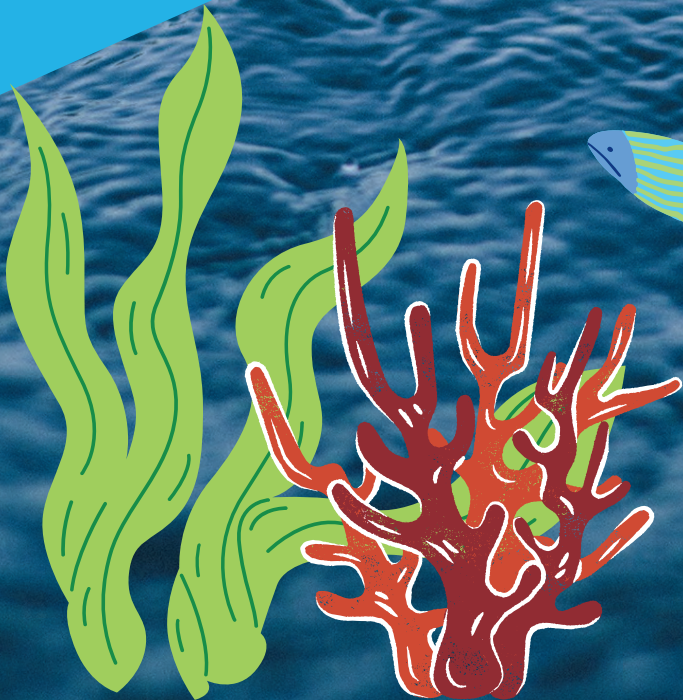


# Marine Education Student Guidebook Grades P-3



NOVA SCOTIA  
**SEAFOOD**  
PURE.  CANADA.



# Contents

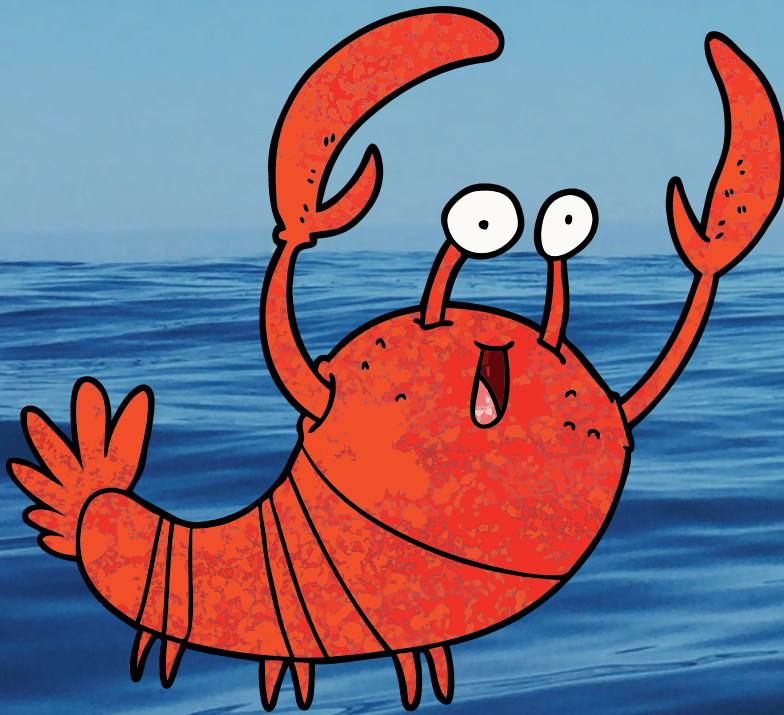
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2 Taking Care of the Ocean

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# Land Acknowledgement

Before we begin it is important to acknowledge that we are in the ancestral and unceded territory of the Mi'kmaq People. This territory is covered by the “Treaties of Peace and Friendship” which Mi'kmaq, Wəlastəkwewiyik (Maliseet), and Passamaquoddy Peoples first signed with the British Crown in 1726. We are all Treaty People.





# African Nova Scotian Acknowledgement



It is also important to acknowledge that people of African descent have been in Nova Scotia for over 400 years, and we honour and offer gratitude to those ancestors of African descent who came before us to this land.



