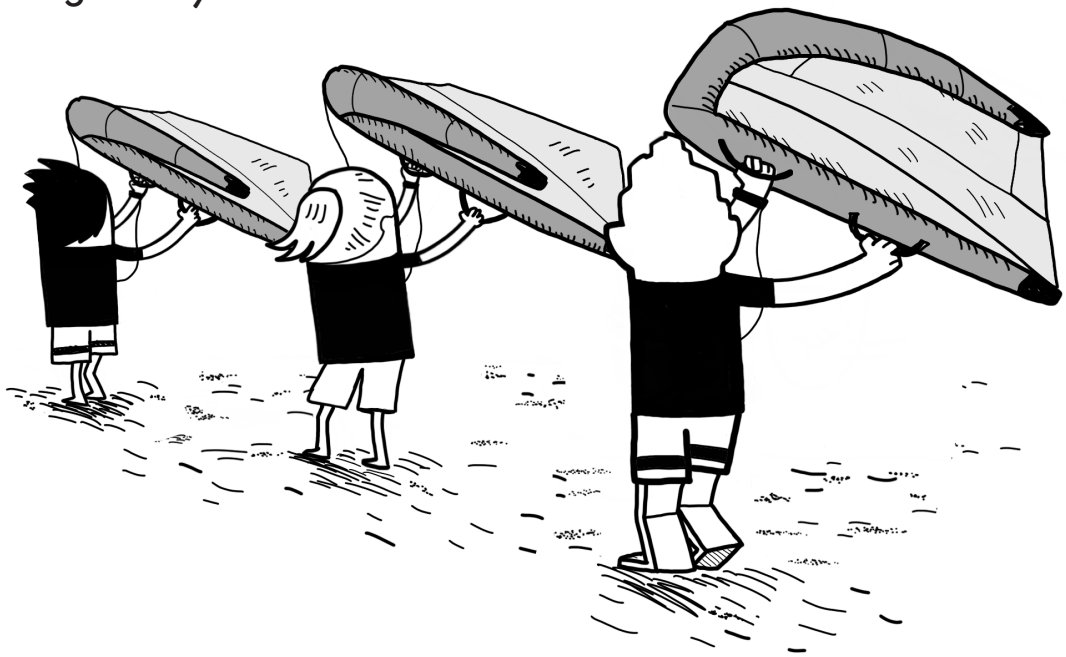
Putting your hands back on the neutral handle to spin and start again or....



...swapping our hands straight from powered position to powered position using the front power handle.



Remember, whenever we need to swap our hands or go back to the neutral position, ALWAYS let go with your back hand first !



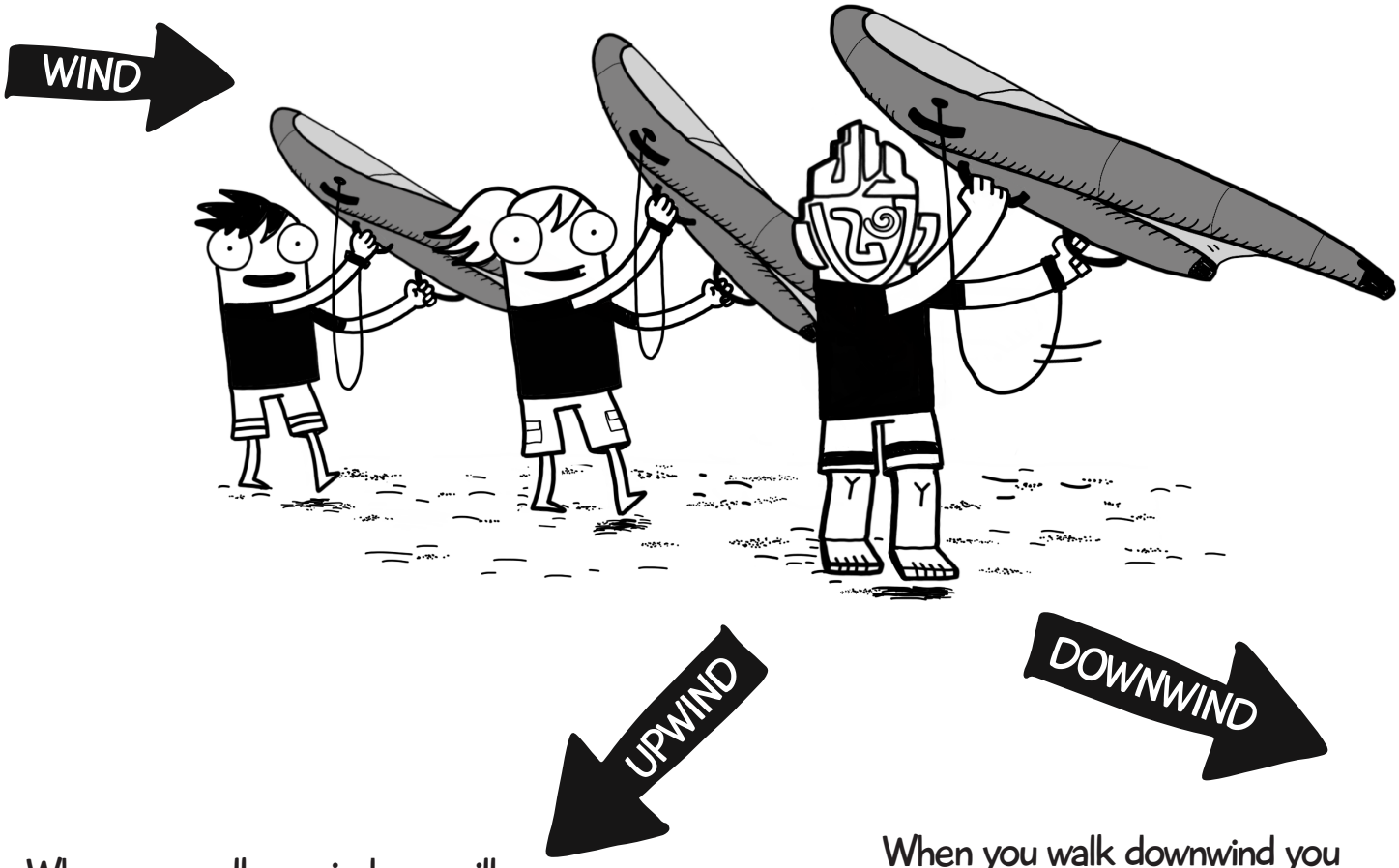
The secret to good wing control is letting the wing fly. We can do this by always holding the wing very softly,

While you are on the beach, see if you can hold the wing with just 2 fingers on each handle. Keep your arms straight but not stiff and the wing should just sit in the powered position.

If your wing starts rolling around and hitting the ground or water, simply reset by raising the wing back aboeve your head into the Starting Position and then try again. You can also let do with your back hand if you have too much power.

Moving Upwind & Downwind

The last skill we need to learn before we hit the water is how to move upwind (towards where the wind is coming from) and downwind (away from where the wind is coming from)



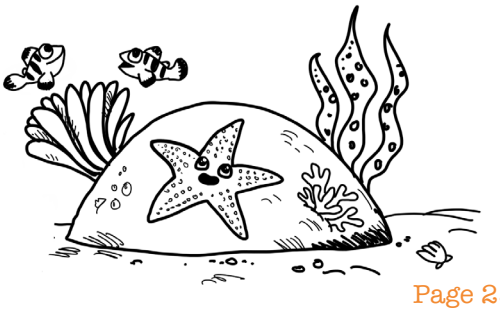
When you walk upwind you will need to pull in more with your back hand to stop the wing flapping.

A flappy wing is an unhappy wing !

When you walk downwind you will need to release more with your backhand so you dont have too much power.

Try walking in lots of different directions so you can understand how the wing will react !







Now we have gotten to grips with the wing basics, it is time to try out our new skills on the water !

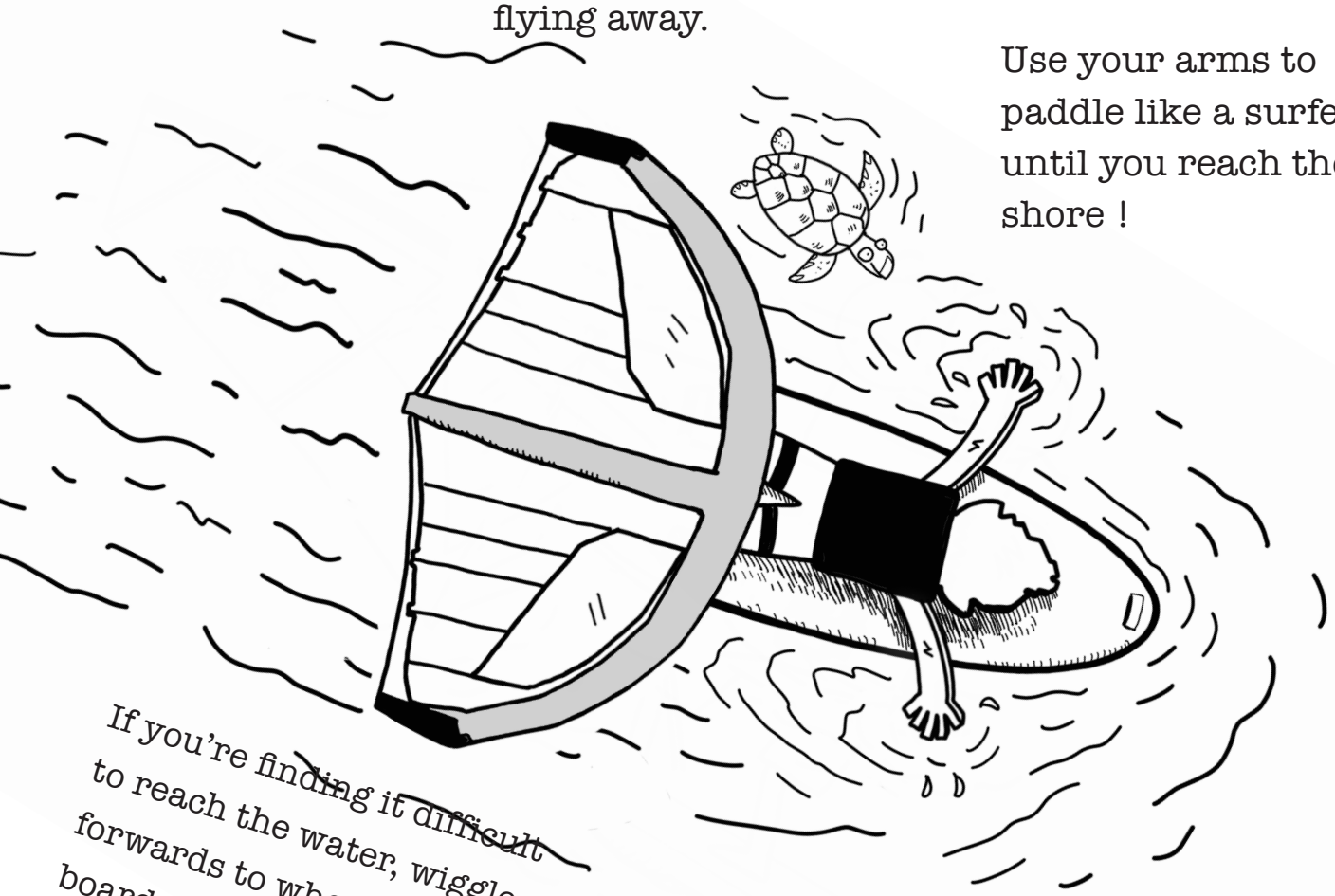
Self Rescue

Sometimes we can get in sticky situations on the water and it is important to know how to get yourself out of trouble!

Self rescue techniques can be used to help get you back to shore if the wind has died or changed direction, your equipment has broken, or you are simply having trouble winging back.

Lie on your belly and use your feet to squeeze on either side of the center strut. This will help keep the wing from falling into the water or flying away.

Use your arms to paddle like a surfer until you reach the shore !



If you're finding it difficult to reach the water, wiggle forwards to where your board is narrower.

Attracting Attention

Being able to rescue yourself is super important, but what if you aren't able to? If you need help, it is important to be able to let someone know straight away. Whether that be your parents on the beach, a lifeguard or an someone on the water.



Sit on your board facing the person or people whose attention you want to attract.

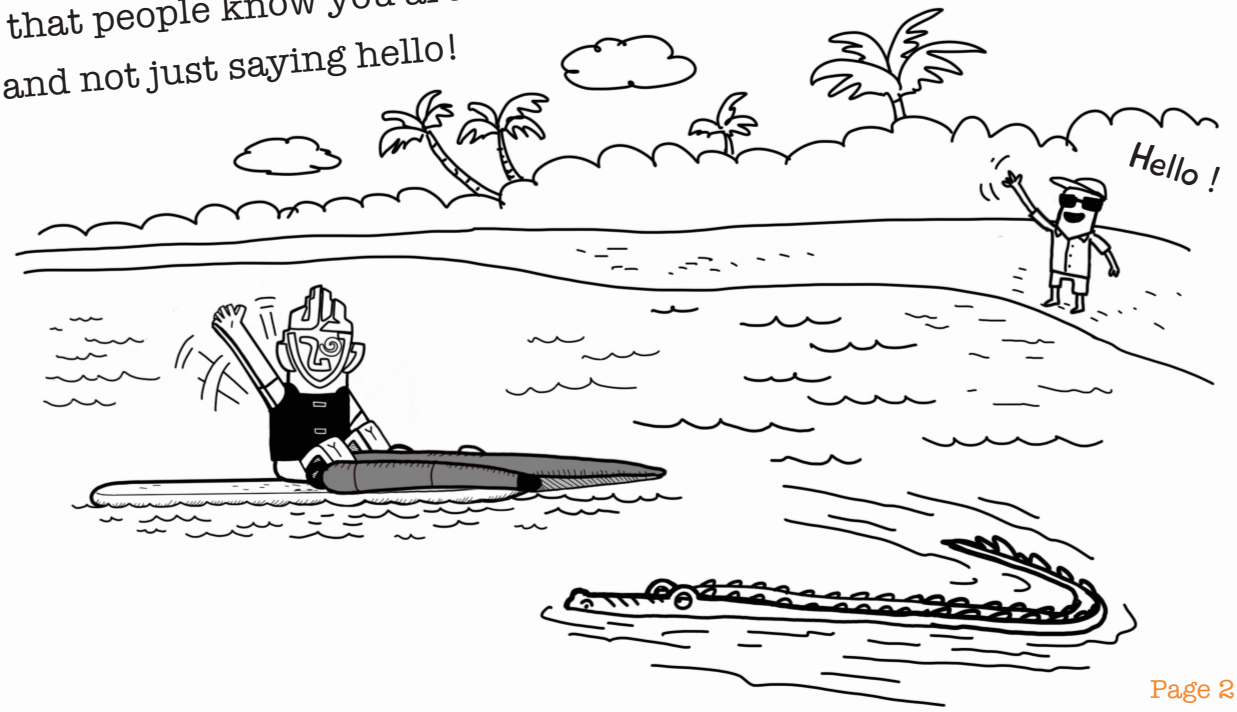
Slowly raise and lower both arms, just like TIKI is in the pictures above.

