

Tristan da Cunha

Ocean Explorer Activity Pack



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Introduction

KS1
KS2

WELCOME

to your Ocean Explorer activity pack from the Blue Belt Programme!

We are so pleased you are here. We need your help to make everyone on Tristan da Cunha understand why the ocean is so important.

In this book, you will learn:

- 1 Exciting facts about the ocean
- 2 What it does for you
- 3 Why the ocean is important to Tristan
- 4 How we are protecting the ocean around Tristan da Cunha

ONE LAST THING!
After each section, you will find a fun activity to check your learning.

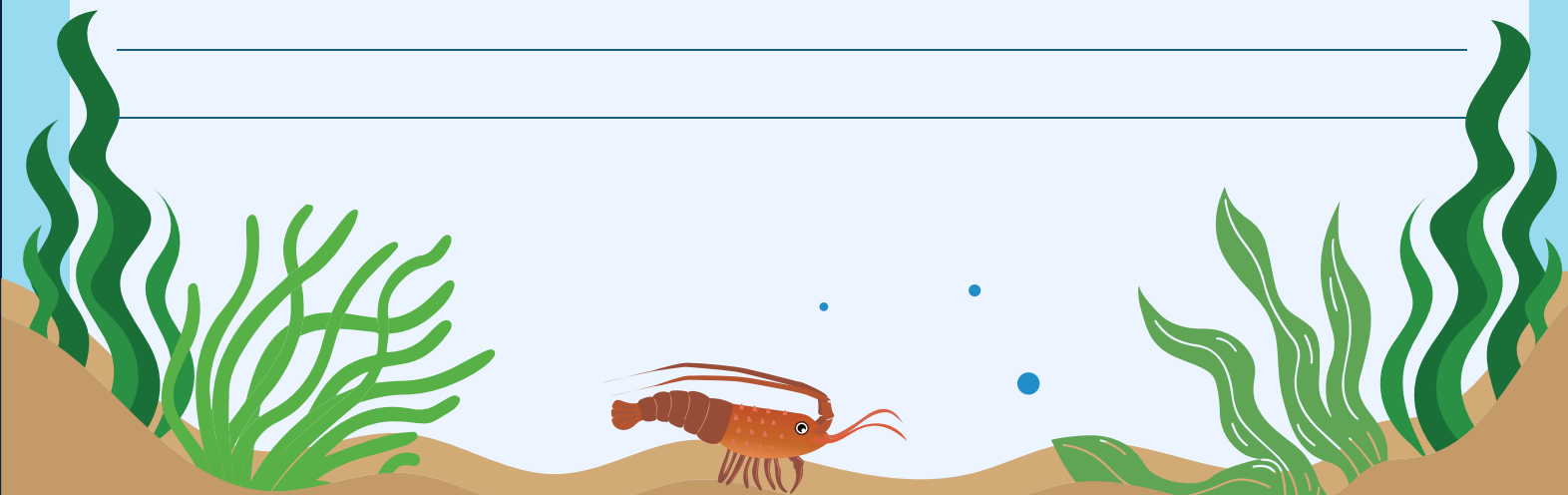
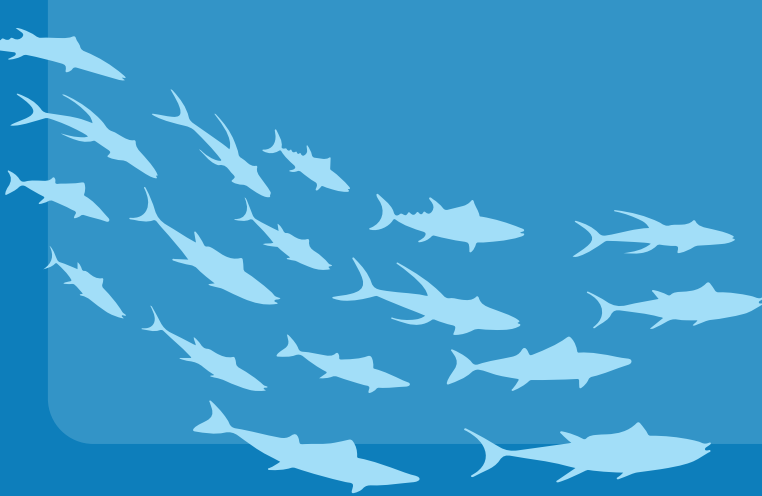
Look out for the traffic lights of difficulty. Your teacher will tell you which to do. There may also be helpful hints along the way!

Starter Activity

Draw your favourite things about the ocean.

Why do you like the ocean?

Why do you think the ocean is important?



What is the Blue Belt?

Tristan da Cunha is one of the United Kingdom's Overseas Territories. The Government from the United Kingdom is supporting the Overseas Territories in different ways to help protect their ocean.

The Blue Belt Programme helps Tristan da Cunha to:

1

Understand our marine life and ocean.

2

Check that people follow the rules.

3

Understand how humans can hurt the ocean.

4

Set rules to protect marine life.

5

Ensure that what we do won't harm our oceans.

They do this through something called the **Blue Belt Programme**.

The Blue Belt Programme works with 10 UK Territories around the world.

There are many organisations and programmes working together to help protect Tristan da Cunha's ocean.

Scientists and marine staff from the United Kingdom work with people from Tristan da Cunha to find out the answers to questions they have about their oceans.

The Blue Belt Overseas Territories are responsible for 4.4 million square kilometres of ocean around the world!