# Lesson 1

## People, The Ocean, and Lobsters



# Activities

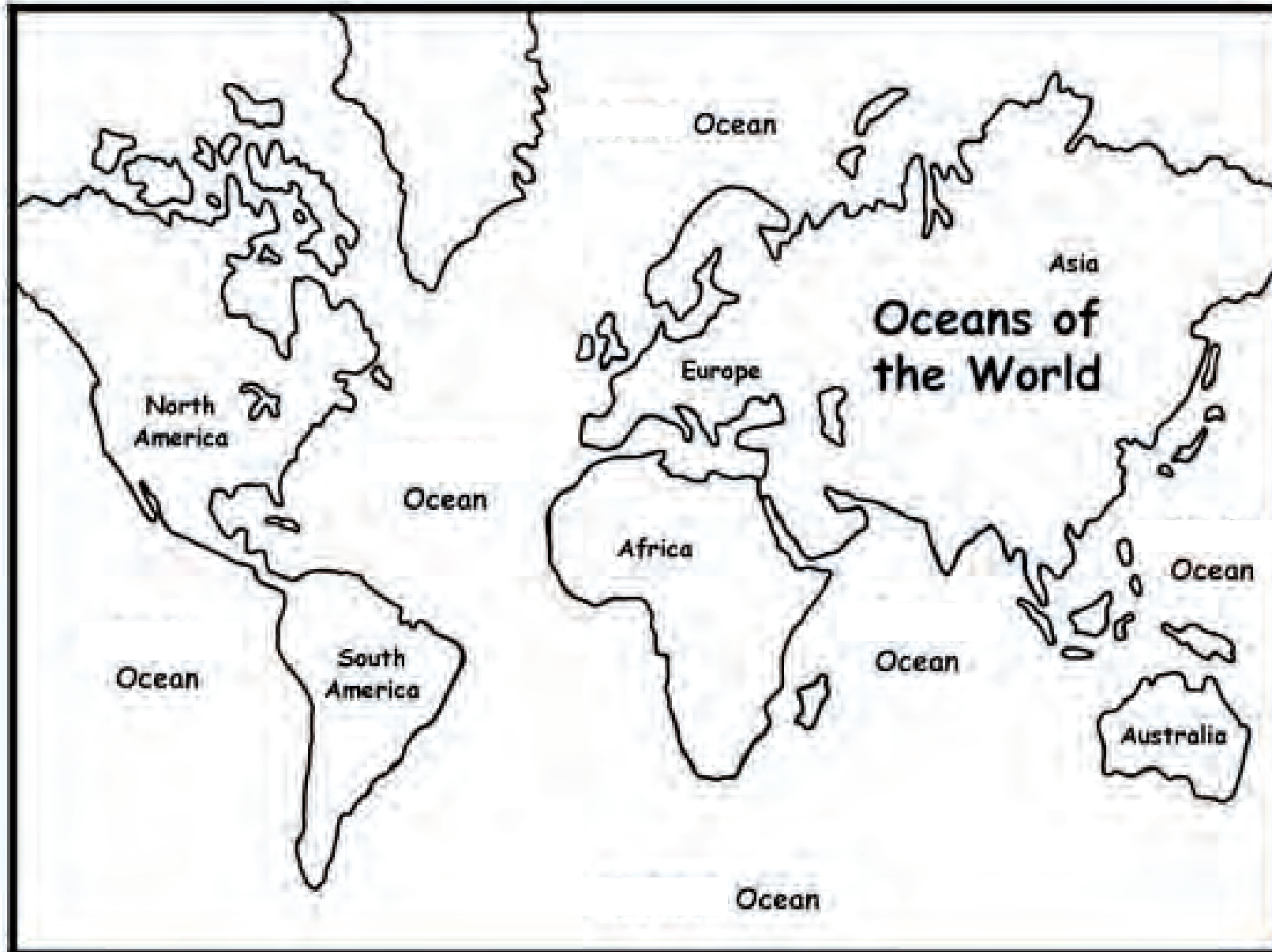
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## 1. LABEL THE OCEANS: Atlantic Pacific Southern Indian Arctic