Keep waving like this until you can see someone is coming to help.

Use a whistle if you have one, or shout if there are people near enough to hear.

The most important thing is to remain calm and to stay with your gear.

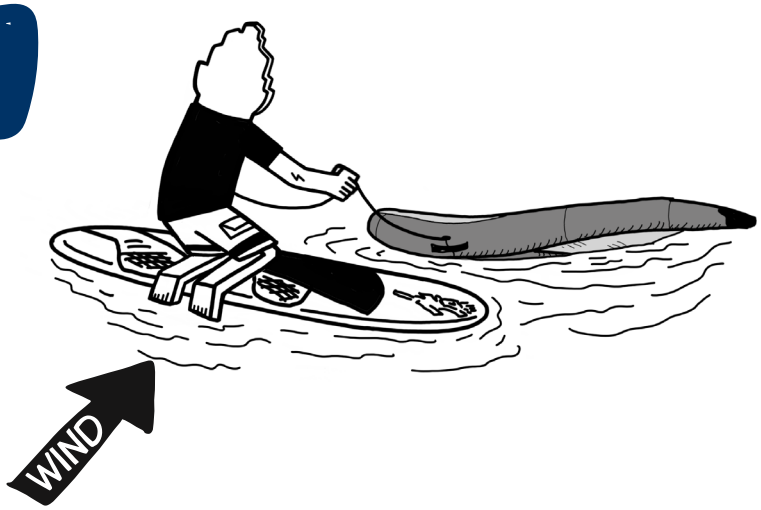
It's important to use the two arm wave so that people know you are in trouble and not just saying hello!



Now we know all about our equipment and how to stay safe on the water, it's time to learn the basics of winging!

1. Getting on the Board

Always approach your board from the opposite side to the wing, then climb onto the board and put your knees along the centre line. Use the leash to pull the wing towards you and grab hold of the neutral handle with both hands.

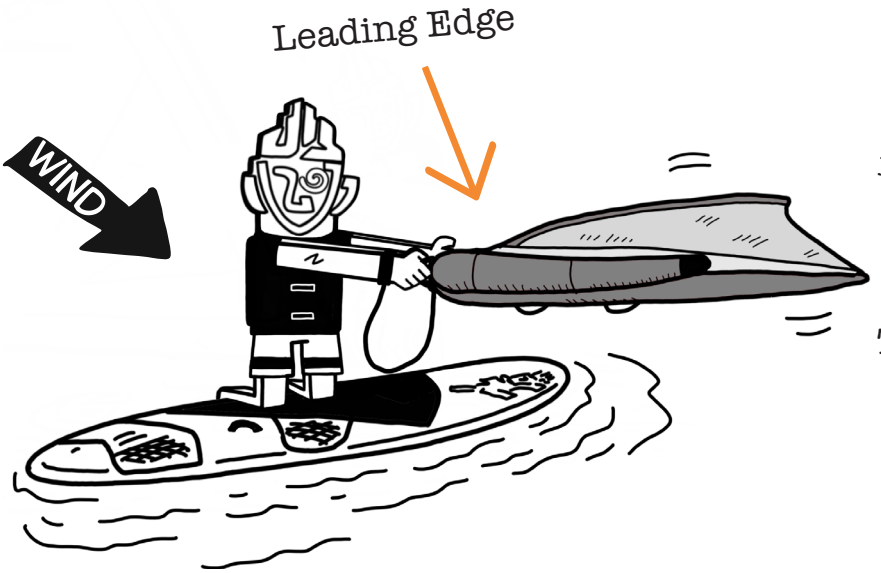


2. Finding the neutral position

Now, we need to find the neutral position - just like we did on the land!.

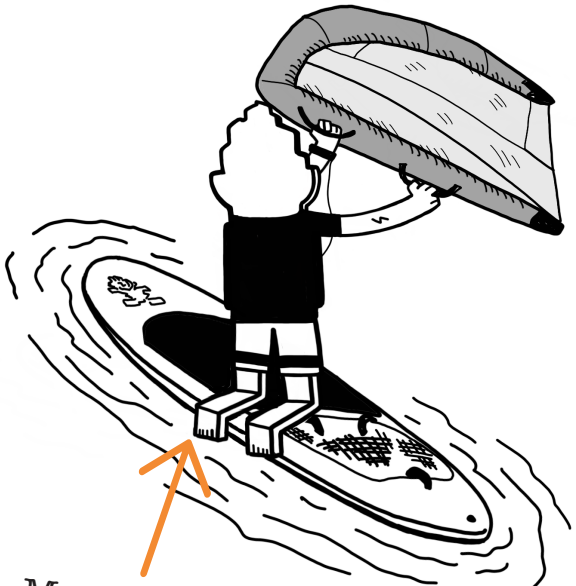
First, remember to make sure that the wind is blowing onto your back. Next, keep one hand on the neutral handle and use the other hand to gently push the wing - This will make the board turn!

Now switch your hands, to push the other side of the wing and make the board turn the opposite way, until you're back to where you started.
Good work - you have found the neutral position! This is where you want to start.



When your leading edge is in line with your board, that means you're going across the wind.

That's where you want to be!



Move your front knee slightly away from the centre line, so that your body is facing where you want to go.

3. Moving across the wind

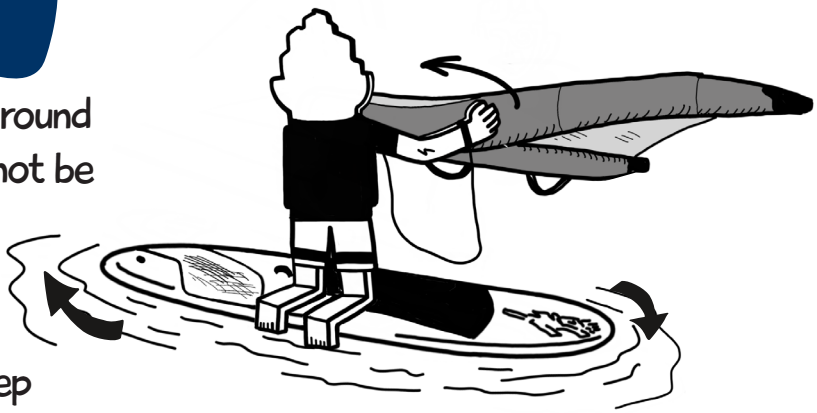
To get going, move your front hand across your body and put it on the front power handle, then let go with your back hand.
Pull the wing high above your head and super gently put your other hand on the back handle. Now you should feel the board start to move.

Remember to keep the wing high and always look towards your goal!

TIP: If you're going to speedy and want to stop - let go with your back hand!

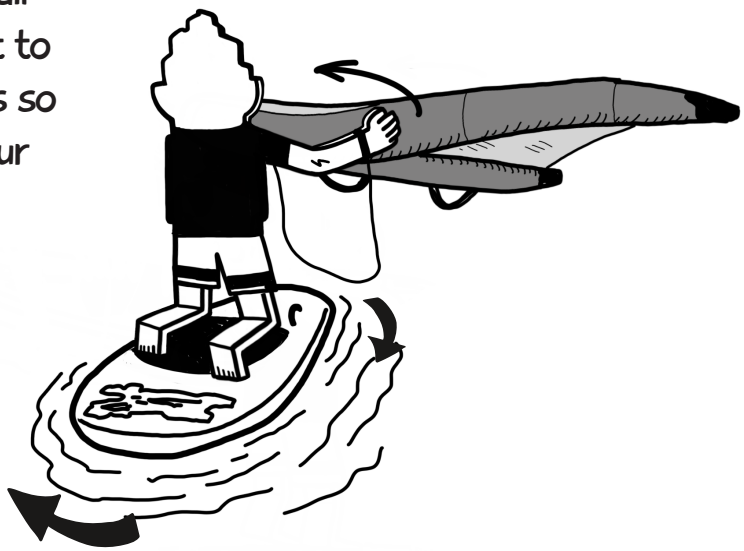
4. Turning the board

It is super important to learn to turn around first. Otherwise you will sail away and not be able to get back!



From the neutral position, put your front hand on the leading edge and keep your back hand on the neutral handle.

Push the leading edge away with your front hand, to make the wing move across the tail of your board. You will feel the board start to turn! As the board turns, move your knees so that you're always facing the wing, with your back to the wind.



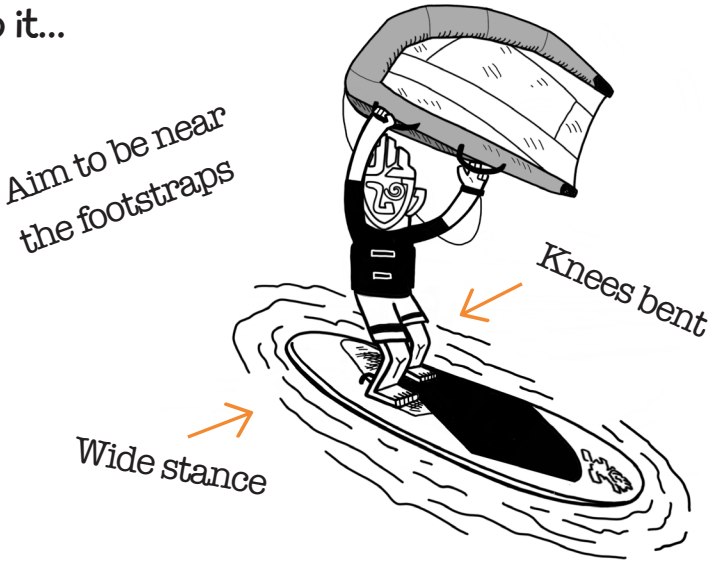
Keeping going until you're nose is pointing in the opporsite direction and take up the starting position on the other side.

Now you can turn like a pro!

5. Standing up

Now you've mastered going fowards and turning, it's time to stand up !
Luckily, it's super easy. Here's how you do it...





Keeping the wing above your head, stand up with your front foot first, then you're back foot. The goal is to keep your feet on the centre line

Don't forget to look where you're going - this will help you if you're feeling wobbly!

5. Controlling your speed

On your feet, you can really begin to fly! Let's learn how to control your speed...



TIP: Keep your grip nice and soft - you don't need to hold on super tight!



To speed up, look over your front shoulder. This will help the wing drop down into a more powerful position.

To slow down, use your back hand o to gently let the wing move out and upwards. This will help you lose some power.

TIP: A flappy wing is an unhappy wing! To go forwards, keep your canopy tight.

6. Steering

Sometimes we don't want to do a turn, we just want to move out the way of other people or dodge hazards. We do this by streering UPWIND and DOWNWIND.





To steer UPWIND, look towards the wind at where you want to go. Now lean the wing back to the back of your board, by extending your back arm out straight and shifting your body weight forward.

The nose of your board will turn towards the wind - nice job!

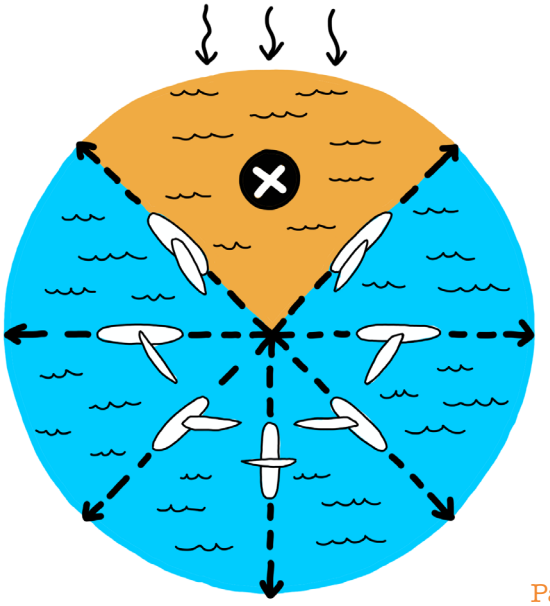
Once you're heading the in the right direction, it's super important to put your wing back in the middle. This let's you go in a straight line!

To steer DOWNWIND, you just do the opposite! But this time, make sure you keep your body weight back and low.
Lean the wing forwards and towards the front of your board, by making your front arm straight.

Feel your board steer away from wind. Things might get speedy here - so remember to ease out with your back hand!

This is the wind window, it shows which directions we can wing in and which directions we can't.

THE WIND IS COMING FROM HERE

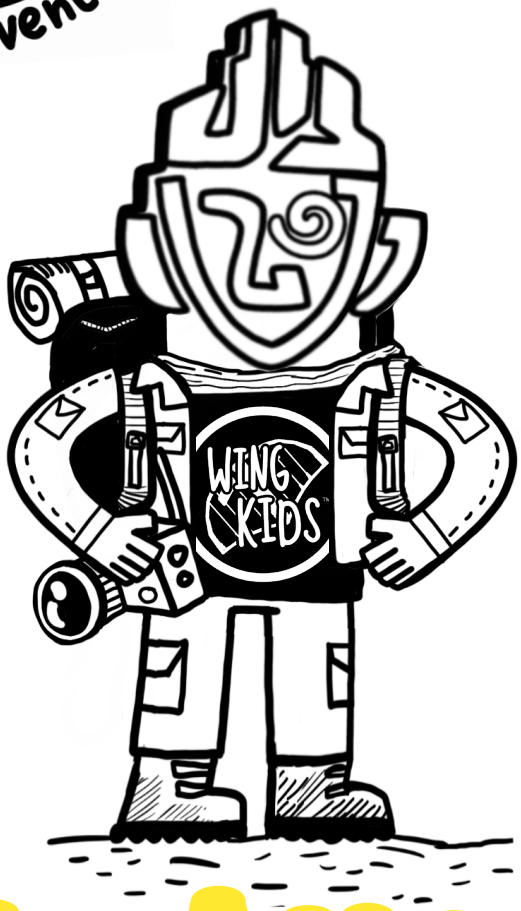


Using the steering you just learned you can sail from the middle of the circle to anywhere in the blue area.

