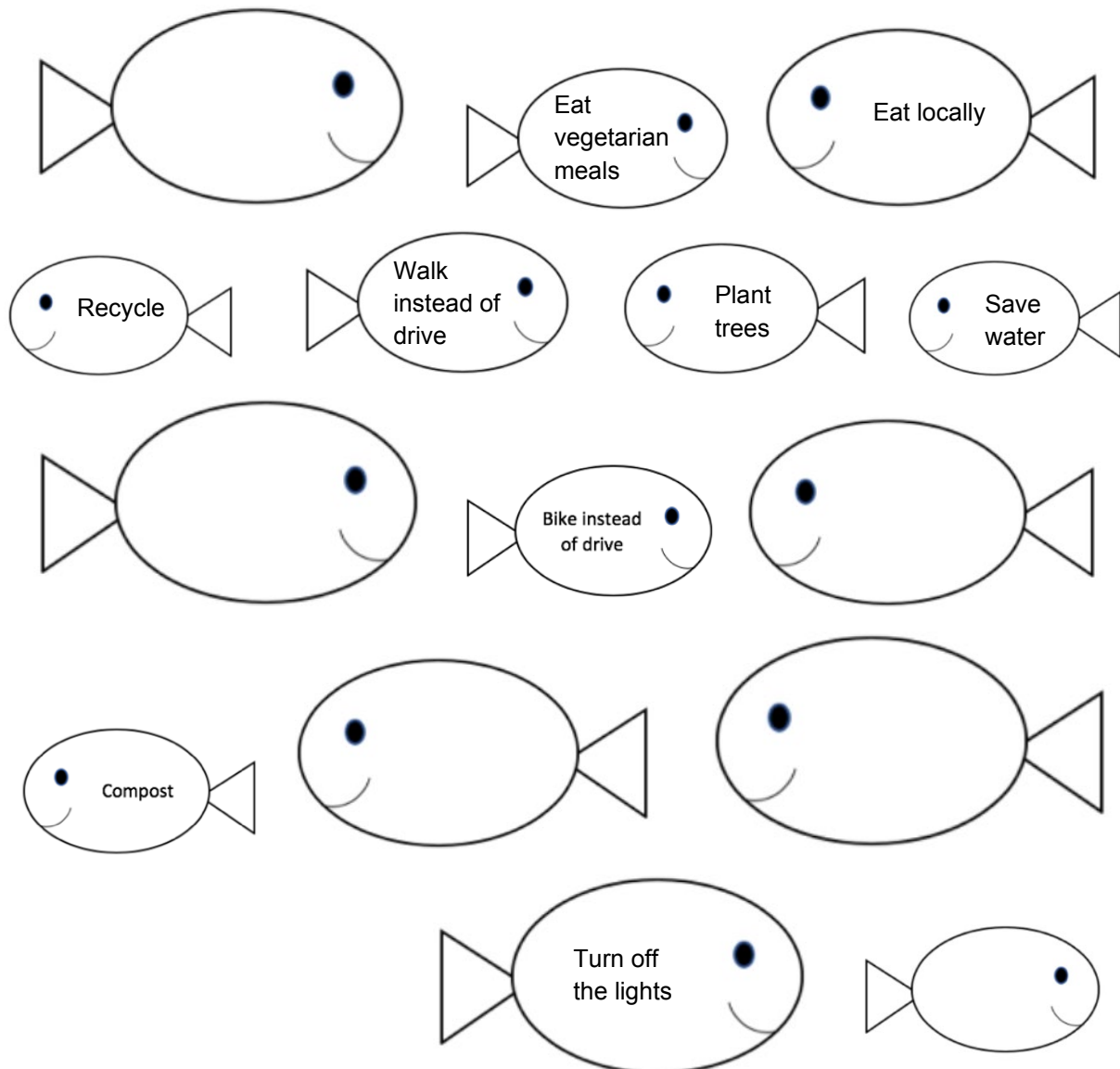


In Search of Sustainability

Discover how you're already living sustainably and new ways you can care for the ocean by making sustainable choices when you harvest or buy seafood.

What is sustainability?

Sustainability is a big word. It has 14 letters (!!) and even more meanings. In a "seashell," being sustainable means keeping things at a steady rate or amount. Being environmentally sustainable means being careful about how we use resources so we don't use up things like clean air and water, trees, and food. Whether you know it or not, we're sure there are many sustainable things you already do that care for the planet! Check out the sustainable actions we brainstormed below. Color in the fish if your family already does that action. If you do other sustainable things we forgot to mention, describe them in the blank fish! Every action counts and we want to know how you care for the environment with actions big and small!



Make it marine

At The Marine Mammal Center, we focus our sustainability on taking care of the ocean because it's home to our patients, like [Percevero](#) the California sea lion pup. Percevero was found trying to cross a highway in San Francisco--that's no place for a pup! After rescuing him, we found out he was malnourished because he was struggling to find enough food out in the ocean. This is becoming a bigger and bigger problem for marine mammals, since unsustainable fishing and other factors are reducing the number of fish in the sea. While he was in our care, we also found out Percevero had pneumonia and parasites. We treated his illnesses, got him up to a good weight, and released him back into the wild. Go Percevero!

Percevero left our care a while ago, but we still care for him every day. How? By taking care of the ocean, his home! We do all sorts of sustainable things to take care of the ocean: use reusable bags and water bottles, keep chemicals out of storm drains, pick up litter, and more. Thinking of all that hard, important work is making me hungry! Which reminds me...we also make sustainable choices that care for the sea when we eat!

Being thoughtful when we source seafood is a great way to be sustainable and care for the ocean even if we live far from the beach. Stick with us as we share activities this week about how unsustainable fishing can hurt marine mammals like Percevero. But luckily, lots of people are using traditional and new methods to sustainably harvest seafood so we don't hurt ocean animals and leave lots of fish for the future.

What's your sustainability story?

Now that you've learned how you're already sustainable--and some new things to try too!--it's time to write your sustainability story. Grab your supplies, put your thinking cap on, and let's get started!

Materials:

- Paper
- Coloring supplies

Instructions:

1. Think about a time you and your family did something sustainable. It can be about the ocean and how you helped an animal like Percevero, or it can be about any other place!
2. Write a short story about what you did and who helped out.
3. Write about *why* you were sustainable! Was it affordable? Or healthy for you or your family or the environment? Or another reason! All your reasons are important and we can't wait to hear why you choose to be sustainable.
4. Add illustrations for a bit of a challenge!
5. Share your story with your friends and family to inspire them to take action and become heroes in their own sustainability stories!