# Activities

People, Ocean,  
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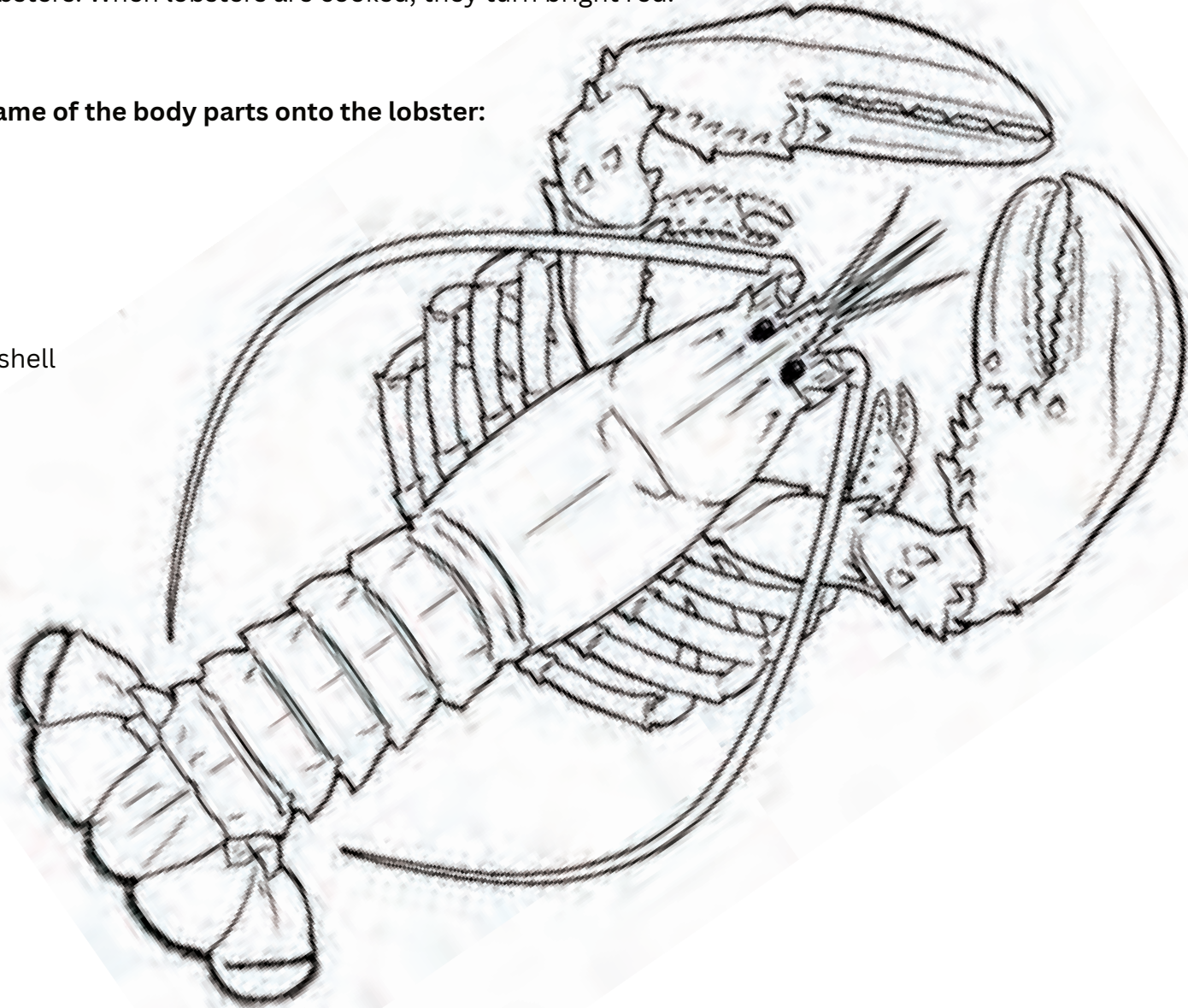
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## 2. COLOUR and IDENTIFY PARTS OF A LOBSTER:

Colour and identify the different parts of a lobster. Most lobsters around the world are a brown color, but sometimes you can see orange or blue lobsters. When lobsters are cooked, they turn bright red.