But you can't wing into the wind, the orange area. We call this the 'NO GO ZONE'.



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



Winging 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 Heyerdahl

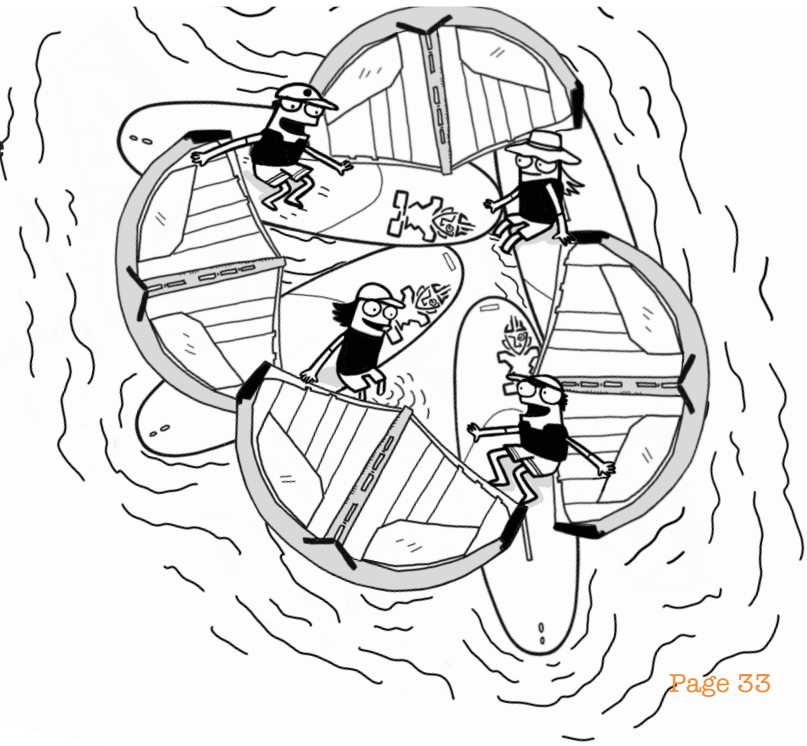
Thor Heyerdahl was an amazing explorer from Norway. He set off on an adventure to prove that the oceans' currents could take him all the way from Peru to Tahiti. No one believed that he would make it. So he and his team built a raft (they called it Kon Tiki) and set sail from a place called Callao. It 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.

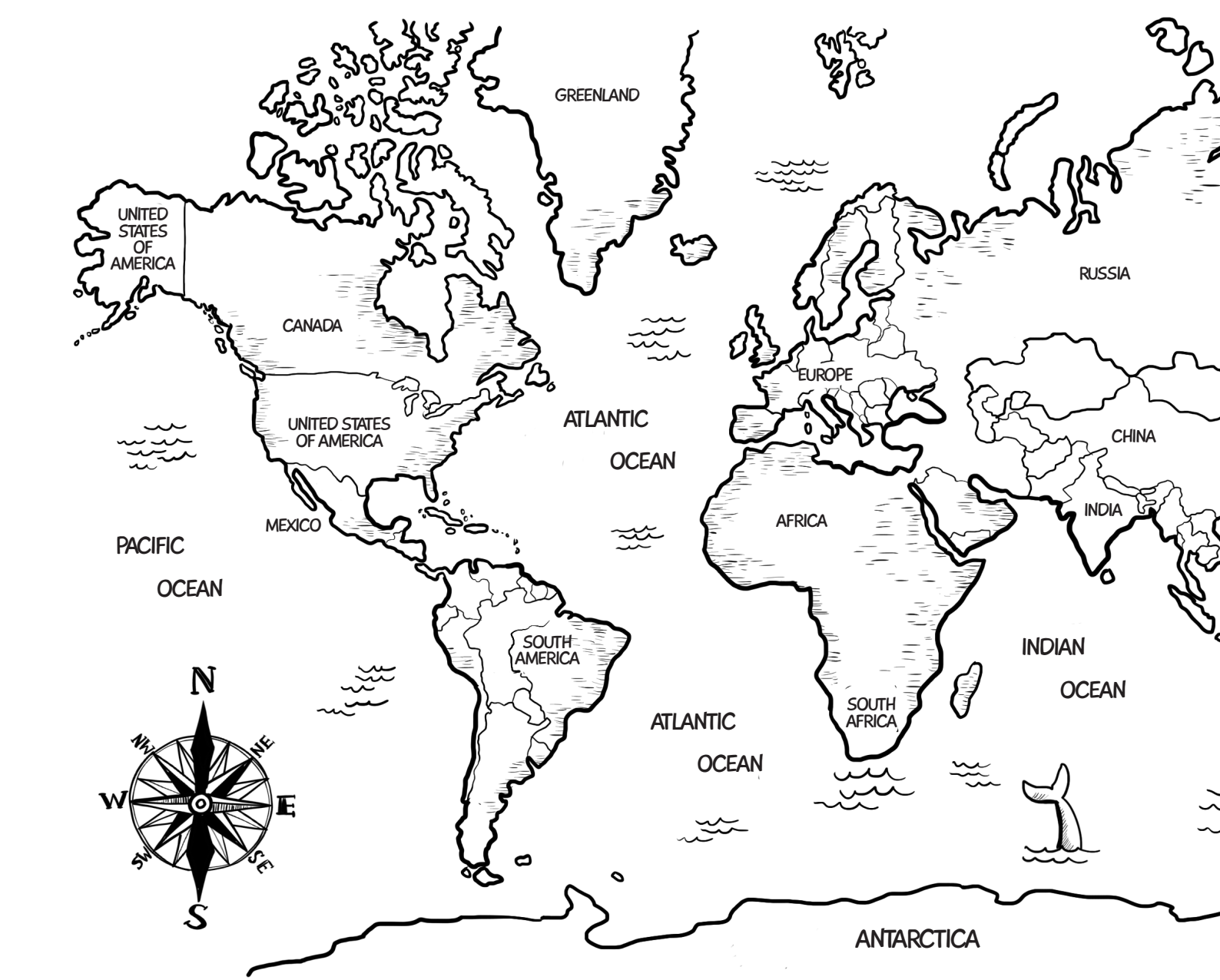


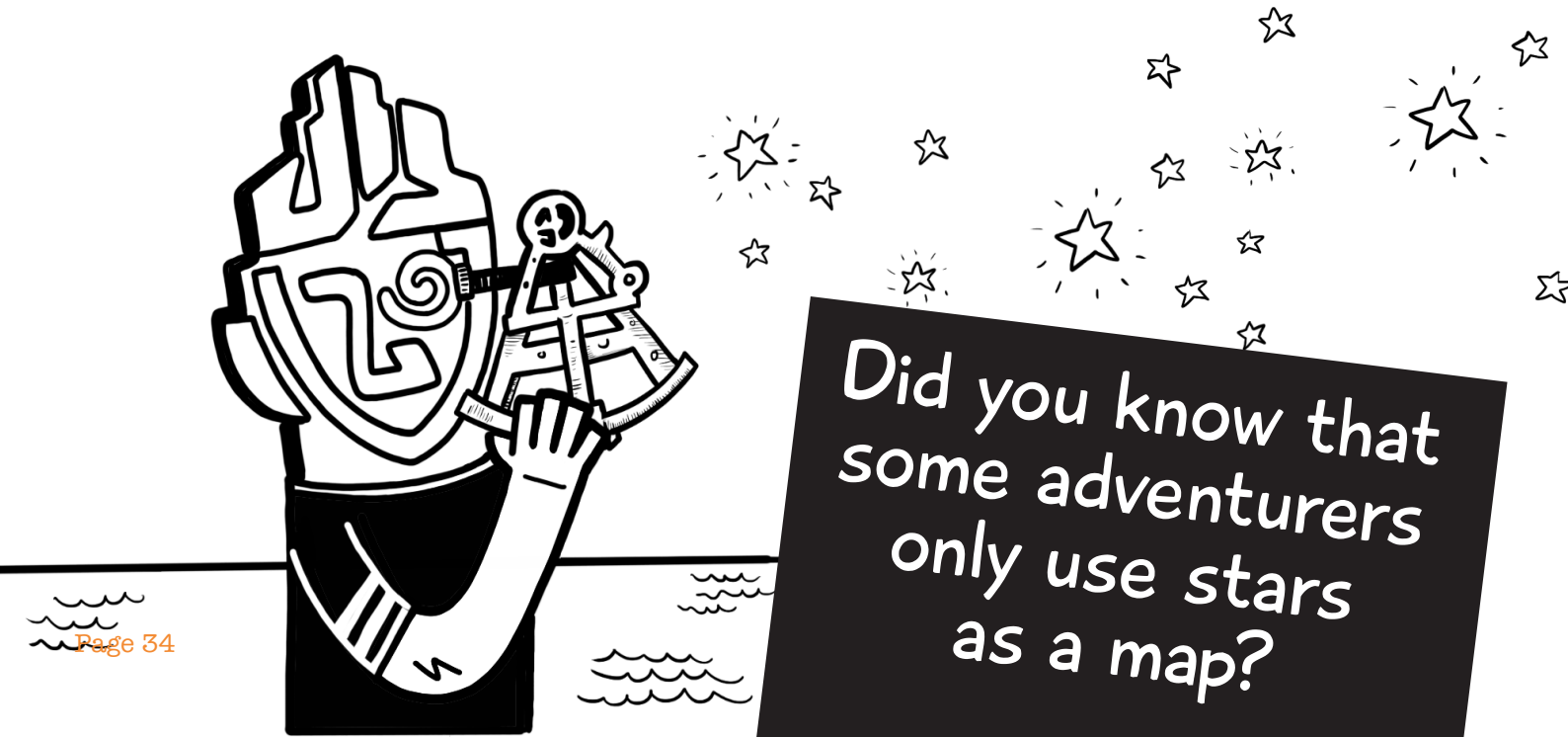
Create a Raft

Do you think you could build a raft like Thor's? You can practice in your next WingKids lesson by flipping your wing over, floating it on the water and holding onto each others boards or wings.

Make sure someone is holding on to a buoy so you don't float away down wind!

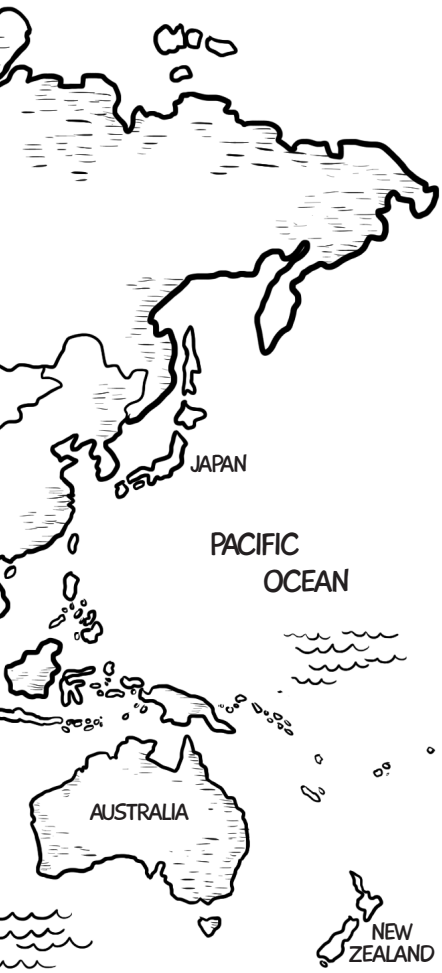






Did you know that some adventurers only use stars as a map?

Where in the world would you go?



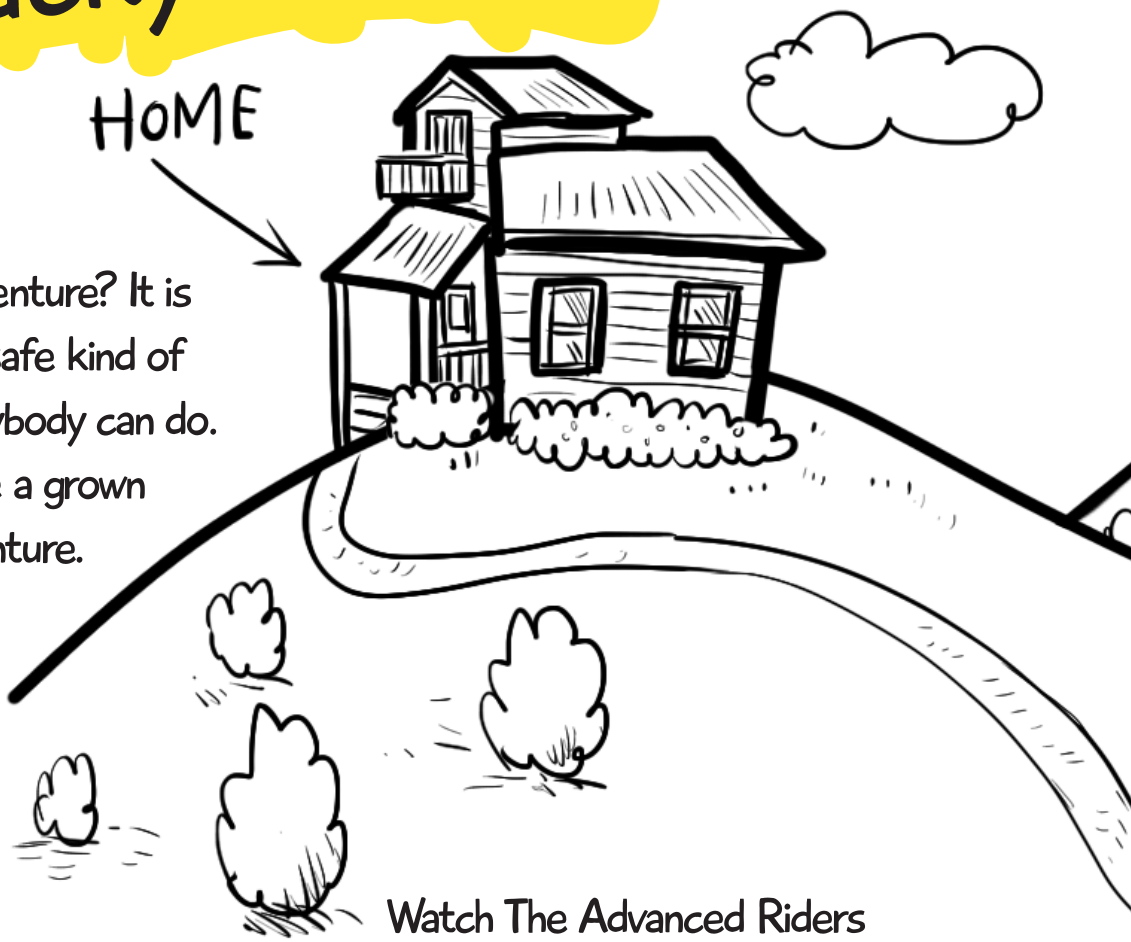
Draw your route on the map

WHAT WOULD YOU TAKE WITH YOU?