Turks and Caicos Islands

Cayman Islands

Pitcairn Islands

British Antarctic Territory

Ascension Island

Anguilla

St Helena

Tristan da Cunha

South Georgia & the South Sandwich Islands

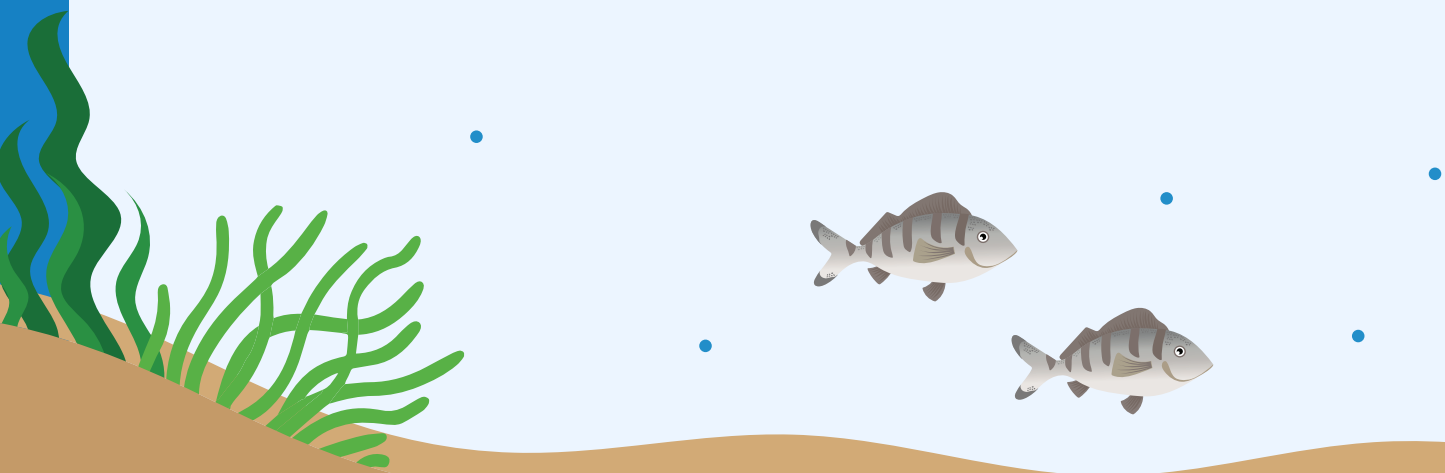
British Indian Ocean Territory



Activity

● ● ✓ Draw marine animals you know.

● ✓ ● List and draw marine animals you know/have seen on Tristan da Cunha.



Activity

● ✓ ● Write everything you know about Tristan da Cunha's ocean.

Lined area for writing text.



Meet Tristan da Cunha's animals!

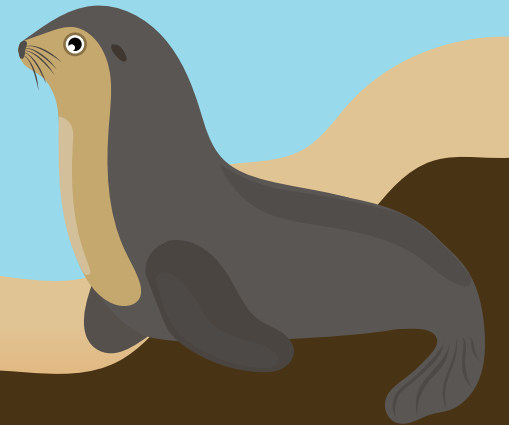
Tristan da Cunha has so much marine life! The waters around the group of islands are filled with sea creatures. Learn about some of the marine animals found in Tristan da Cunha.



I am a **Northern rockhopper penguin**
You might know me as Pinnamin. I am one of the smallest penguin species in the world.



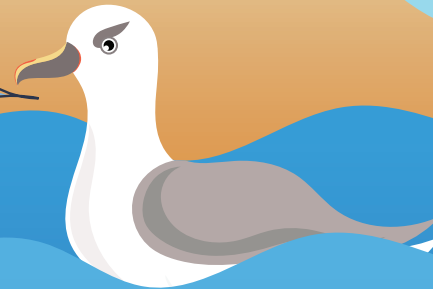
I am an **Antarctic tern**
You might know me as King Bird. I can be seen from September to May when I visit to lay my eggs.



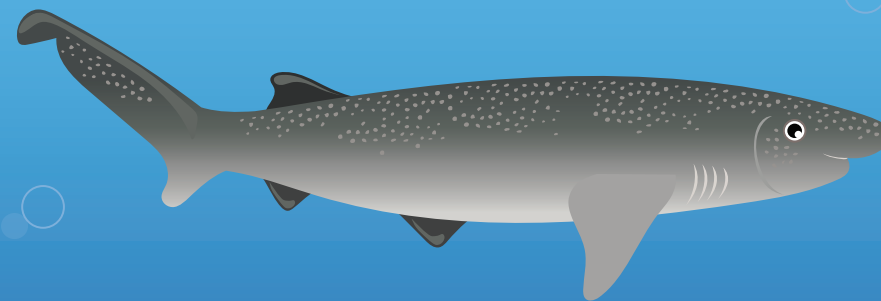
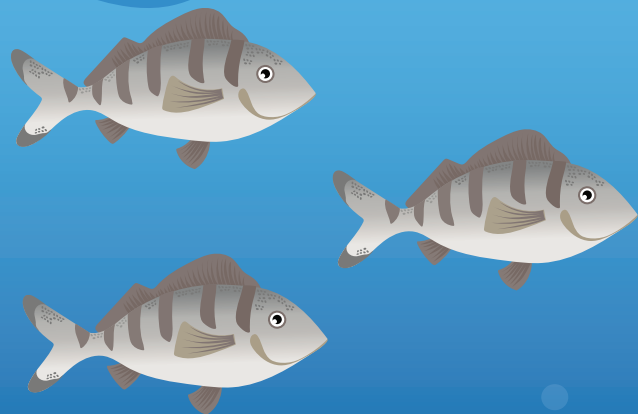
I am a **Subantarctic fur seal** I am the most common seal species in the Tristan islands. Have you seen me lying on the beaches?

ONE LAST THING!
Look out for the characters in the pack. They might have fun facts or helpful hints!

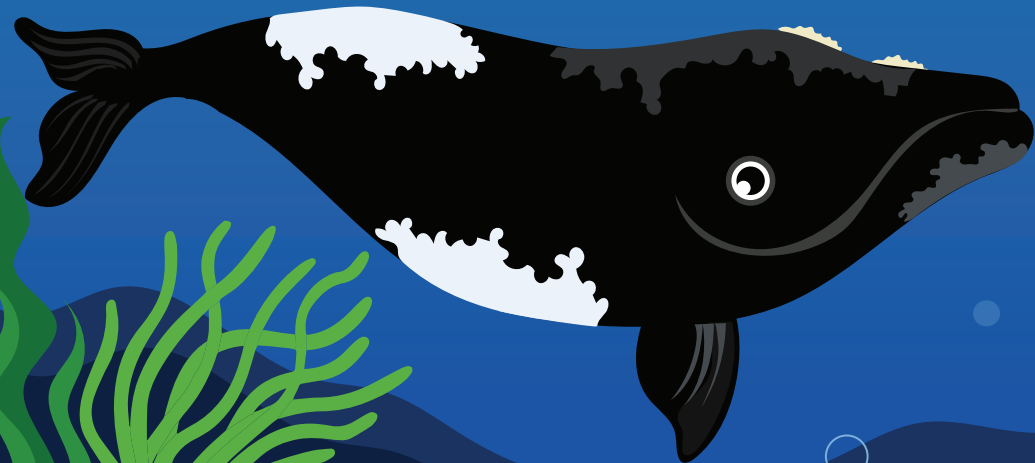
I am an **Atlantic yellow-nosed albatross** You might know me as Molly! I am one of the smallest albatrosses in the world. I only lay my eggs throughout the Tristan da Cunha Islands.



