



Ways to Help Seas

Part 1

Teacher Reads People can make a big difference when it comes to protecting our oceans. There are things everyone can do to help seas.

People have to work to help seas. There are lots of
11 ways people can help. People need to keep the beach
21 clean. Trash on the beach can reach seawater. If the
31 water is not clean, the fish that people eat may not be
43 clean. In fact, if seawater is not clean, it may kill fish.
55 People can have a beach cleanup to pick up trash.
65 They may get a little help from sea gulls. Sea gulls
76 come on the beach after people leave things there.
85 People drop some of the things they eat. Sea gulls eat
96 the things people leave.

Part 2

Teacher Reads Plastic that gets in seas is particularly damaging and may cause problems for sea animals.

100 When plastic is put in the trash, it can crack into
111 little bits. Each little bit can get into seawater. Fish may
122 think the plastic bits are things to eat. If fish eat the
134 plastic, they can get sick. The plastic may kill the fish.
145 To help with the problems, people can **use** less
154 plastic. They may aim to go plastic free.



Part 3

Teacher Reads Some kinds of fish in seas are endangered (at risk of dying out forever) and need our help. Read on to find out what we can do.

162 Seas are full of fish. But there are less and less
173 of some fish because people eat a lot of them.
183 Plus, some fish are killed when they eat trash and
193 plastic. Thus, there are less of some fish in seas; they
204 are **endangered**.

206 We can help with the loss of endangered fish in
216 seas. When we plan a meal, we can pick fish that are
228 not endangered, that still have a lot in seas. That's a
239 way to keep seas full of lots of fish.

248 Each little act from people can help seas in a
258 big way! [Learn More](#)
260