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Hi .....
I'm winging from .....
to .....
The weather is .....
.....and the journey 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!

Follow the Leader

Next time you are out with your friends try winging in a line one behind the other, copying everything the person in front of you does. When its your turn to lead why not try winging on one leg, or with one hand on your head or winging to a specific buoy!

Watch The Advanced Riders

When we're learning to wing we don't want to go out when the wind is too strong as it can be dangerous. But for advanced riders, the more wind the better!

Next time its too windy for you to wing, why not take a trip to the beach to watch the pro wingers. You can even take a picnic with you to enjoy. Remember to dress for the conditions though with sun protection if its hot or warm layers if its cold.

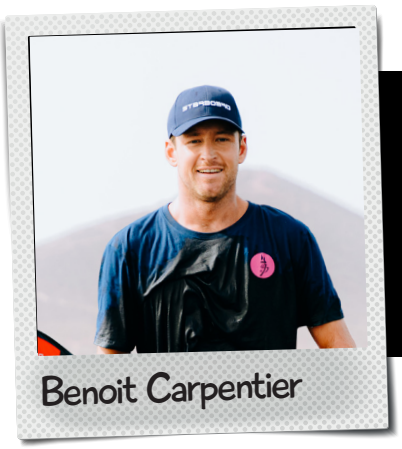


Sleep on the beach

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 right before breakfast.

Whether it is playing follow the leader, watching the advanced riders, 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 !



Benoit Carpentier

DREAM TEAM TIP

Wing foiling is AMAZING !

Get out there with friends and family and enjoy the endless possibilities :)

Franz's top tips for planning a micro adventure

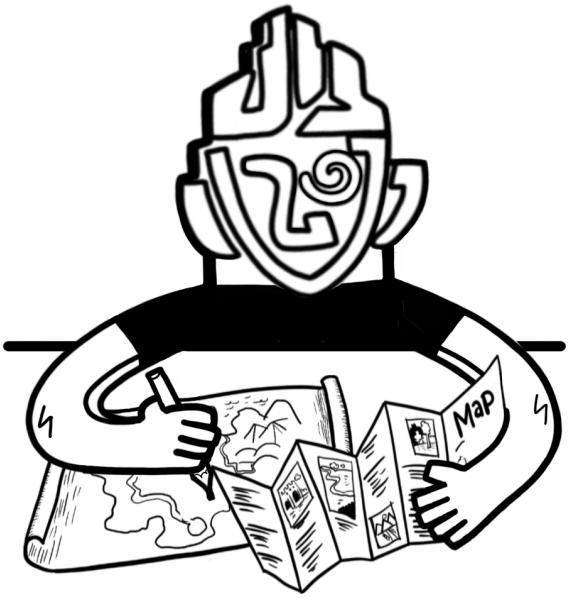




1. Research

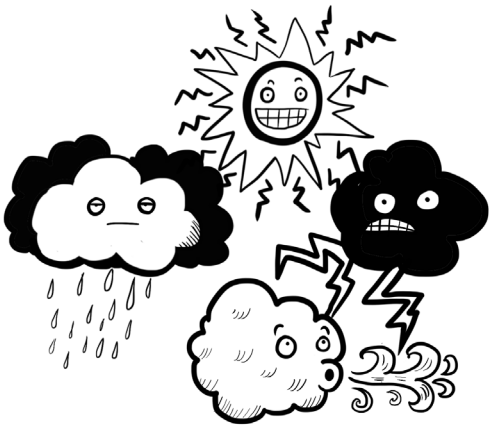
Pick an idea that really interests you (like winging upwind with friends, or visiting a new beach with lots of professional wingers), a place that you really want to see or a micro adventure that you would really like to go on.

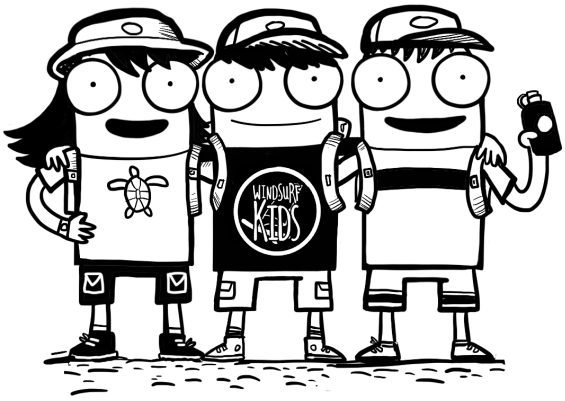
Make sure you know the area well that you intend to explore, taking the landscape and weather into account as well as areas to avoid. Also think about the potential hazards you might find along the way.



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 !





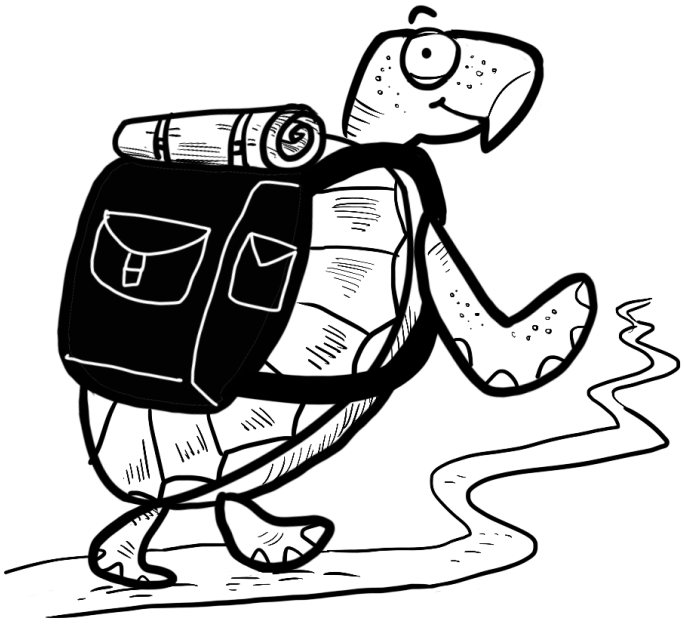
3. Know the weather

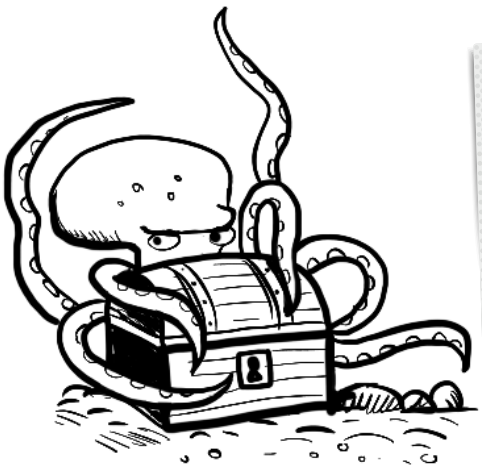
Knowing what the weather will be like during your trip is really important. Anytime you're going winging you should spend some time studying the water and the weather. It's good to know what temperature it will be (the air and the water), how windy it will be (and what direction it will be blowing) and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

Make sure you prepare the right equipment: If it's going to be cold, wear a good wetsuit and bring some extra warm clothes in a dry bag for after your session; if it's going to be warm wear clothes that protect your skin from the sun (like a hat and rash vest), sunscreen and bring extra water.

4. Safety first

Being safe is super important. Remember to follow the 10 WingKids 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 !







Enoha Laurent

DREAM TEAM TIP

I usually go winging with my mum right in front of my kiteschool, I always make sure to stay in line of sight. It's really important when you go riding that someone is aware that you are on the water !



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.

1 This is an oil rig, where they drill down into the sea bed to find oil...

9 This is the landfill ... where lots of plastic ends up. The toxins from the plastic end up in the soil, which then pollutes our waterways.

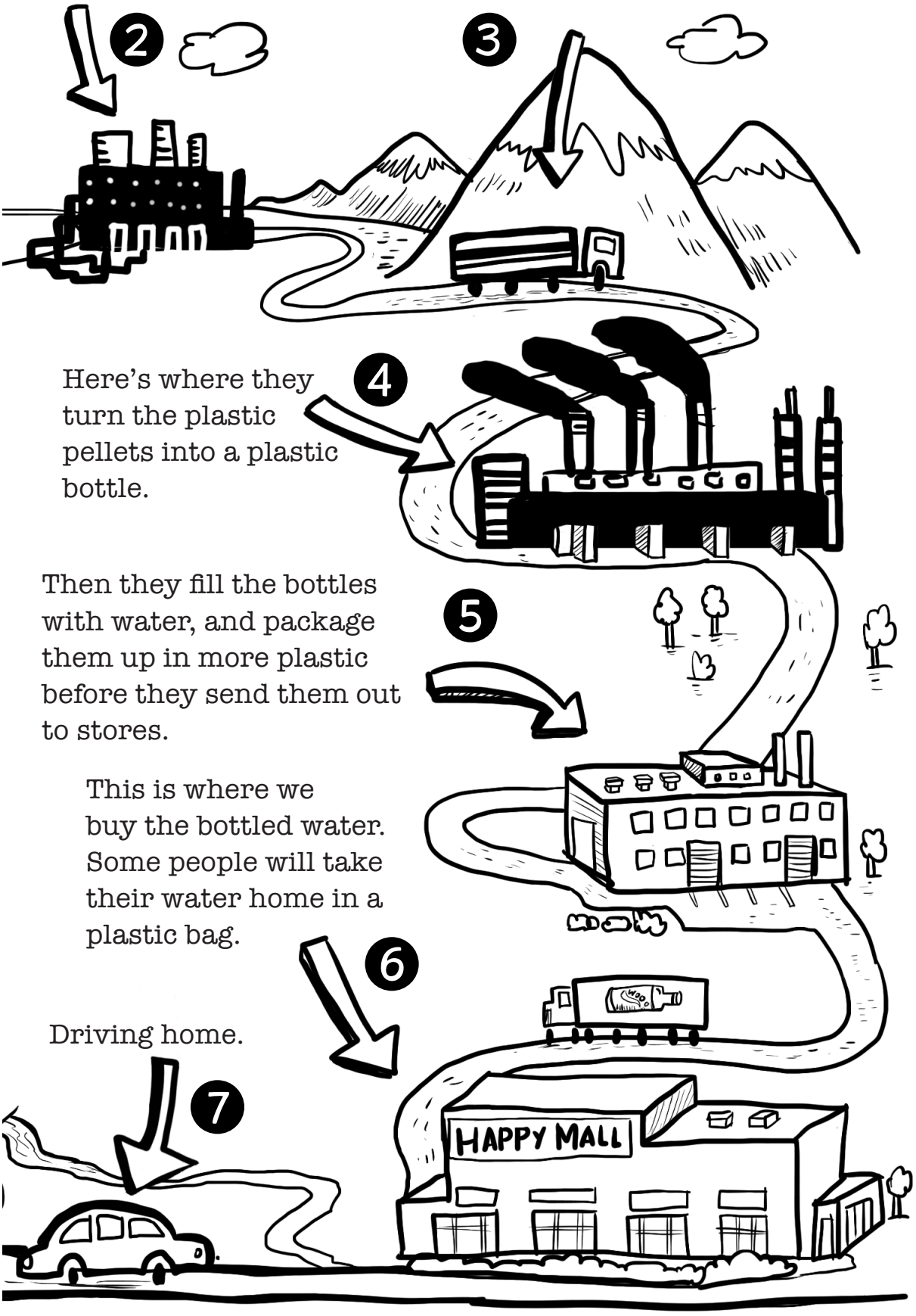
10 The rest ends up floating out to sea, where it breaks down into tiny pieces and ends up being eaten by sea life which makes them really sick.

8 Did you know that only 30% of plastics get recycled ? The other 70% is in a landfill or polluting our environment.

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.

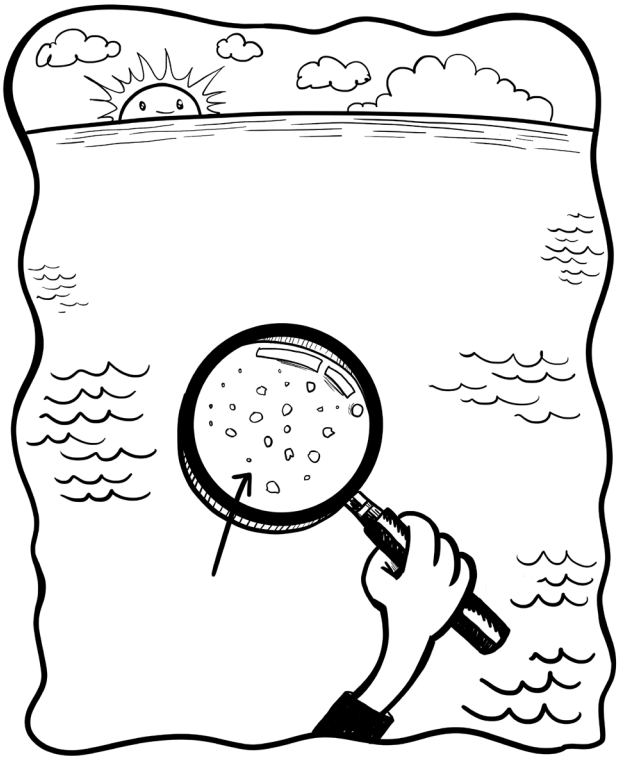
Driving home.