Find and place the name of the body parts onto the lobster:

- Tail
- Pincer claw
- Crusher claw
- Large antennae
- Small antennae
- Walking legs
- Carapace – body shell



# Activities

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### 3. LOBSTER INVESTIGATION WORKSHEET:

Watch these videos: and discuss the questions in small groups.

[Facts- The American Lobster \(2:57\)](#)

[North American Lobster \(3:41\)](#)

**Where do lobsters live?**

**What do lobsters eat?**

**Why do lobsters have a shell?**

**What colour(s) are lobsters?**





# Activities

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## 4. PRONOUNCE:

Learn to pronounce these words in Mi'kmaq.

**L'nu** (Mi'kmaw people)

**Jakej** (lobster)

**Mi'kma'ki** (Mi'kmaw territory, including Nova Scotia, PEI, New Brunswick, Newfoundland, and parts of Quebec and Maine)

**Samqwan** (water)

**Pronounce these French Acadian words.**

**Salange** (sea spray, sea air)

**Bateau de pêche** (fishing boat)

**Tchai** (wharf - pronounced cha)

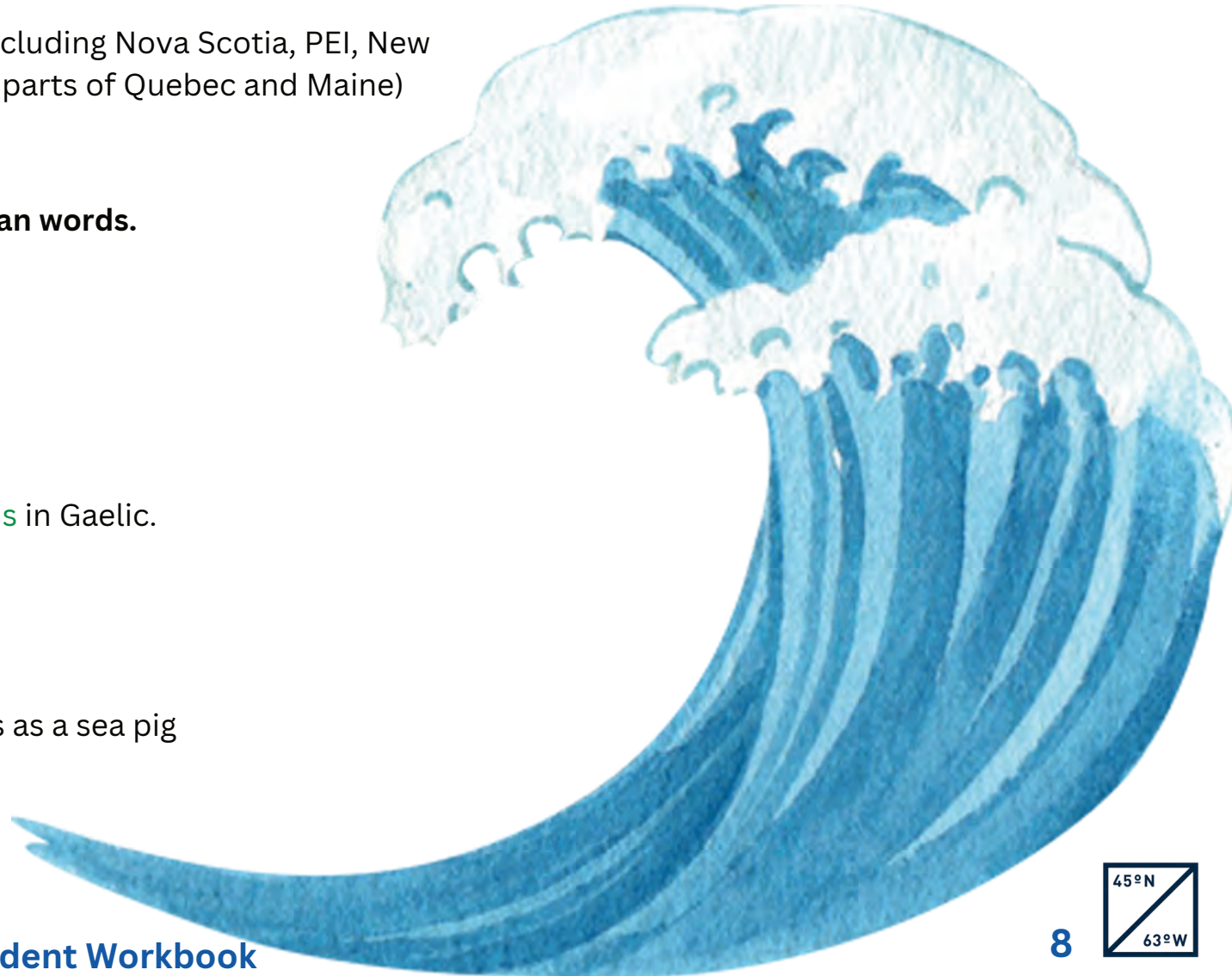
Learn to pronounce these words in Gaelic.