I am a **St. Paul's fingerfin or Five-finger fish**
I am the most common fish in Tristan's waters with 5 or 6 stripes.

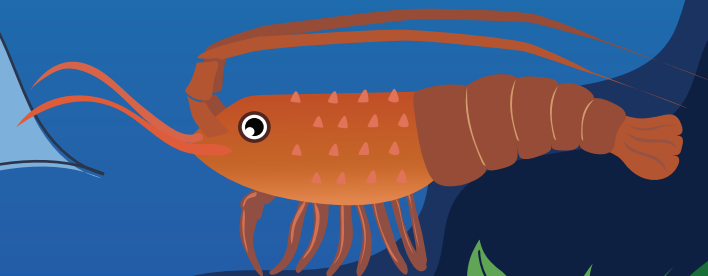


I am a **Broad sevengill shark or Rock shark**
I am the most common shark found in the Tristan Islands. I can grow up to 2.5 metres.



I am a **Southern right whale** I was once very common in Tristan's waters, but fishing and hunting lowered my numbers.

I am a **Crayfish**
You might know me as Crawfish or the very important 'Tristan Rock Lobster'. Do you like to eat lobster?



Why is the ocean important?

FUN

The ocean provides people with places and activities to have fun.



FOOD

The ocean provides food and water for people all over the world.



BREATHING

Half of the world's oxygen comes from the ocean.



ENERGY

The waves and tides in the ocean can create electricity.

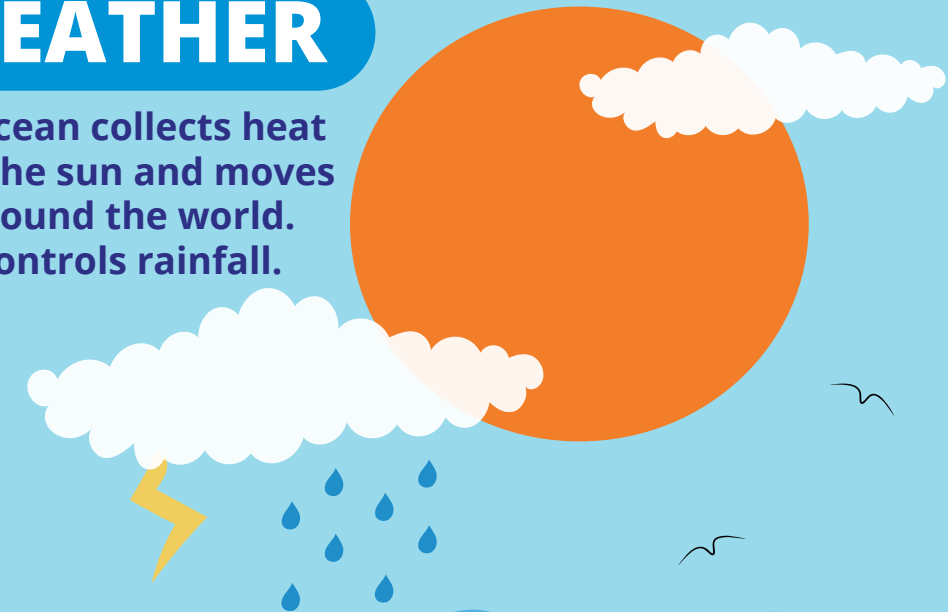


JOBS

The ocean provides a lot of different jobs. These might include catching fish, driving boats or making nets.

WEATHER

The ocean collects heat from the sun and moves it around the world. It controls rainfall.



TRADE AND TRANSPORT

Ships use the ocean to move items to other parts of the world.

PROTECTION

The ocean is a barrier. It protects people living on the coast from bad weather.

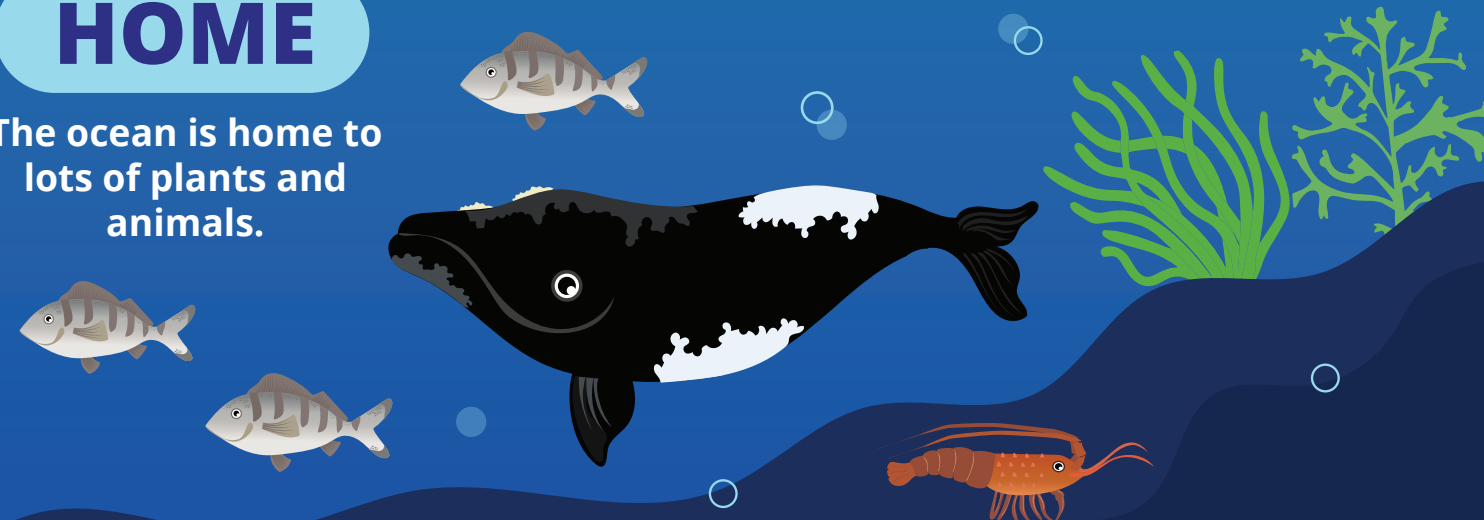


MEDICINE

The ocean gives us medicines.