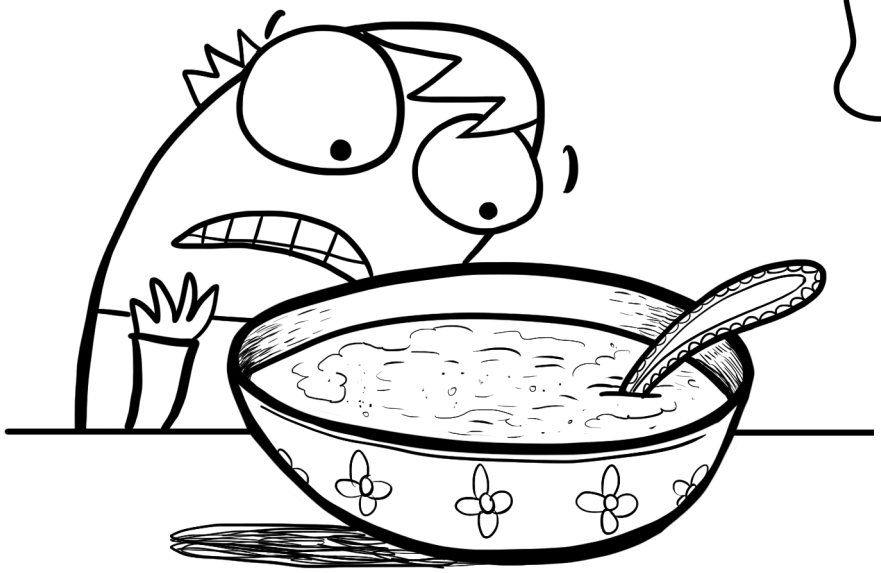
Did you know?

One of the worst things about plastics is that it never really goes away - every single piece of plastic we've ever created is still on the planet somewhere. This includes every wing and wingboard that has ever been made!

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 !

DREAM TEAM TIP

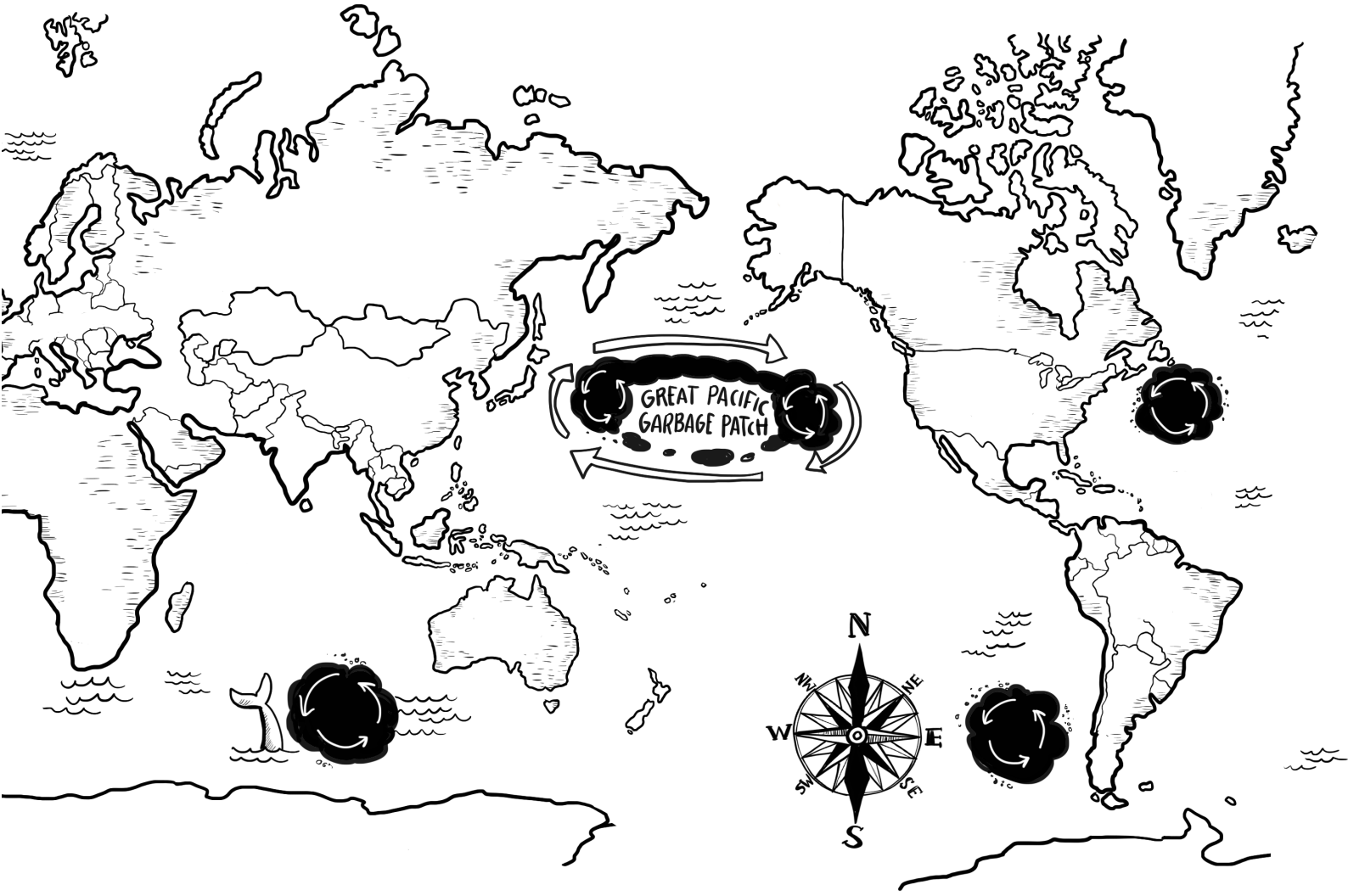
Who has seen plastic on their beaches? Well the Starboard team found a huge amount in Thailand and wanted to take responsibility for some of the plastic they use to make boards. So for every board they make, 1 . 4 KG of shoreline waste is collected from Thai beaches.



Namtarn Lekpetch



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. Two of the biggest gyres have 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.

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 a reusable water bottle instead of buying plastic ones.
- 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.



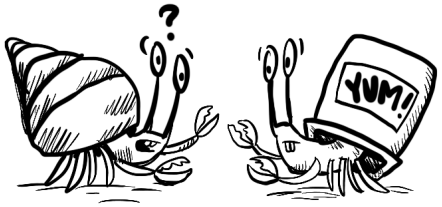
Remember if we don't pick it up , it will end up in the ocean !

DREAM TEAM TIP

We can also make all the items we own last as long as possible. So if you have a board and it's broken, try and fix it as many times as possible. If it is no longer repairable, you can give it a new use. Like making it into a bench for your garden!



Lizzy Howard



Parley AIR

TIKI's Parley Project

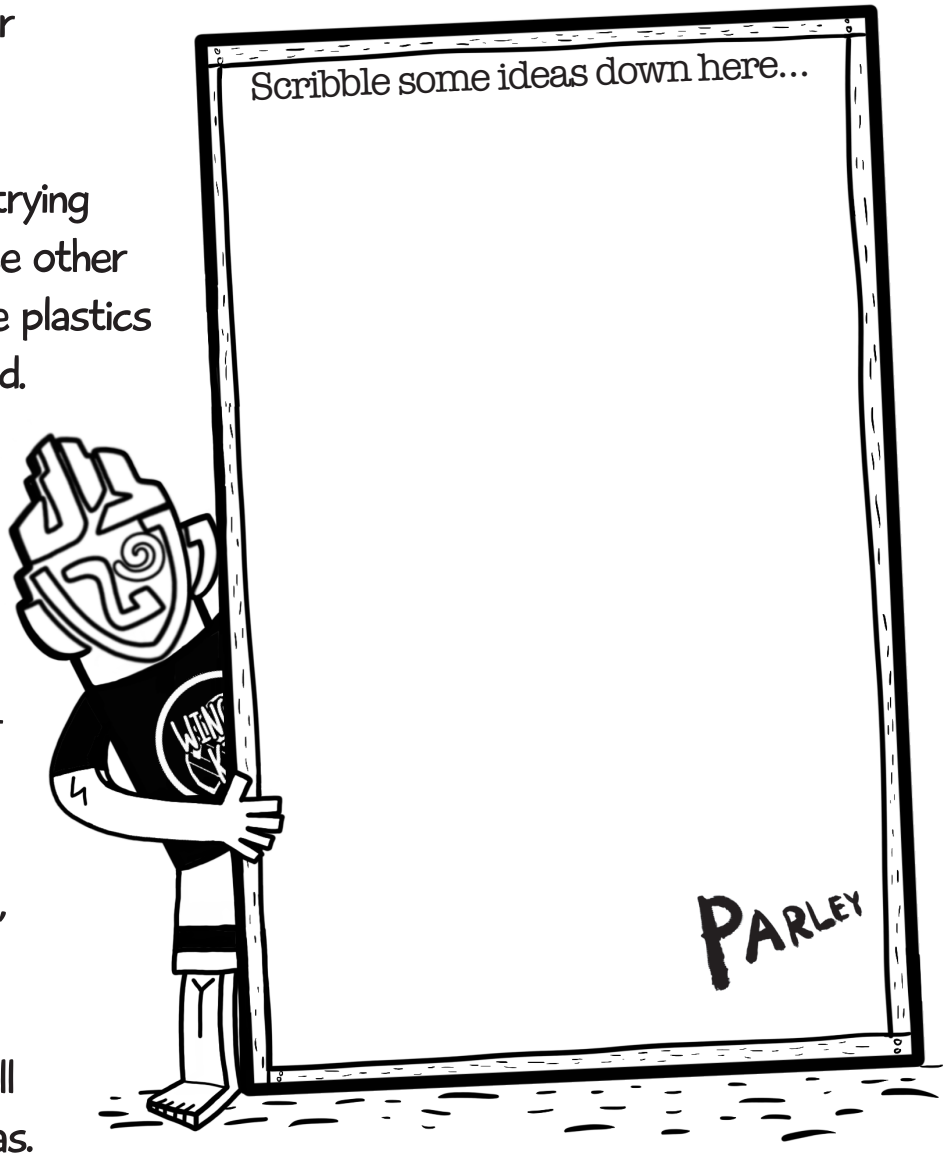
Can you come up with a new invention to reduce plastic pollution ?

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 not to use plastics. We can use other materials or at least try to 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 trying to 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.





Svein Rasmussen

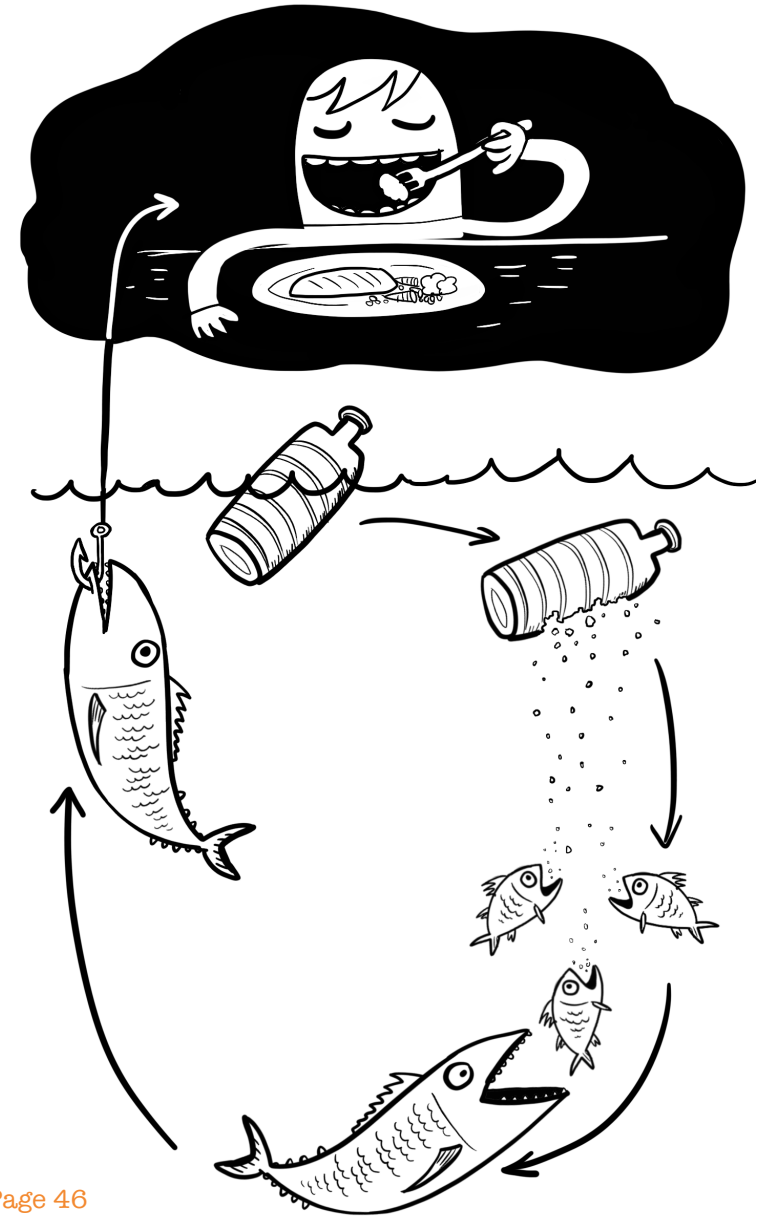
DREAM TEAM TIP

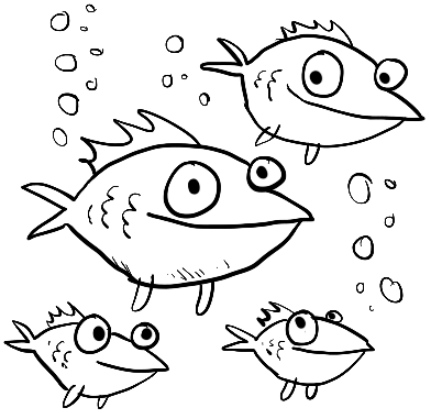
Starboard use this exact AIR concept! We've Avoid all plastic packaging and now use recycled paper and cardboard, we Intercept using our Plastic Offset Program and we Redesign our boards each year with the aim to use less virgin plastics, more recycled matieral and natural materials.