**Giomach** (lobster)

**A' mhuir** (the sea)

**Muc-mhara** (a whale)

Fun fact: this literally translates as a sea pig



# Activities

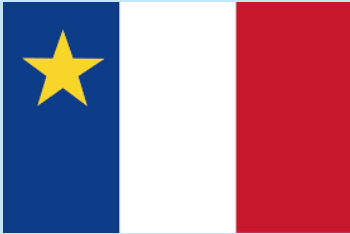
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5. DRAW A LINE TO MATCH EACH FLAG TO IT'S CULTURAL COMMUNITY.



Mi'kmaw flag

Gaels of  
Nova Scotia  
symbol

Acadian flag

African Nova  
Scotian flag



# Thoughtbook

People, Ocean,  
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## 6. REFLECT

Take time to journal your thoughts and things you have learned using the reflection questions. You can write a paragraph, draw a picture, a comic strip, write a poem, or any other form of creative expression.

- How does the ocean connect to you?
- What does Netukulimk mean to you?
- How are lobsters connected to the ocean?
- How is the ocean connected to your health and the health of lobsters?

# Lesson 2

## Taking Care of the Ocean



# Activities

## 1. CREATE YOUR OWN MINI ECOSYSTEM: Gather materials for an ecosystem.

What does the ecosystem need to survive?

How would we need to take care of this ecosystem so it can continue to live?

People, Ocean,  
Lobsters



Taking Care of the  
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# Activities

## 2. CREATE YOUR OWN MINI MARINE ECOSYSTEM: Gather materials for an ecosystem.

What does the ecosystem need to survive?

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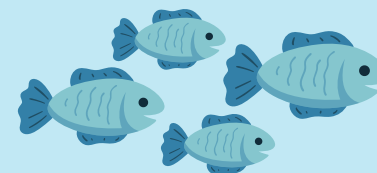
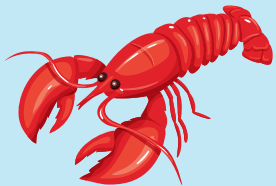
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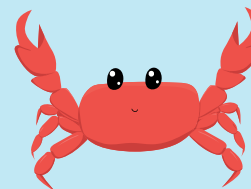
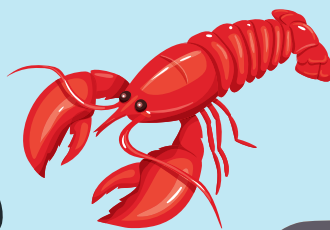
# Activities

## 3. MARINE CREATURES:

Use the words below to label all the marine creatures below, and circle **everything a lobster eats**.



Use the words below to label all the marine creatures below, and circle **everything that eats a lobster**.



Eel    Crab    Starfish    Seal    Cod    Oyster    Sea urchin    Seaweed    Whale    Lobster    Fish

# Activities

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## 4. 10 WAYS TO HELP OUR OCEAN:

View the infographic below and create a response to the question: How can we protect the marine environment to make sure there are lobsters for future generations?

This video is also a great introduction to plastics in the ocean.