HOME

The ocean is home to lots of plants and animals.



Why is the ocean important to Tristan da Cunha?

Tristan da Cunha is the most remote island on Earth that people live on.



We have learnt why the ocean is important around the world.

But why is the ocean important to you and your family who live on Tristan da Cunha?



Money

Tristan's main source of money comes from fishing for lobster.



Trade

As an island, we need to get supplies from other countries.



Transport

We have to use the ocean to get anywhere off the island.



Food

We have a lot of marine animals that provide us with food.



Weather

The ocean protects us from storms.



Tourism

We welcome lots of visitors to Tristan da Cunha. The ocean provides our visitors with things to do and see.

Activity

● ● ✓ Draw a picture of you at the ocean.



Activity

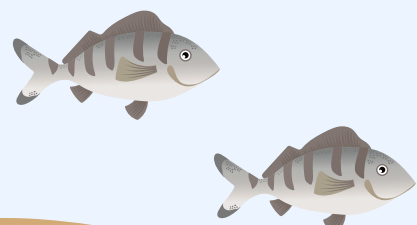
● ✓ ● Write about a time you visited the ocean.

What could you see? What did it sound like? What did it smell like? How did you feel?

Handwriting practice lines for the first activity. The page contains 12 horizontal blue lines for writing.

✓ ● ● Write a short poem about the ocean.

Handwriting practice lines for the second activity. The page contains 8 horizontal blue lines for writing.



TOP TIP!
Don't forget to use capital letters and full stops.

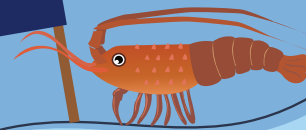


Fishing in Tristan da Cunha

We make sure to catch the lobster in a way that is good for the ocean and doesn't harm it.

All lobster caught by the local fisherman go to the factory.

I'm so important to our island that I'm on the flag of Tristan.



Tristan islanders run the island-based fishery.

The lobster fishery is our main source of money to the island group of islands.

People who live on our islands help to get the lobster ready to sell.

Our fishery was given a very special award.

The Crawfish is also known as Crayfish or Tristan Rock Lobster.

The Fisheries Department puts rules in place to make sure there is always lobster to catch.

We have been fishing and selling lobster for over 65 years.

Crawfish is sold in restaurants all over the world.

Traps and hoops are used to catch lobster.

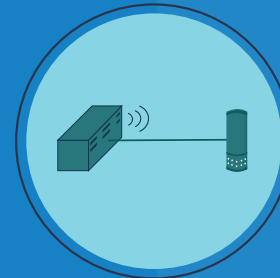


Understanding and Protecting Tristan's Fisheries



Sustainable Lobster Fishing

The Fisheries department in the government helps make sure we can catch lobsters in a way that keeps the ocean healthy. They take care of the shallow waters around the Tristan da Cunha islands, making sure that lobsters and other sea creatures can live there safely.



Fish Surveys with Underwater Cameras

The Fisheries Department use a special camera system called BRUVS (Baited Remote Underwater Video). This cool camera records fish and other sea life swimming in the same spot for an hour. This helps scientists learn which fish live in different areas and how many there are.



Camera Drops

To explore the parts of the ocean around the groups of islands, we drop cameras into water (40meters to 100meters) to see what's living way down there. These show us amazing underwater habitats and creatures we wouldn't normally see.



Studying Kelp

Kelp is a type of seaweed. It is like an underwater forest where many sea animals live and hide. Checking how fast kelp grows and how much of it there is is important.



Checking Water Temperature

Temperature loggers are gadgets that measure how warm or cool the water is. We use them because water temperature can affect how kelp grows. Keeping track of the temperature helps us understand changes in the ocean.

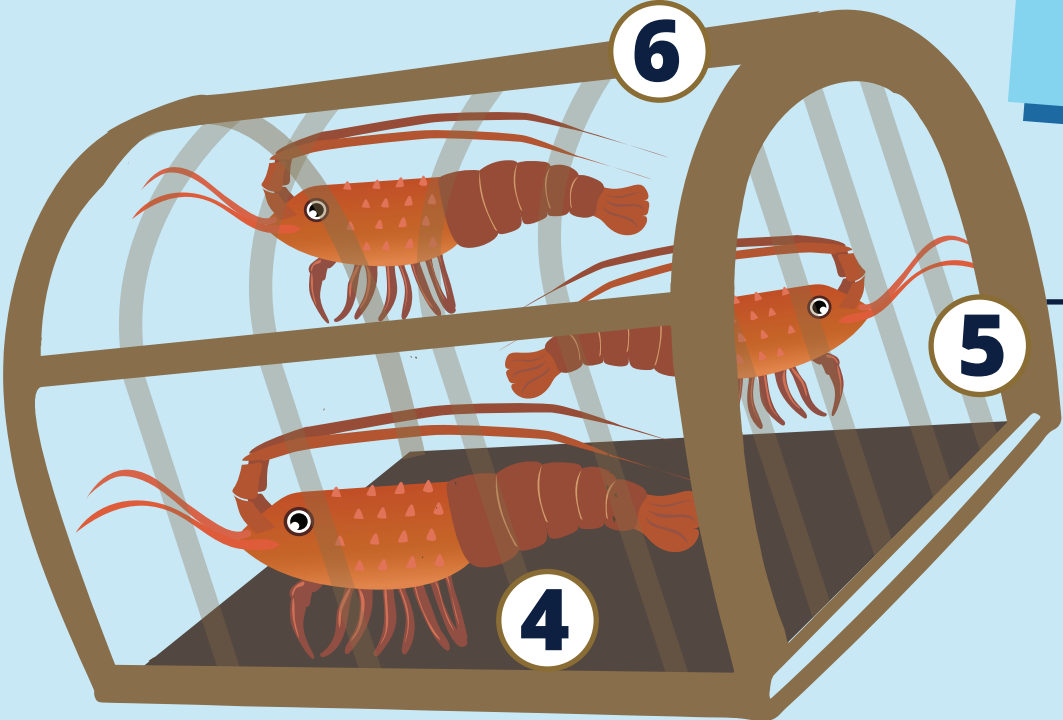
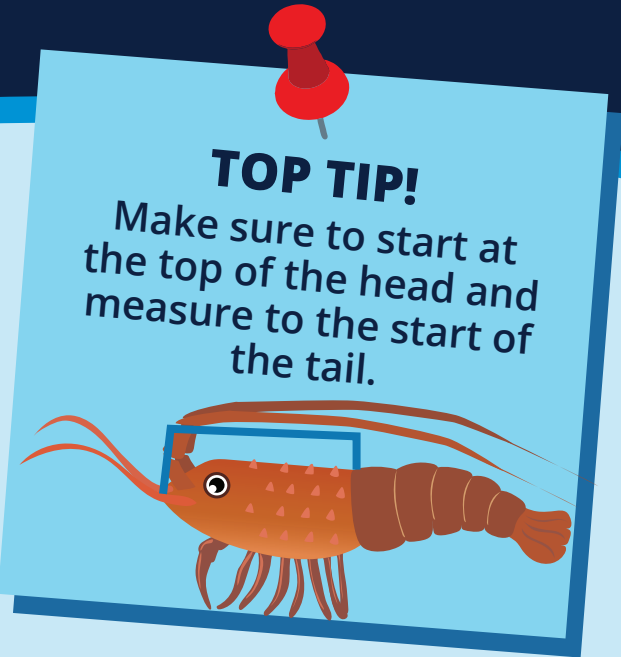
Tristan Rock Lobsters