What are you going to do?

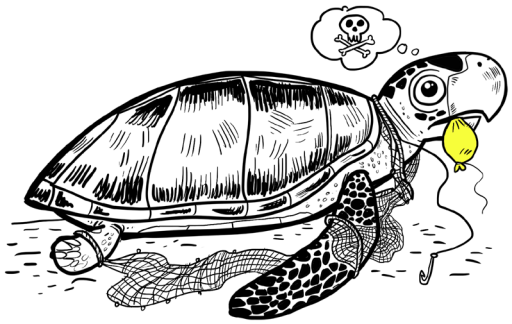
At least 260 different types of sea life are known to eat micro plastics by mistake. The smallest of all of them (they're called plankton) get eaten by little fish, then the little fish get eaten by bigger fish, then the bigger fish get eaten by even bigger fish... then guess what ? We catch the big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

Plastic food chain



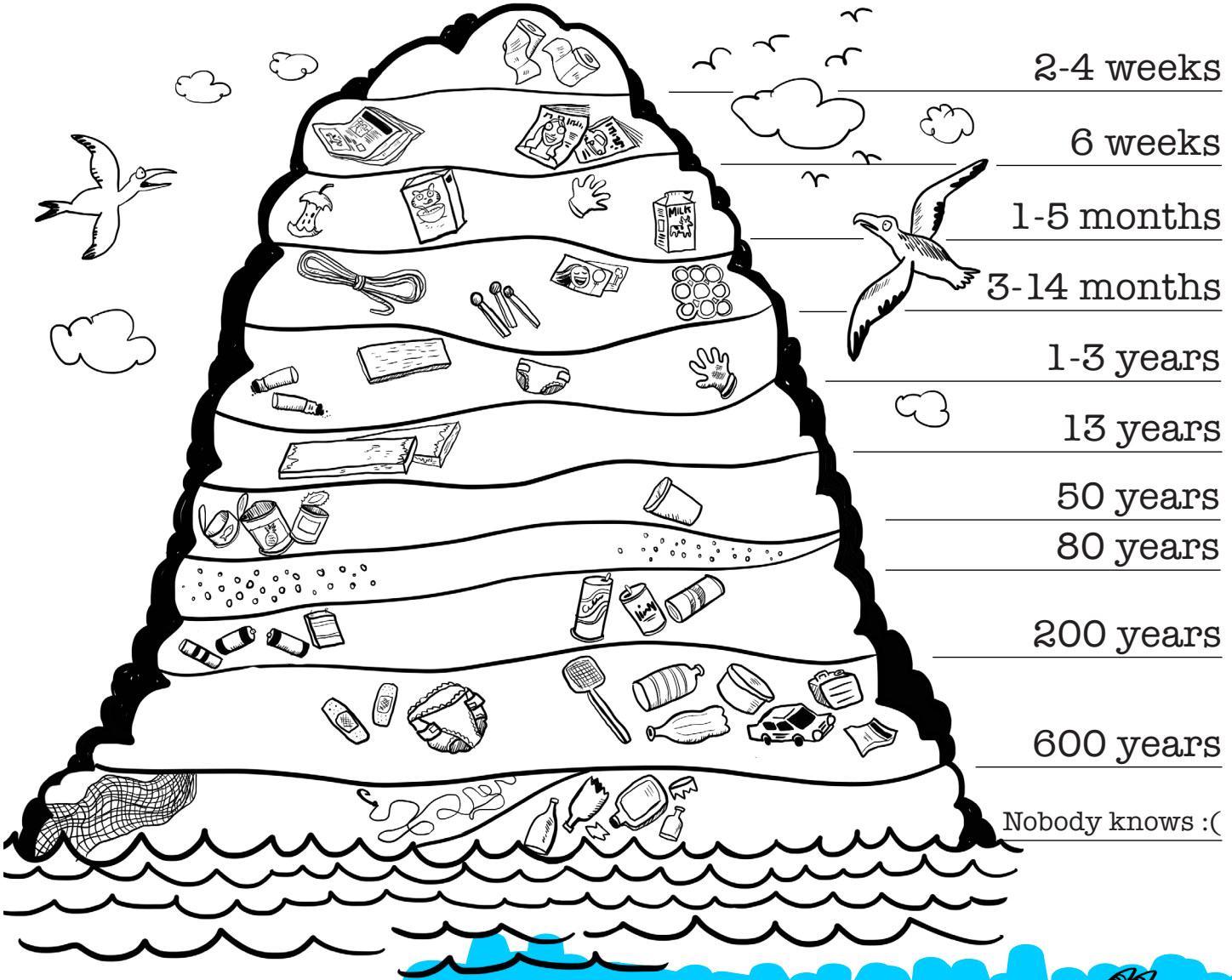


One of the easiest things we can do is to stop using single use plastics. These are things that only get used once (like drinking straws, balloons, water bottles).



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.

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



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.

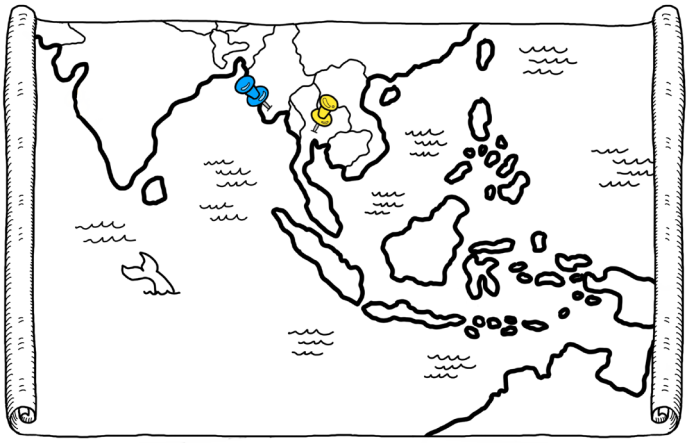
Plastic Offset Program

It's not just individuals like you and me who need to make changes to tackle the single use plastic crisis - businesses also need to do their part !

To help protect our ocean playground Starboard started their very own Plastic Offset Program, POP for short. Starboard's POP teams are paid to collect trash from the beaches, sort it into different materials and dispose of them properly. so they don't end up back in our oceans !

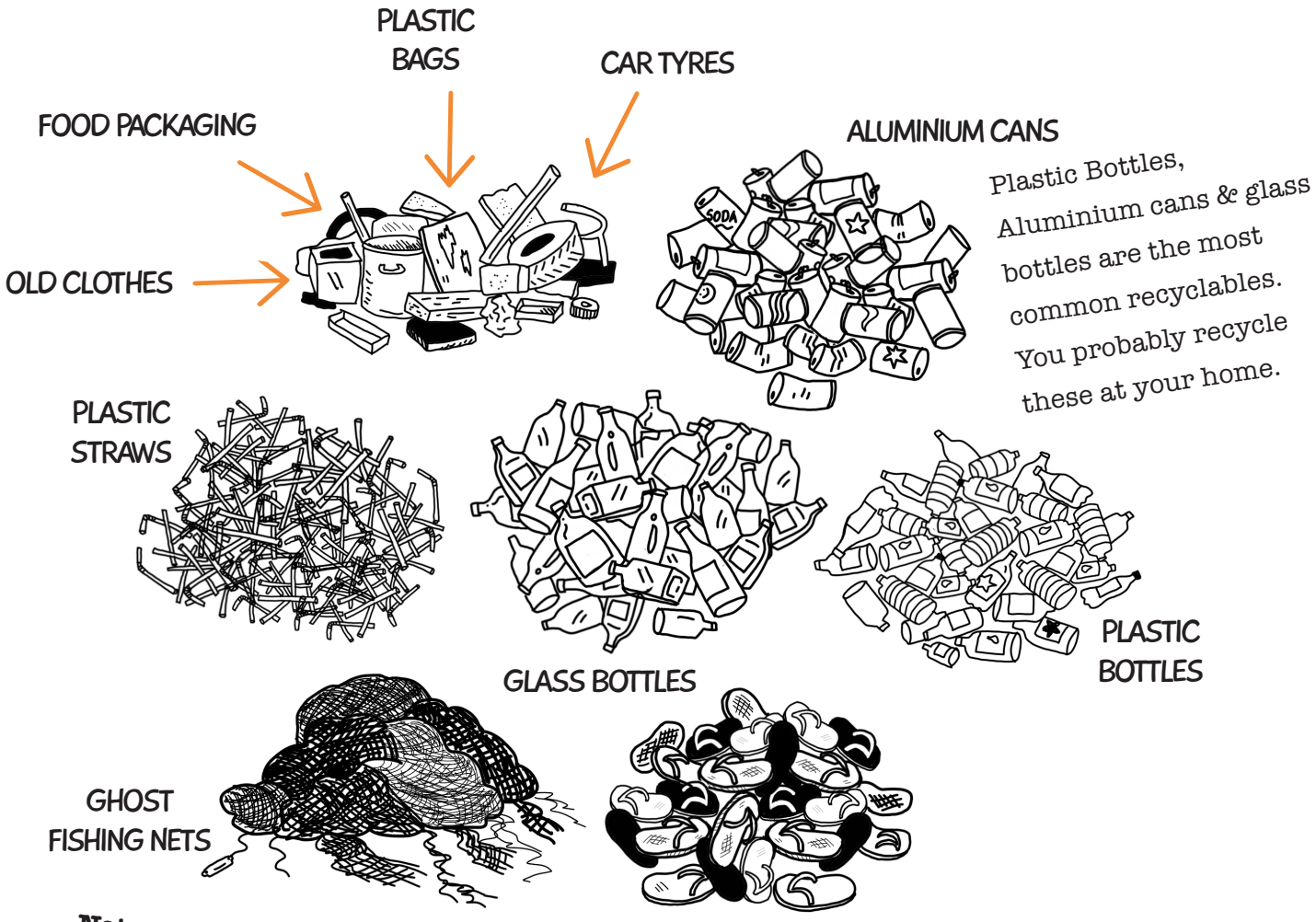


So far there are POP chapters in Thailand (near Starboard HQ) and in Myanmar. But we aren't done yet ! Maybe soon there will be crews cleaning beaches all over the world !



Below are some of the types of trash our POP teams pick up on the beach.

Have you seen any of these in the environment near you?



Not-so-fun fact:
Abandoned nets are called 'ghost nets' because they keep catching fish and other marine animals long after they have been lost at sea - as if they are being used by ghost fishermen.

Our POP team works with the Trash Hero team in Pattani to turn the foam slippers they collect on the beach into brand new ones !

After all the trash has been collected, it is sorted (just like above) so that it can be recycled or disposed of properly.

Sadly most of the trash our POP team collect isn't recyclable. This waste either goes to an energy plant where it is burnt to produce electricity, or goes to landfill.

Neither of these options are that great for the environment, but they are much better than leaving it in the ocean !

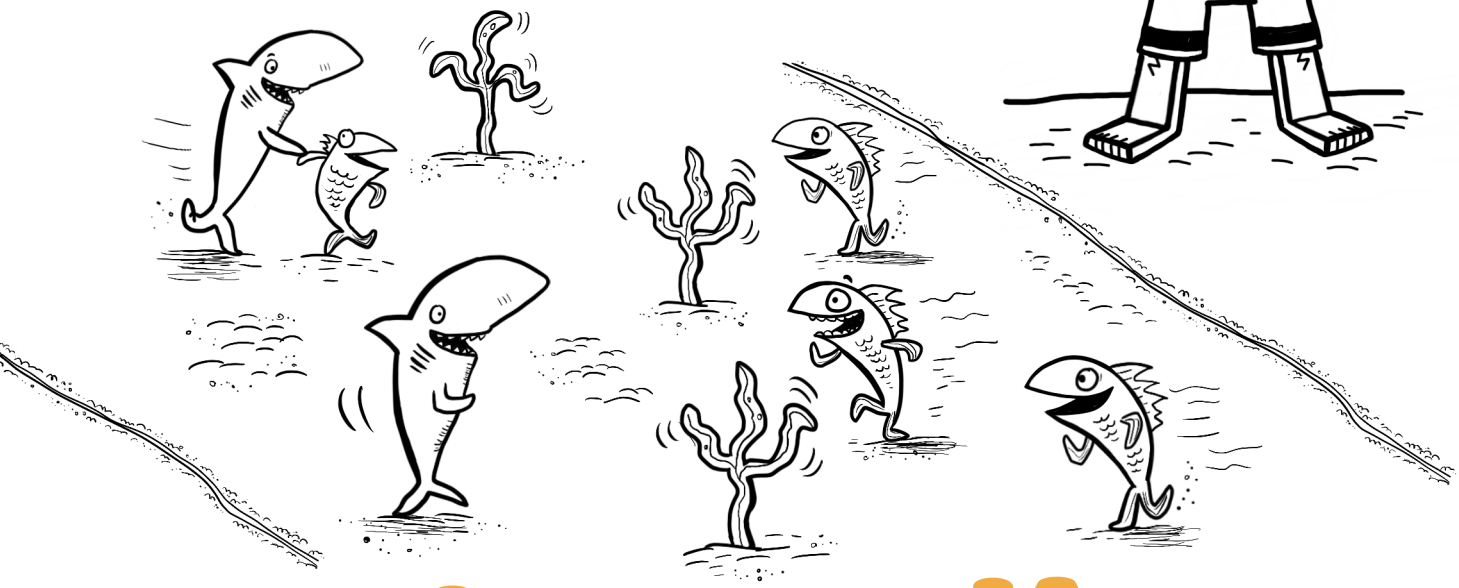


Winging is a great way to stay fit and healthy. You have to use the muscles in your arms to hold onto your wing, whilst your core muscles, your back muscles and your legs all help you stay balanced. On top of that, it's a super fun sport to share with friends, and you get to hang out in the fresh air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

TIKI loves to make sure he's feeling strong for his wing sessions, so he does a whole bunch of stuff to keep him healthy.

