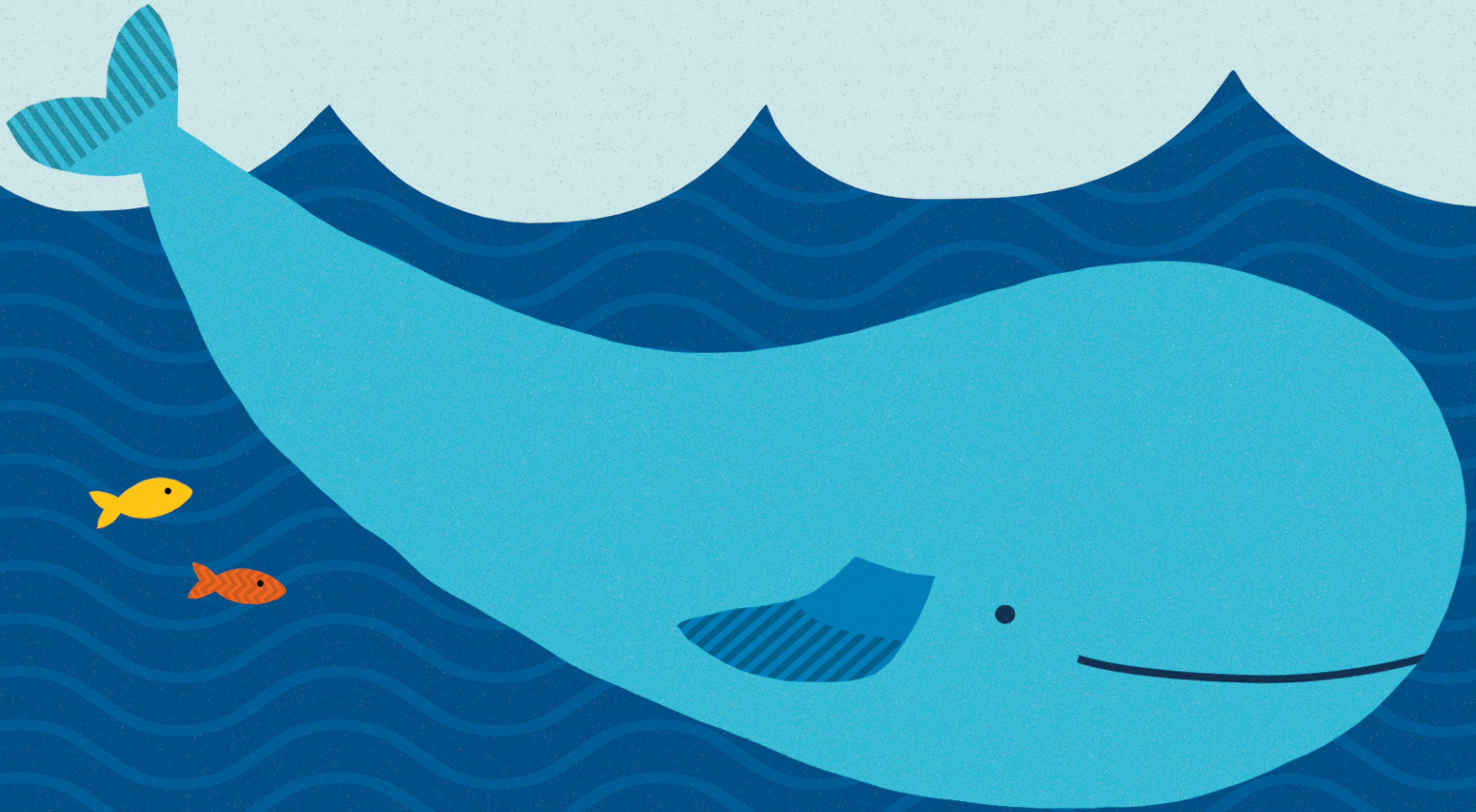





# Oceans

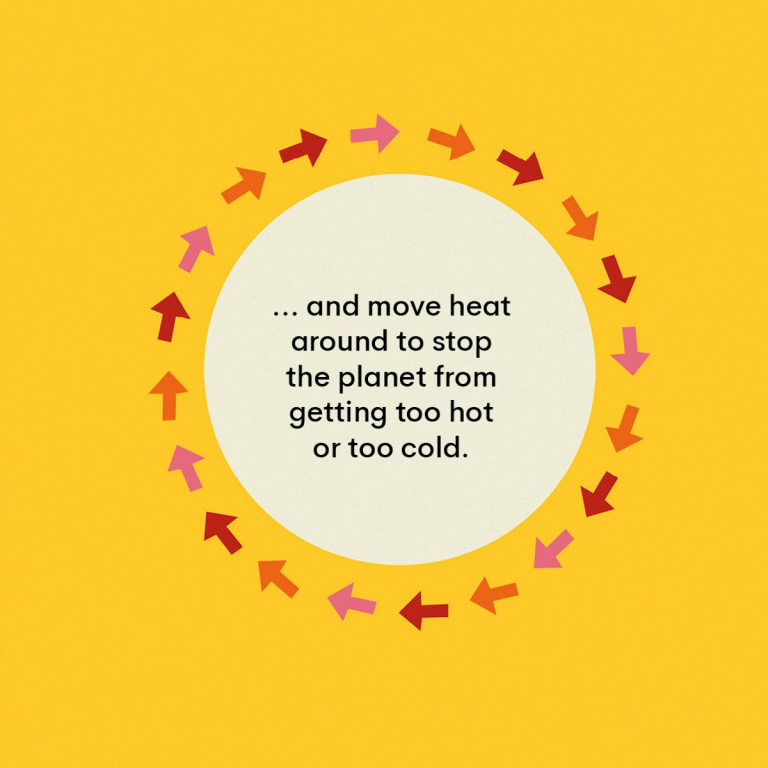


Lorna Freytag



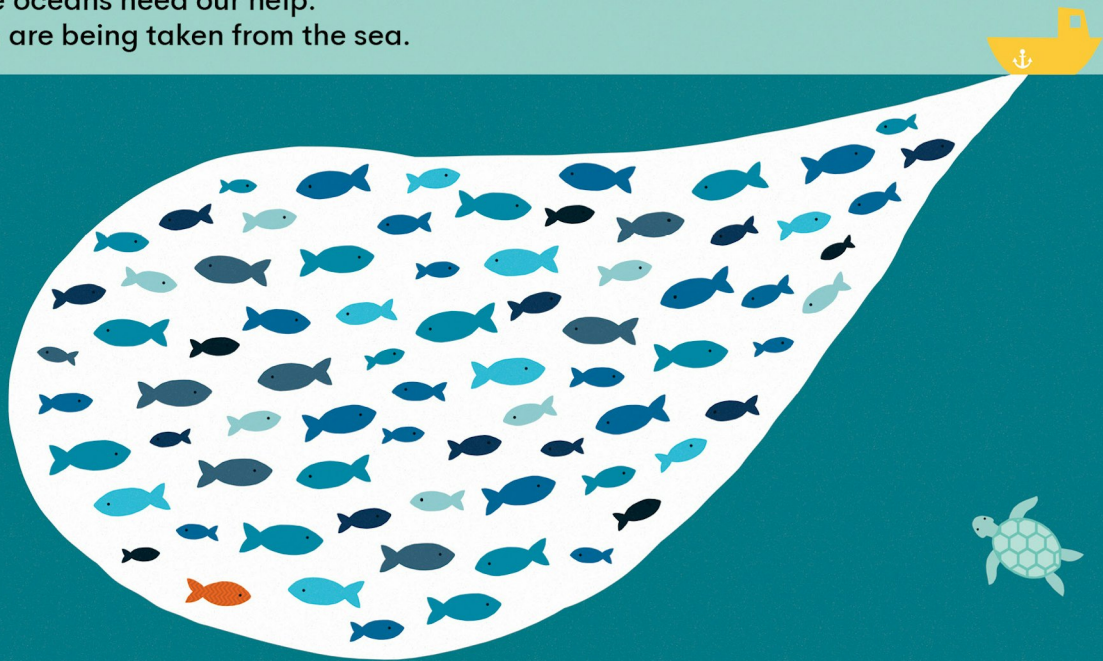


Oceans make the rain  
that we need to grow  
food...



... and move heat  
around to stop  
the planet from  
getting too hot  
or too cold.

But the oceans need our help.  
Too many fish are being taken from the sea.





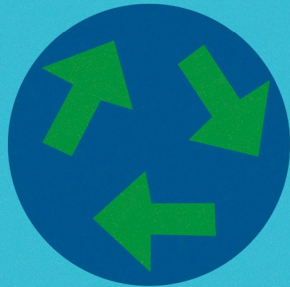
Plastic ends up  
in our oceans  
and harms  
sea life.

But there is a lot you can do to help.



You can recycle.

You can use  
reusable bottles  
and bags.



Or you can  
help clean  
up a beach.

A little help  
can make a  
**BIG**  
difference!