Activity

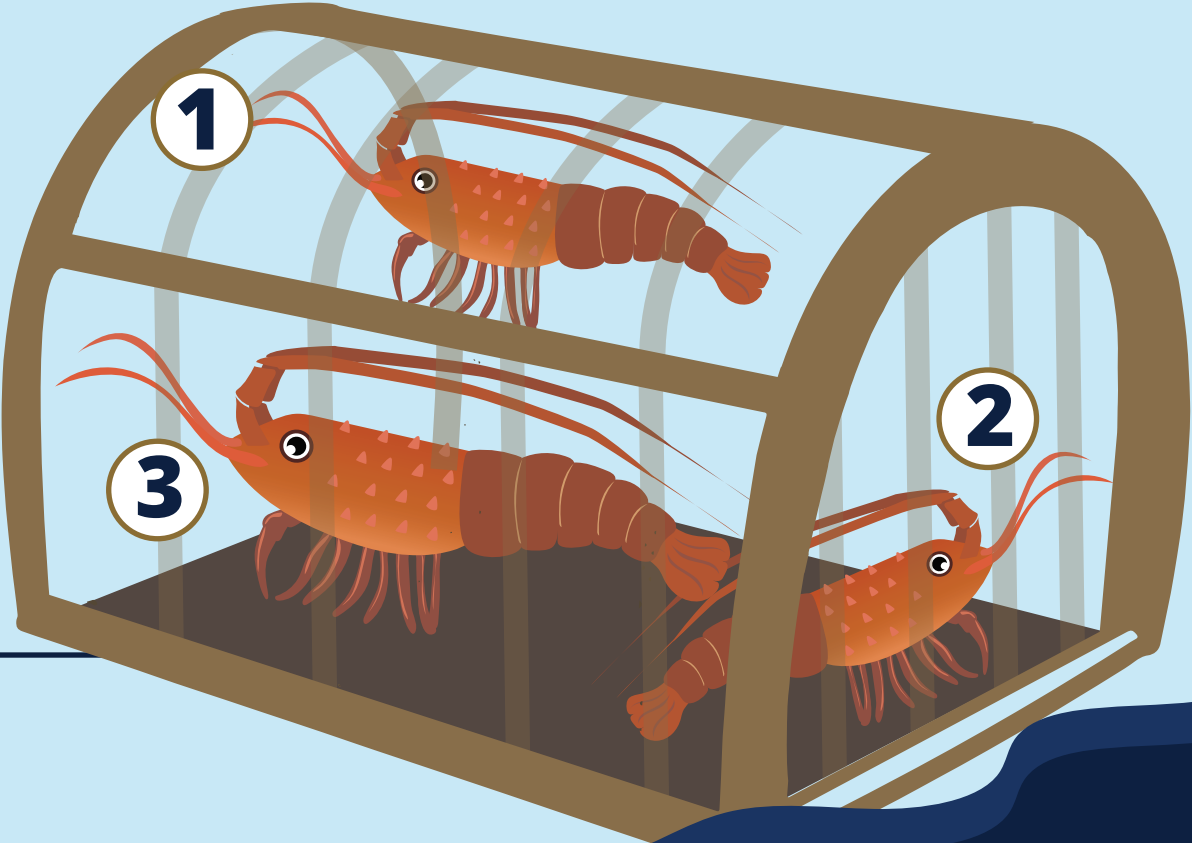
● ● ✓ Count how many lobsters are in each basket.

● ✓ ● Using a ruler, measure the lobsters in each basket. Put your measurements in the table.

LOBSTER NUMBER	MEASUREMENT (MM)
1	
2	
3	
4	
5	
6	

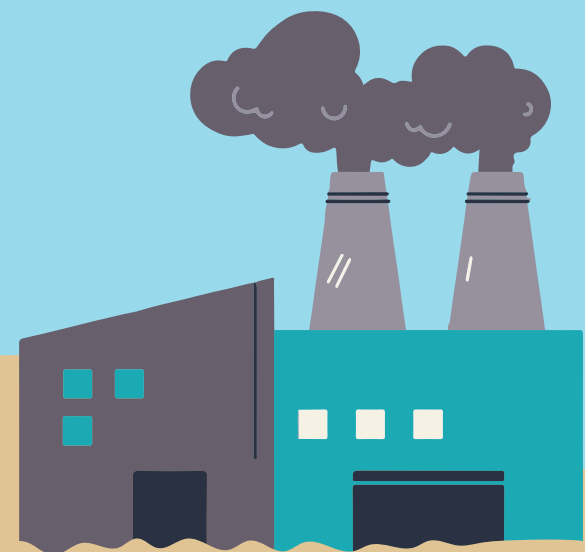


How many in the basket?



How many in the basket?

Threats facing our ocean

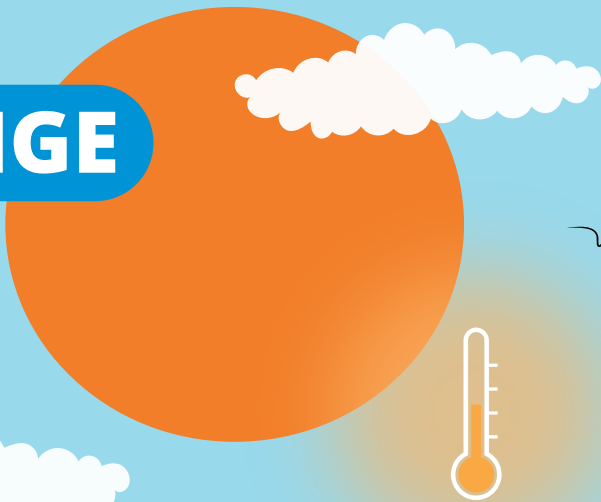


POLLUTION

Chemicals from farms, homes and factories leaking into the ocean.