What muscles do you think we use when we wing?



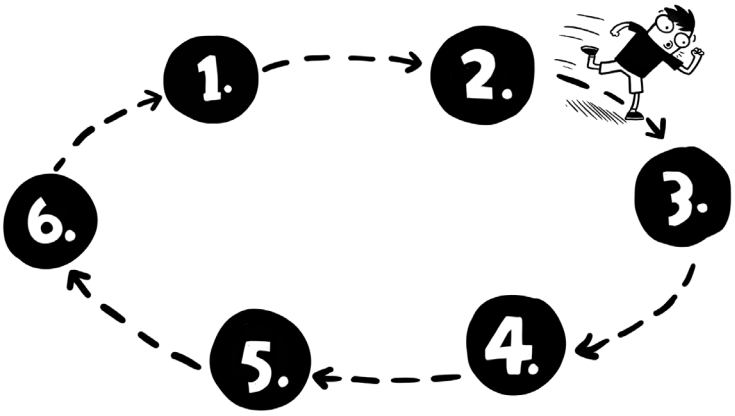


How to play the seaweed game

TIKI's favourite way to warm up before going winging 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

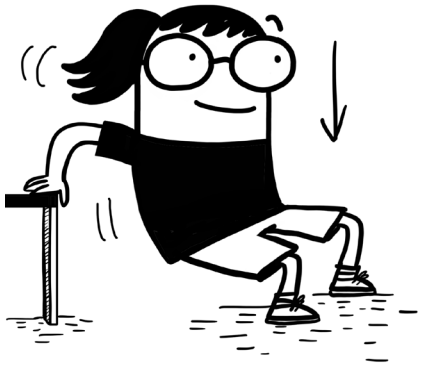
Circuit training is a great way to stay fit for winging. You can do it anywhere (at home, on the beach...) and you don't need lots of equipment.



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 6 exercises, take a short break and grab something to drink.See if you can go around the circuit 3 times !



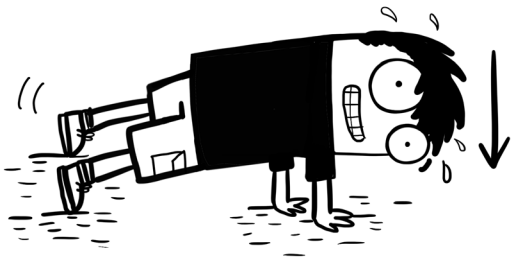
1 Tricep dip

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 you knee 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.**



Shane Promwaen

DREAM TEAM TIP

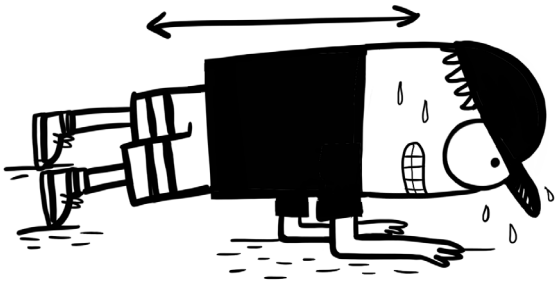
You can do anything you put your mind to...

NEVER GIVE UP !!

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.**



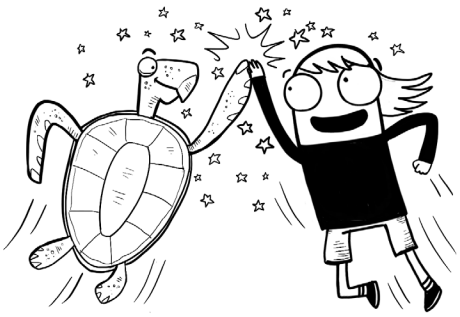
6 **V-Sit**
Sit on the ground with your legs in front of you. Bend you knees and see if you can lift your feet off the ground a little. If that's easy, straighten your legs so your body makes a V shape and reach your arms towards your toes. Hold for 5 seconds. **Do 5 of these.**

DREAM TEAM TIP

Passion, consistent training, and healthy food are the keys to your success! It's not about perfection, but about making small, steady efforts every day. Whether through training, nutrition, or rest. These efforts add up to long-term success.

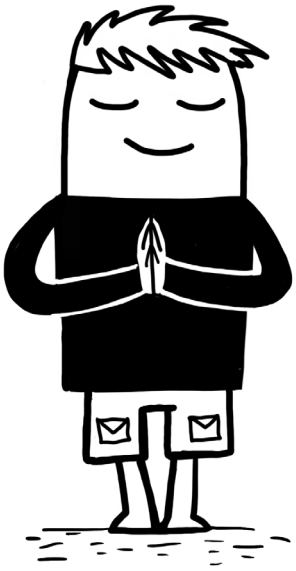


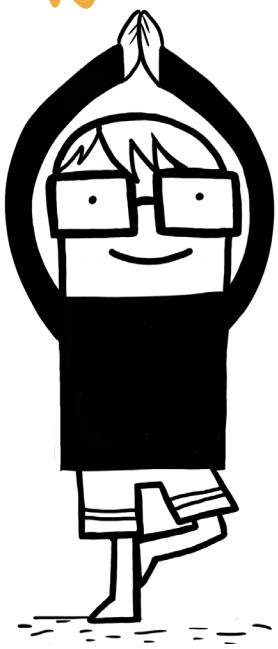
Clément Colmas



Yoga

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



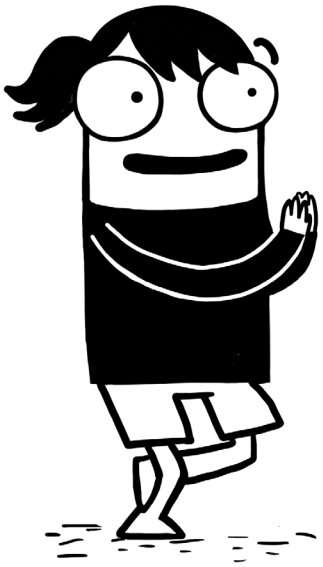


Mountain

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

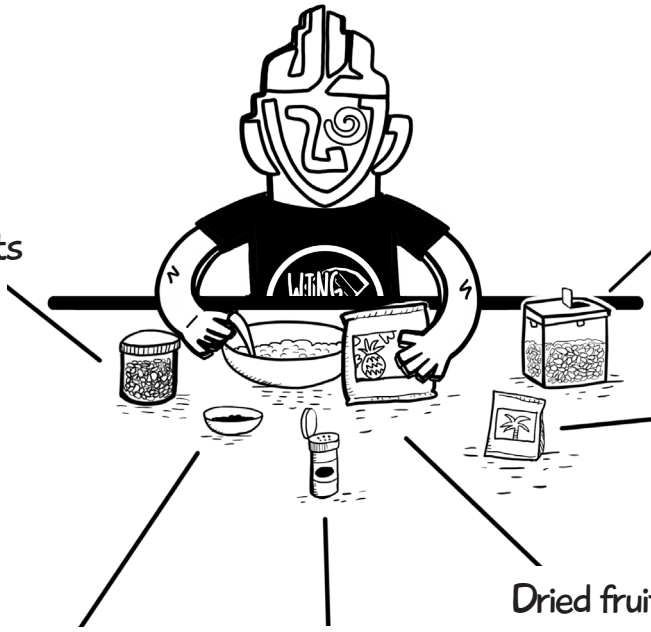
Bend both knees and sit down into an invisible chair. Lift your arms up and point them towards the sky. Hold for 5 breaths. Go further - Go lower & see how long you can hold the pose for !

Nutrition

Eating good food is super important. Food is the fuel your body uses to move, grow, and repair itself. It also helps us wing 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 a 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 !)

Trail mix is TIKI'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 wing adventure.

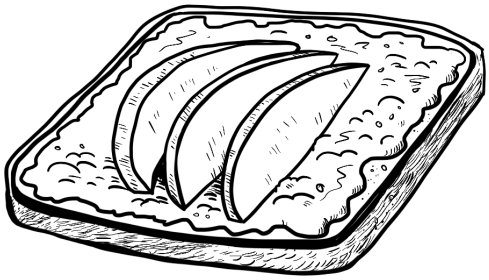
DREAM TEAM TIP

"Food is our fuel! We want to choose foods that give our bodies nutritious fuel to have a long wingfoil session on the water. Choose natural foods that are not processed. My rule of thumb is that if the food was available 1,000 years ago, it is healthy for me to eat now! That means, fruits, vegetables, proteins and grains and avoiding processes foods, especially sugary foods."



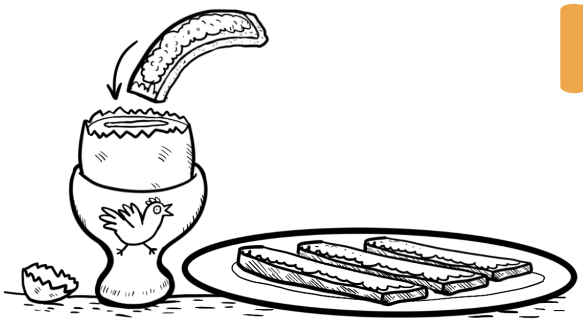
Fiona Wylde

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.



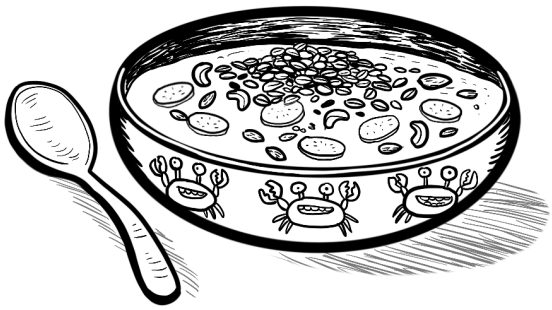
Boiled egg with avo toast

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 ... mmm 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

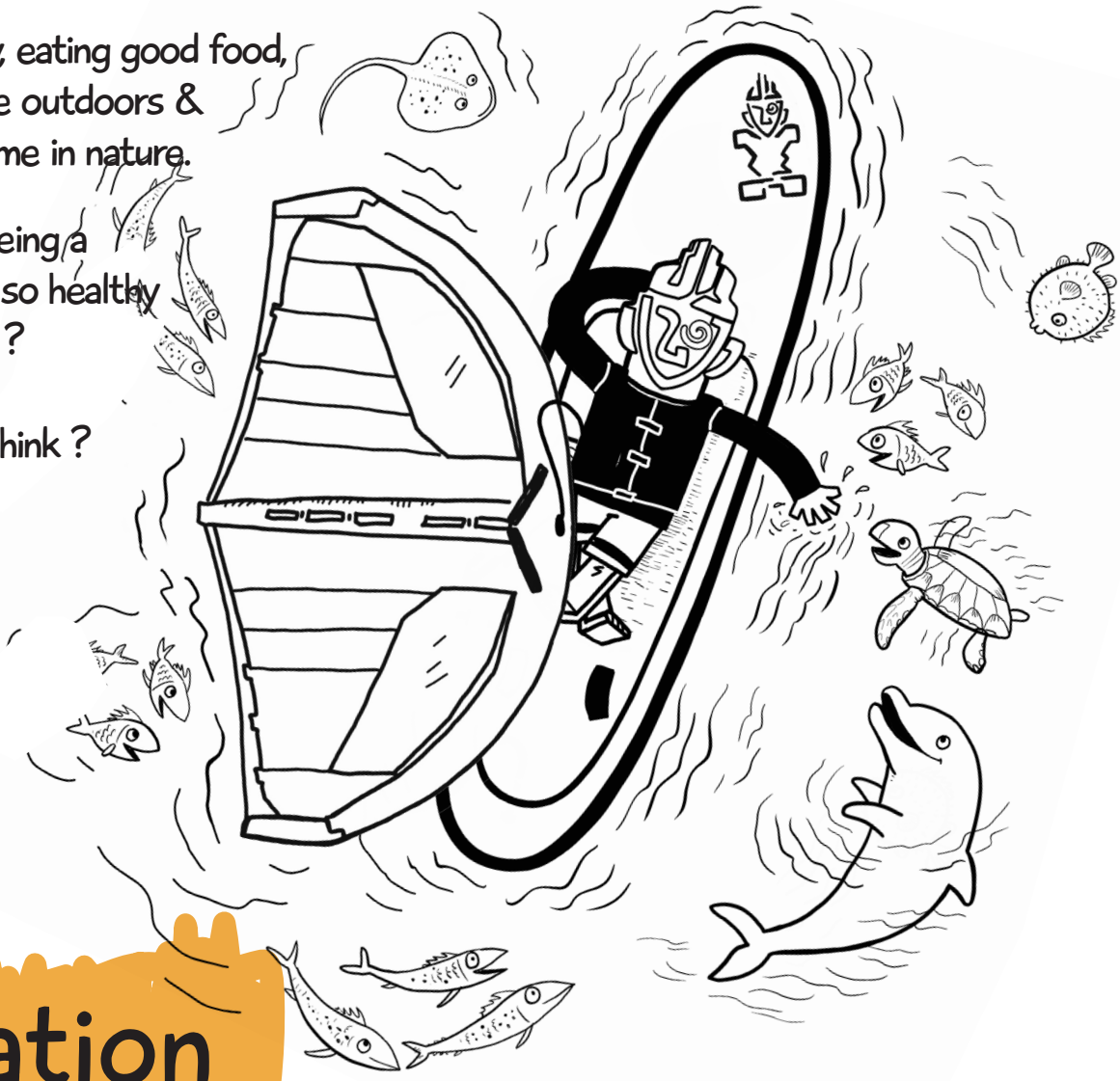
Put 1 cup of frozen berries, half a banana and 1/2 cup of almond or coconut milk into a blender and whizz till it's smooth (ask an adult to help with the blending). Pour out into a bowl. Chop up the rest of the banana and put it on top, with a good sprinkle of granola, nuts & seeds.