You can write a paragraph, draw a picture, a comic strip, write a poem, or any other form of creative expression.

# 10 WAYS TO HELP OUR OCEAN

**at home**      **around town**      **on the water**

- 1** **Conserve Water**  
Use less water so excess runoff and wastewater will not flow into the ocean.
- 2** **Reduce pollutants**  
Choose nontoxic chemicals and dispose of all chemicals properly.
- 3** **Reduce waste**  
Cut down on what you throw away.
- 4** **Shop wisely**  
Choose sustainable seafood. Buy less plastic and bring a reusable bag.
- 5** **Reduce vehicle pollution**  
Use fuel efficient vehicles, carpool or ride a bike.
- 6** **Use less energy**  
Choose energy efficient light bulbs and don't overset your thermostat.
- 7** **Fish responsibly**  
Follow "catch and release" practices and keep more fish alive.
- 8** **Practice safe boating**  
Anchor in sandy areas far from coral and sea grasses. Adhere to "no wake" zones.
- 9** **Respect habitat**  
Healthy habitat and survival go hand in hand. Treat with care.
- 10** **Volunteer**  
Volunteer for cleanups at the beach and in your community. You can get involved in protecting your watershed too!

anywhere, anytime

[oceanservice.noaa.gov](http://oceanservice.noaa.gov)



# Thoughtbook

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## 5. REFLECT

Take time to journal your thoughts and things you have learned using the reflection questions. You can write a paragraph, draw a picture, a comic strip, write a poem, or any other form of creative expression.

- **What is an ecosystem? What are some characteristics of ecosystems?**
- **What is unique about the Atlantic ocean marine ecosystem?**

**WATCH: FUN FACT-** Lobsters pee (expel urea) from their face (0:44).



# Lesson 3

## Climate Change





# Activities

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## 1. LETTER FOR THE FUTURE:

Write a letter or draw a picture of something you can do in your life to help the oceans and reduce the impacts of climate change.

Tell the ocean something you like about it. Think about the sights and sounds, animals, and ecosystems.

Tell the ocean why it's important to you.

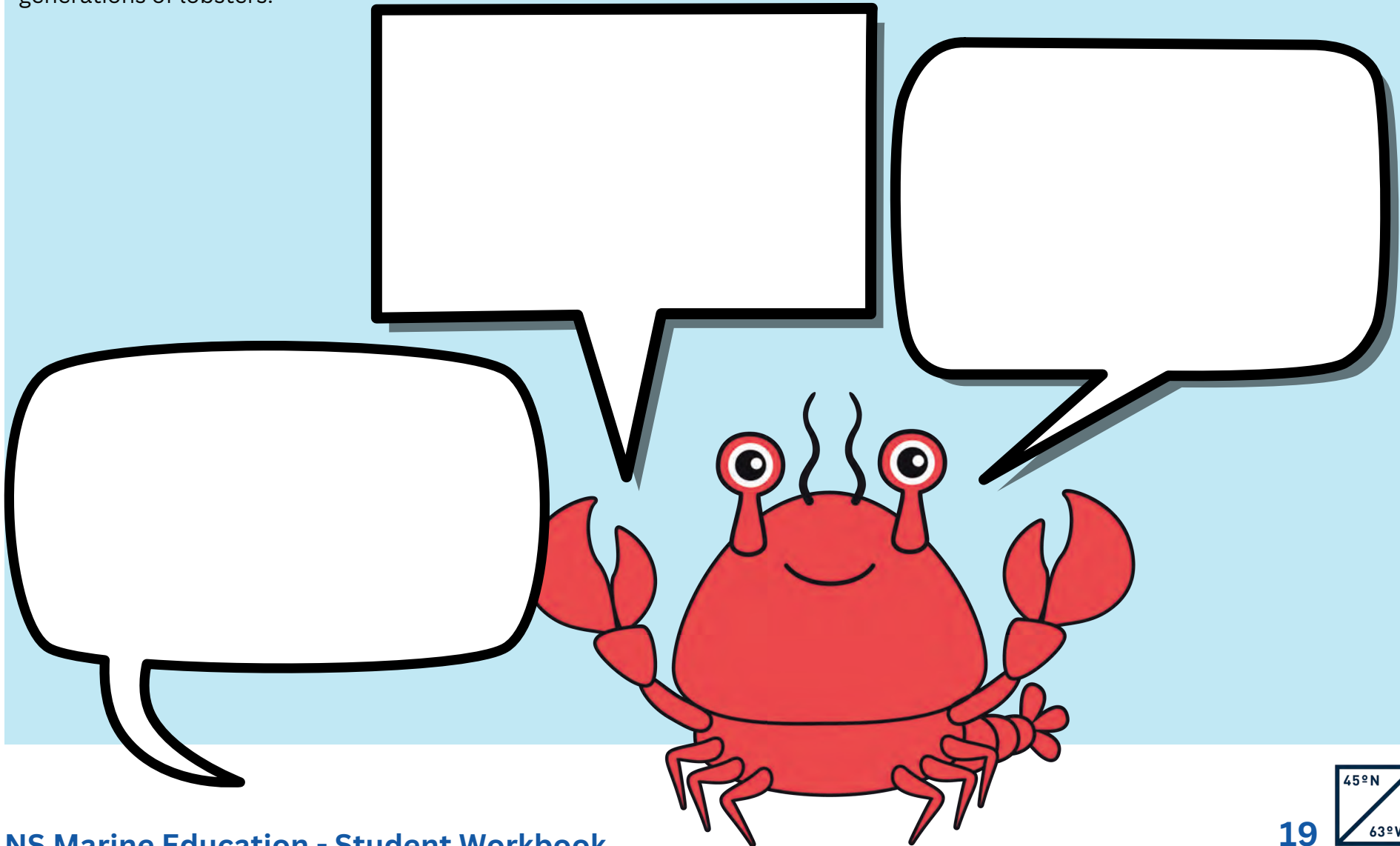
Ask the ocean some questions to get to know it better.