CLIMATE CHANGE

Rising sea levels and increased carbon dioxide.



HABITAT DESTRUCTION

Animals introduced from other parts of the world.



OVERFISHING

Taking too many fish.

PLASTIC POLLUTION

Over five trillion pieces of plastic are in our ocean.

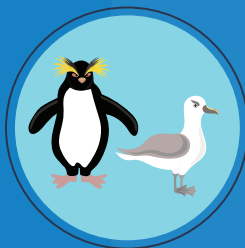


Protecting the ocean

It is important that we protect the ocean.

The Tristan da Cunha government has a Conservation department who is responsible for looking after Tristan da Cunha's amazing ecosystems both on land and at sea.

Here are some of the cool ways we help protect nature:



Monitoring Wildlife

Each year we count the adult Yellow-nosed albatrosses and re-trap them to see how they are doing. The chicks get special rings and are counted too!

Every 5 years, we map out the Rockhopper penguin nesting sites and keep track of their movements.



Keeping Our Islands Safe

We carefully check visiting boats, vehicles and equipment to ensure that they are free from animals that don't belong in our water and that could hurt our wildlife. We also make sure all boats are clean.



Tracking Marine Life

We tag and track blue sharks to learn about their movements and life in our Marine Protected Zone (MPZ).



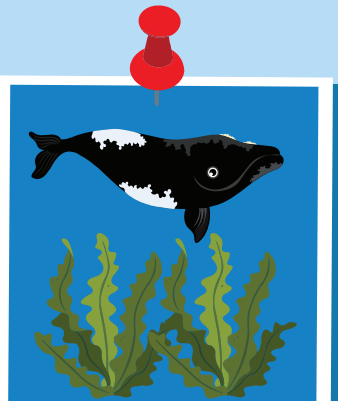
Working together

Lots of different people help to protect our ocean:

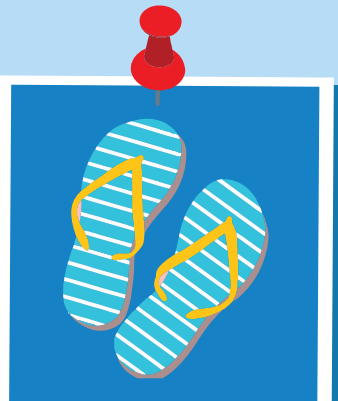
- o Tristan government
- o UK government
- o The Royal Society for the Protection of Birds
- o Atlantic Guardians
- o The Blue Nature Alliance
- o British Antarctic Survey

ONE LAST THING!
By monitoring animals, strengthening biosecurity measures and tracking marine life, we help keep Tristan da Cunha's marine ecosystems healthy and thriving!

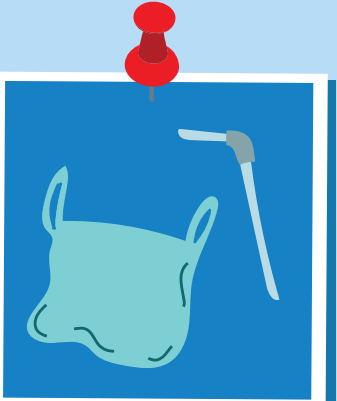
How can you help protect the ocean?



Discover marine creatures and plants.



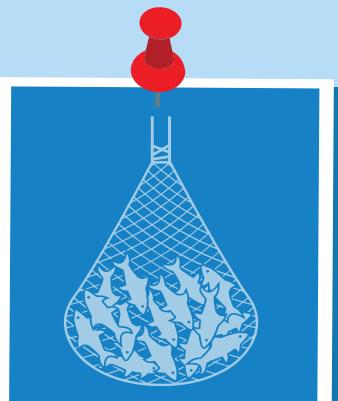
Visit the beach and tide pools to observe sea life.



Say no to plastic straws and bags.



Recycle and pick up litter to keep beaches clean.



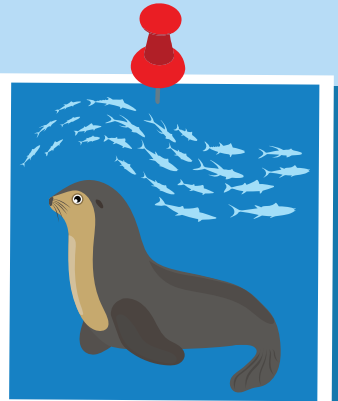
Learn about sustainable fishing practices.



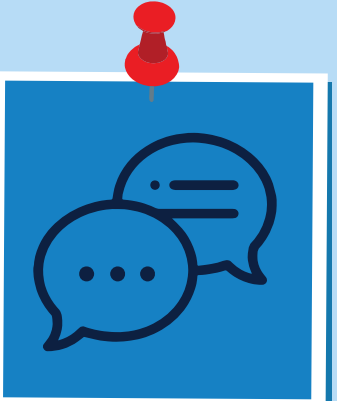
Respect fishing rules to protect ocean habitats.



Tell friends and family about ocean conservation.