What makes TIKI 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 WingKid 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. Practice 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 practice 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 to be caring, giving, kind.



A AKAHAI - Kindness

L LOKAHI - Unity

O 'OLU'OLU - Agreeable

H HA'AHA'A - Humility

A AHONUI - Patience

Can you think of how to use the aloha spirit when you are winging ?

Blue mind

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 winging !



Zane Schweitzer

DREAM 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.



How to become an Ambassador for the Planet

Global Environmental 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)



DREAM TEAM TIP

I'm living on a small, but really beautiful, island. The sad part is the plastic we can find on the beach is sometimes from our own land but some other times from very far away. I think everybody can do a little bit to make the ocean cleaner. The more people who help, the more difference we can make !



Enoha Laurent

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



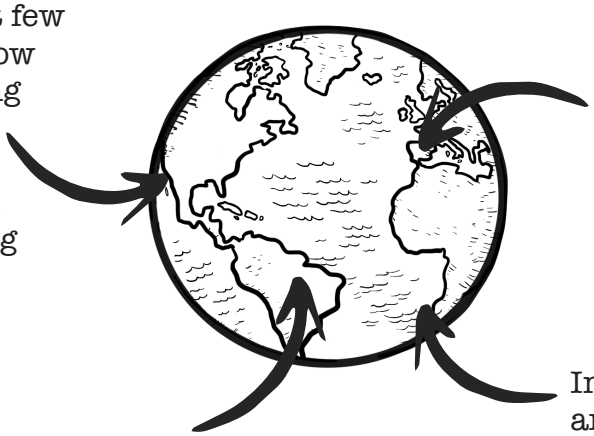
We think the best way to protect our planet is to team up with people who care as much as we do. We can all make a much bigger impact if we work together. This is called collaboration. Here at WingKids we have a bunch of awesome friends we work with.... Who can you collaborate with ? Can you think of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

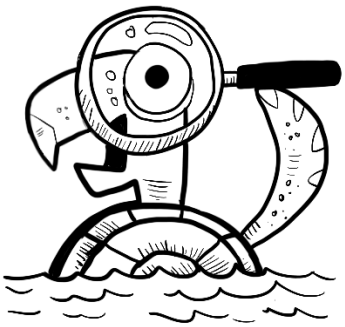
In Los Angeles, California, there is a big water shortage. The weather has changed a lot in the last few years. Less rain and snow means less water flowing into rivers & streams. On top of that, people are also using too much water at home and in big businesses like farms.



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 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.

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.

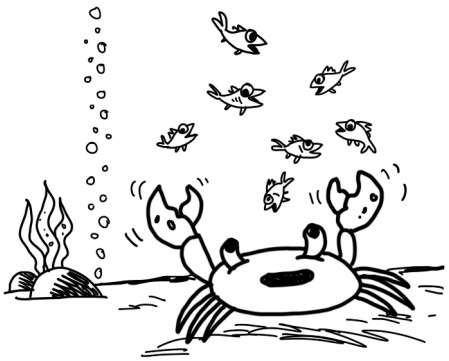


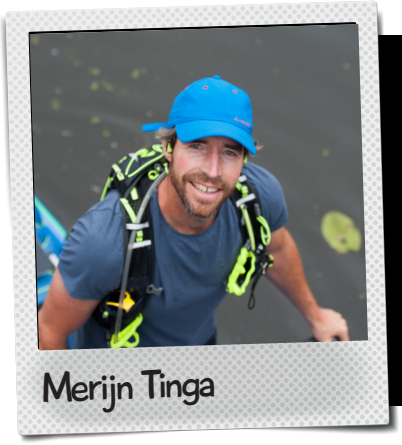
Can you think of any local issues your community is dealing with ?



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 an 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 environment department or charity.





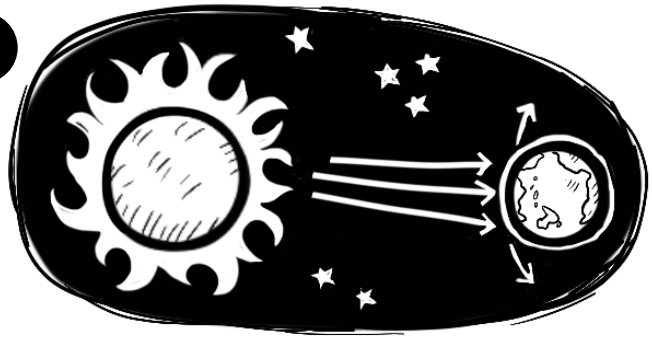
Merijn Tinga

DREAM 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.

Climate 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.

Carbon Footprints

One of the major greenhouse gases is called carbon dioxide. Carbon dioxide is produced by cars, factories, aeroplanes and other activities that burn fuels like wood, coal or petrol . All of that extra carbon is making the Earth feel sick and adding to the climate change problem :(



Just like how walking on sand leaves a footprint, burning fuel in cars or factories leaves carbon dioxide in the air - a carbon footprint.

Everyone who uses energy (to heat their home, cook their food or drive their car) has a carbon footprint.

To help prevent climate change us humans need to do everything we can to make our carbon footprint smaller.

Here are some of the changes we can make to have less impact on the planet.



Your Board has a Footprint too!

Its not just people who have carbon footprints, 'things' have them too!

Almost anything you buy is responsible for adding some carbon dioxide into the atmosphere. Here are some of the ways that CO2 is released when making a wing:

By the huge machines sucking oil from the ground to make plastic, or the cutting the trees to get wood.

When electricity is used to power the factory that makes the board.

By the trucks, planes and boats carrying materials to the factory, and then by the big cargo ships taking our boards to shops all over the world.

When a wing reaches the end of its life and needs machines to recycle it.

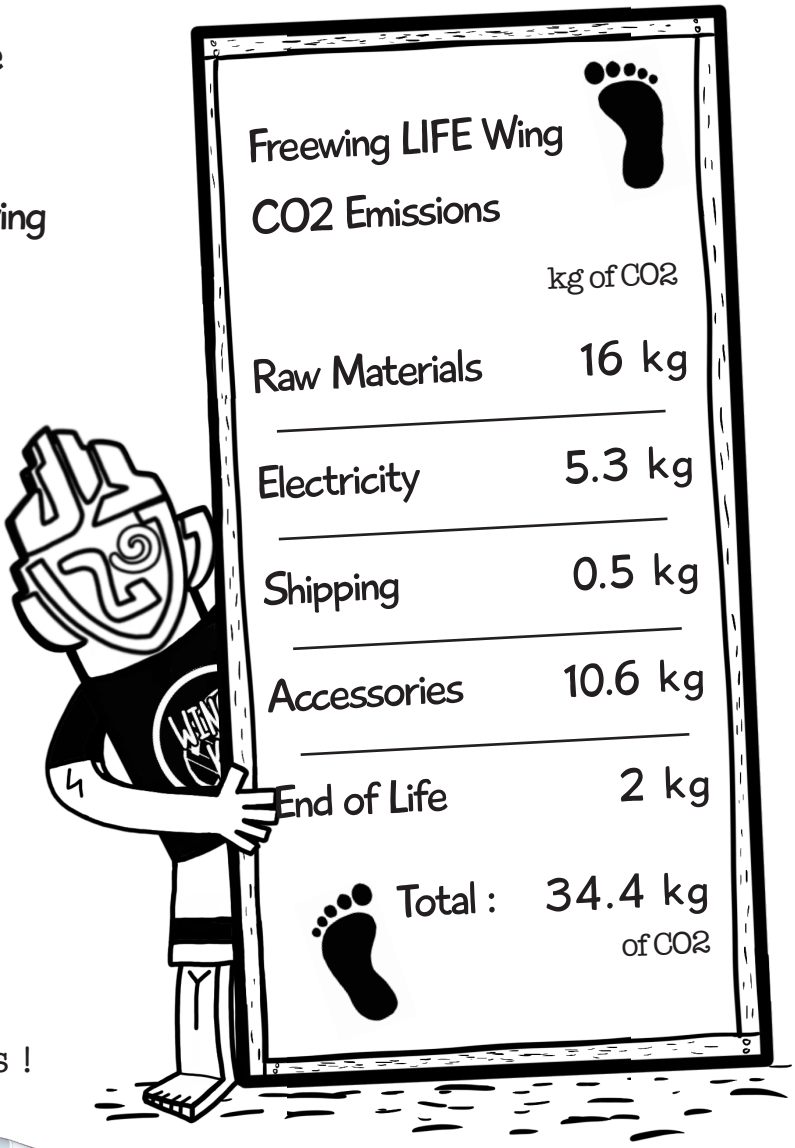
Starboard calculates the emissions released from every wing they make!

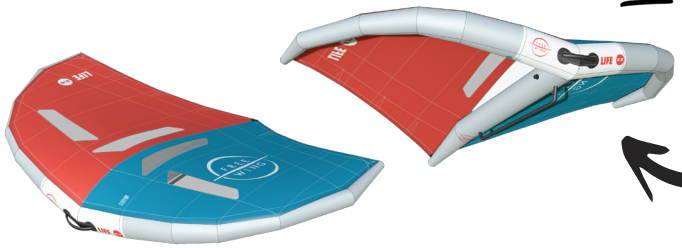
But why?

Measuring a wing's carbon footprint is the first step towards making it smaller.

When we know where we are emitting carbon dioxide we can make changes to help us emit less !

Here is an example of the carbon footprint of the Freewing LIFE Wing :





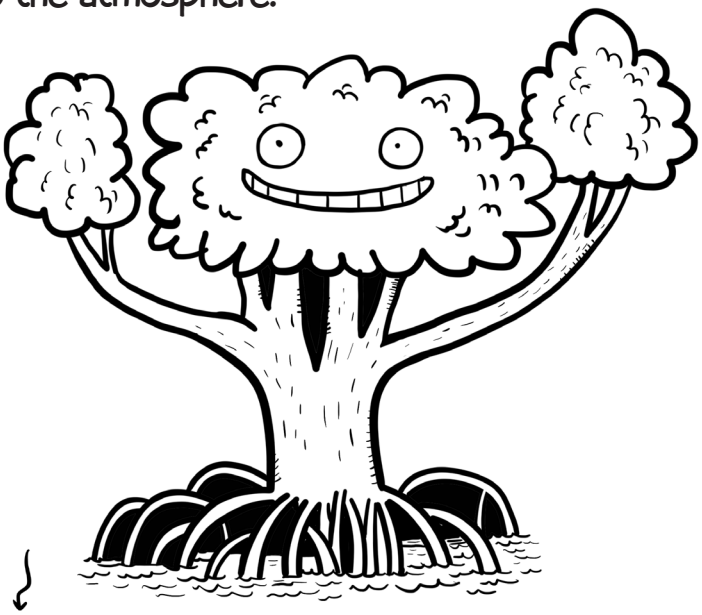
The Freewing LIFE is the perfect wing to get you started !

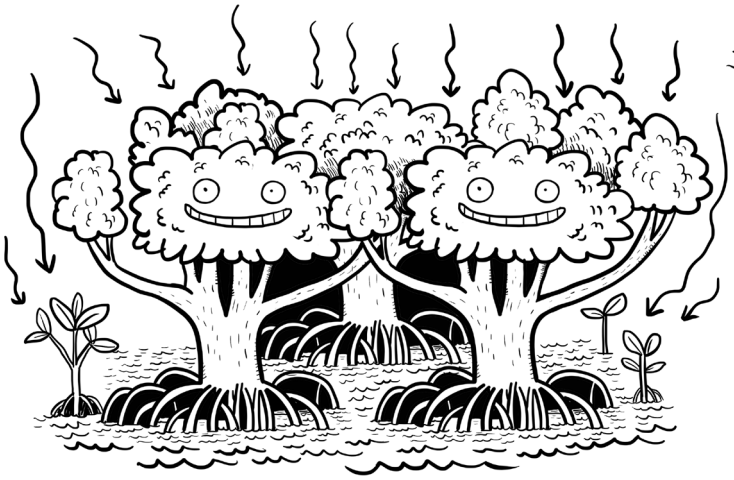
Blue carbon

But its not always possible to totally get rid of our carbon footprint. Even if we cut down on the amount we travel and are careful to save electricity we are still responsible for some CO2 getting into the atmosphere.

So what else can we do to help stop climate change?

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



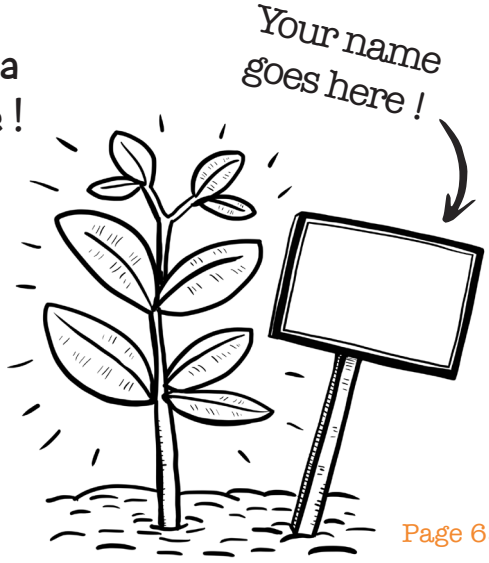


Mangroves breathe in some of the extra carbon in the air and use it to grow branches, or store it in soil around their roots where it will stay for a very long time. So having lots of mangroves makes the earth healthier and happier.

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 - one for every wing they make !

We wanted to help so we came up with a cool idea. Every time a WingKid school runs a program (like the one you're on right now !) we will plant a mangrove tree for each WingKid. 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 an ambassador for the planet & so, I'm choosing to raise awareness of _____.
(of your cause global or local)

HERE ARE MY NEXT STEPS

1. _____
2. _____
3. _____

Friends of WingKids





Svein Rasmussen
Founder, Starboard

"Adventures, learning new stuff, taking care of the ocean and planting mangroves for the planet, this is the stuff I love and live for. Watersports have brought me a lifetime of opportunities and fun. We at Starboard hope that you will enjoy this workbook that Linzi, Sarah and our eco team have created with their hearts and minds, wanting to help us all connect with the ocean through winging and learn how to better protect it. "

STARBOARD

Written by Linzi Hawkin & Lizzy Howard

Illustrated by Sarah Steenland