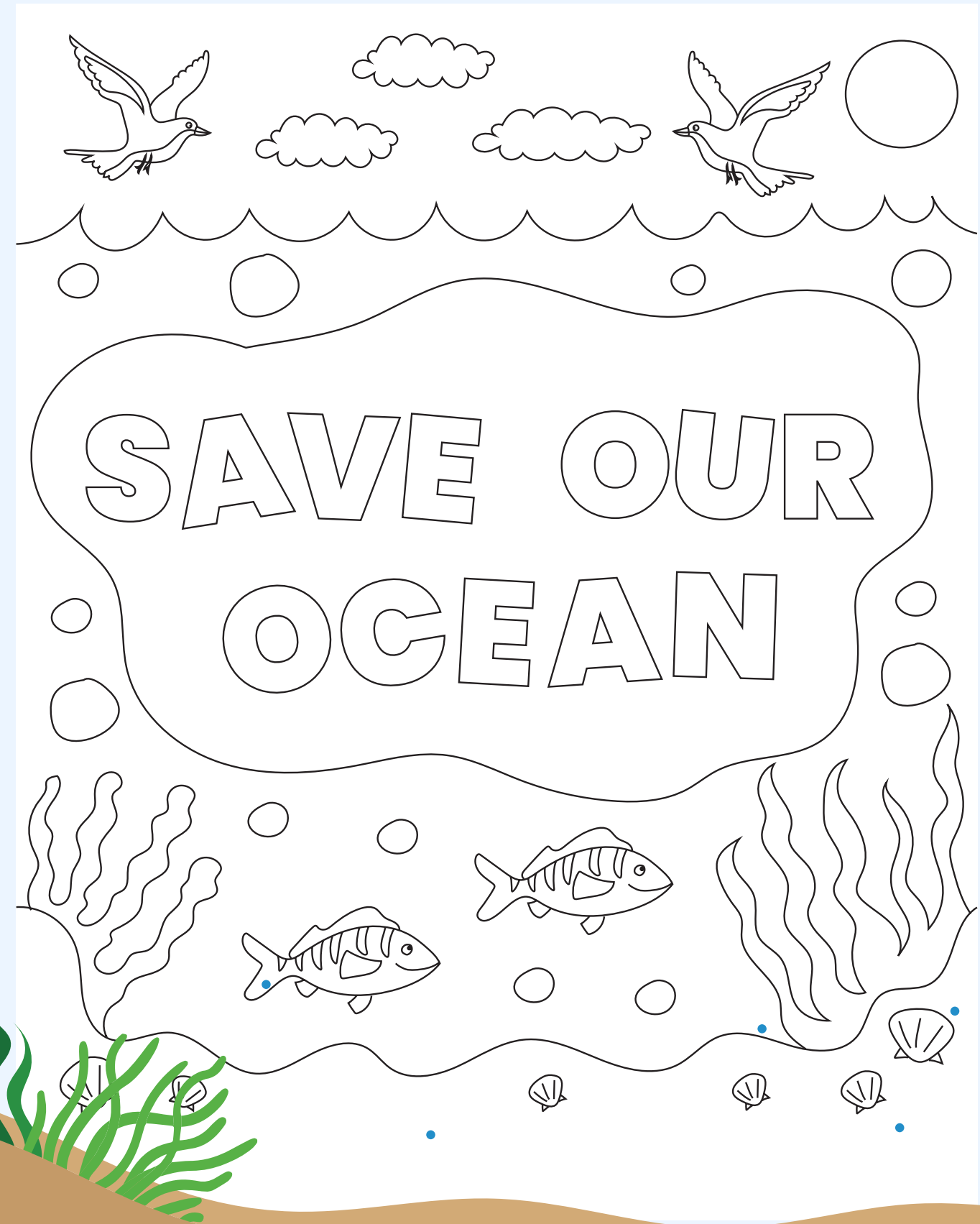
Draw pictures of whales, seals, and fish.



Share cool ocean facts with classmates.

Activity

● ● ✓ Colour in the poster.



Activity

● ✓ ● Learn and perform this short poem to your class.

The ocean is big, the ocean is blue,
With fish and whales and seabirds too.
Pick up litter, throw it away,
Help the ocean, every day.
Together we can make it right,
For all the animals, day and night

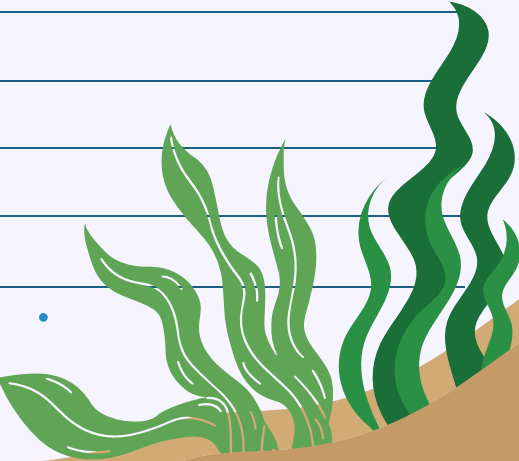
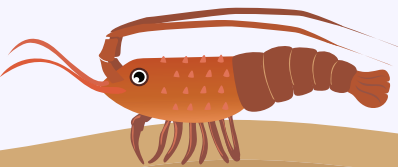


✓ ● ● Write a letter to your local shop explaining why they should help people to stop using plastic bags.

Dear...

Handwriting lines for the letter.

Yours sincerely...

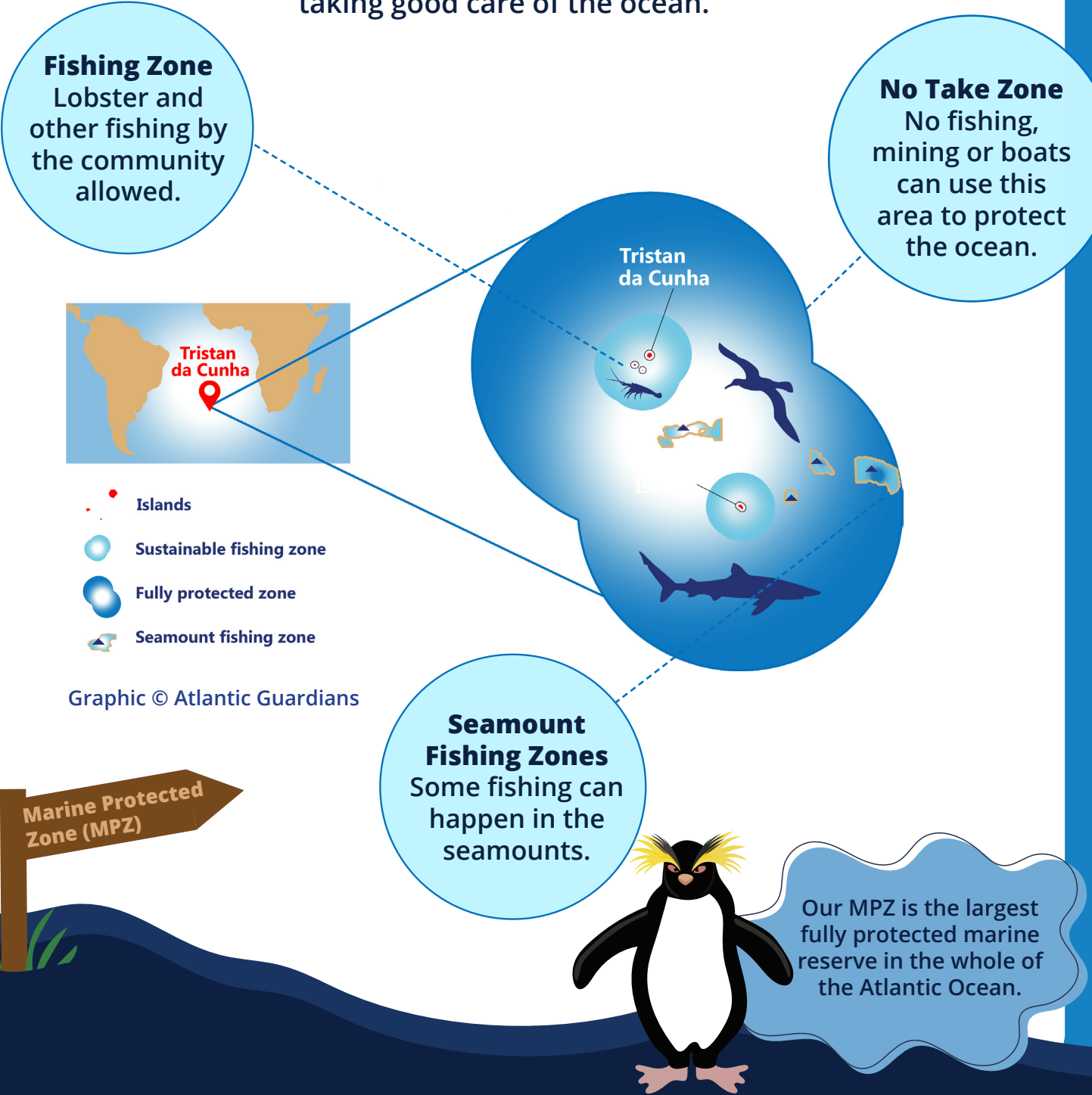


Marine Protection Zone

A Marine Protection Zone (MPZ) is a special area of the ocean where rules are set to protect marine life and their home.

A Marine Protection Zone (MPZ) is a special area of the ocean where activities are managed to protect marine life and habitats. It's like a nature reserve in the sea! This helps keep the ocean healthy and full of life.

Tristan da Cunha's MPZ got a Blue Park Award in 2024 as a big thank you for taking good care of the ocean.



What does a MPZ do?

Protects Marine Life

It looks after the homes of fish, birds, and other sea creatures. It gives them a safe place to live.

Controls Activities

It controls activities like fishing and boating to make sure they don't harm the environment.

Preserves Ecosystems

By protecting important areas, it helps keep the ocean happy and healthy.

Why is an MPZ Important?

Biodiversity

It makes sure there are lots of plants and animals.

Sustainable Fishing

It makes sure there is enough fish for us to catch for years to come.

Environmental Health

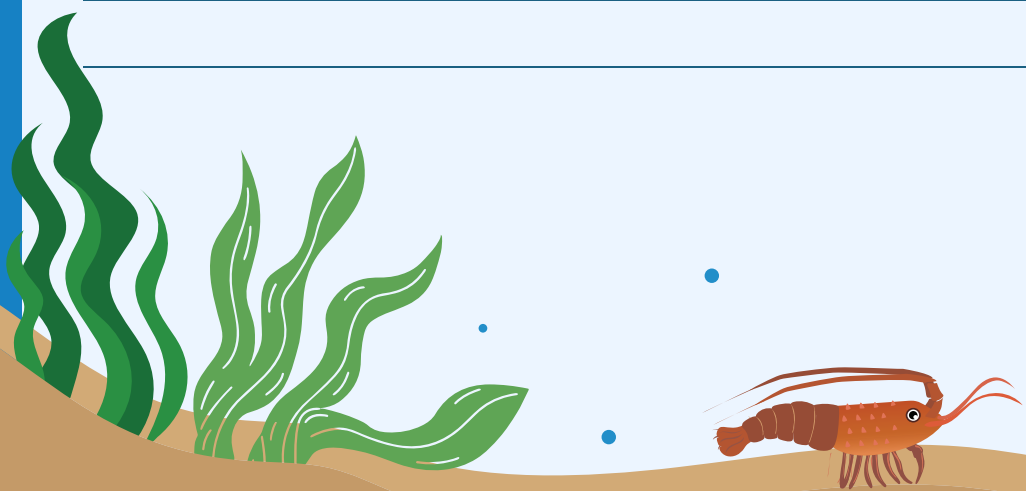
It keeps the ocean clean and healthy. This is good for marine life and people.

The Atlantic Guardians help our community understand and value our MPZ.

Activity

Draw your favourite marine animal that lives in the Tristan da Cunha MPZ.

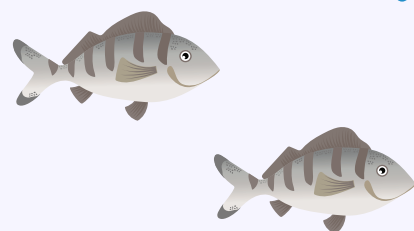
Share why you think it's important to protect their home.



Activity

Write a short story about an animal that would live in the Tristan da Cunha MPZ and how the MPZ has helped keep their home safe.

Twelve horizontal blue lines for writing a story.



TOP TIP!
Don't forget to use capital letters and full stops.



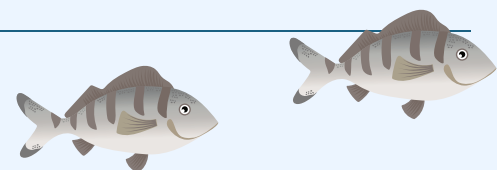
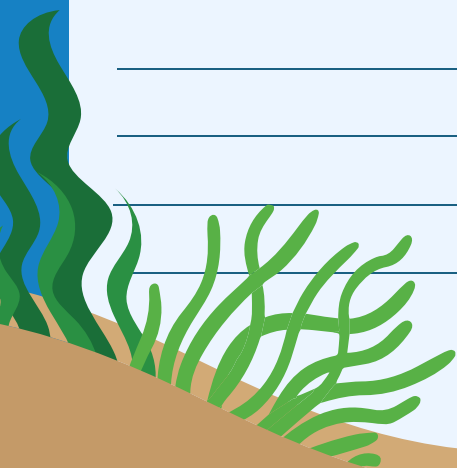
Activity

Thinking about everything you have learnt in this pack...

☐ ☐ ☒ Draw your favourite things about the ocean.

☐ ☒ ☐ Why do you like the ocean?

☒ ☐ ☐ Why do you think the ocean is important?



WELL DONE!

You have finished
the Ocean
Explorer activity
pack!



ONE LAST THING!
Well done for finishing
the Ocean Explorer pack!
Make sure to tell your
friends and family what
they can do to help the
ocean!

You are now an ocean hero for Tristan da Cunha.
You are now part of a group of amazing people doing great things for
our ocean. The work you have done to get this far is amazing.
We are so excited to see where you go next!

Goodbye from all of us!

**What are you going to do
today to help the ocean?**

Bye! Bye! Bye! Bye!



@ukgovbluebelt