Tell the ocean what you want to do to help make it healthy again.



### 3. LOBSTERS TALKING TO HUMANS:

Imagine you are a lobster living in the ocean that is warming up. What would you say to humans who have been affecting nature and your habitat? Name 3 things you would ask humans to do to make sure your habitat is safe and healthy for future generations of lobsters.



# Activities

## 2. YOUR FOOTPRINT:

Trace around your partner's foot- make sure you have a drawing of a left foot and a right foot.

Write or draw things that cause harm to nature on the left foot.

Write or draw things that help nature on the right foot.





# Thoughtbook

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## 4. REFLECT

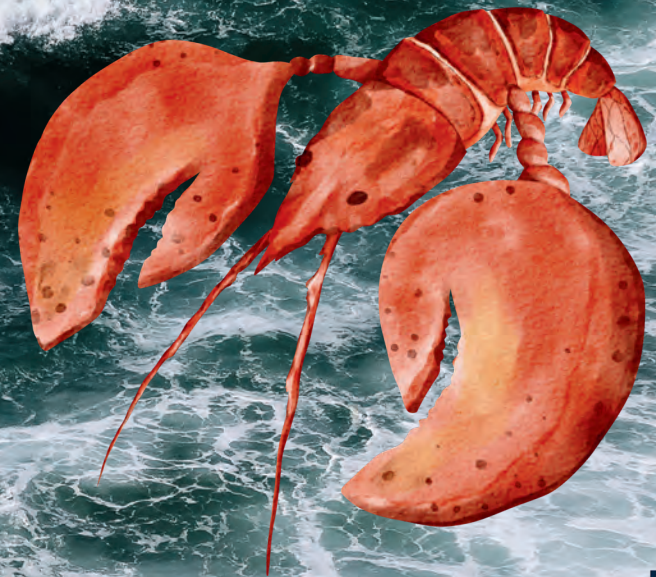
Take time to journal your thoughts and things you have learned using the reflection questions. You can write a paragraph, draw a picture, a comic strip, write a poem, or any other form of creative expression.

- 
- **What is climate change?**
  - **What does climate change do to the ocean?**
  - **What can you do to help take care of the ocean?**



# Lesson 4

## Food and Jobs





# Activities

People, Ocean,  
Lobsters

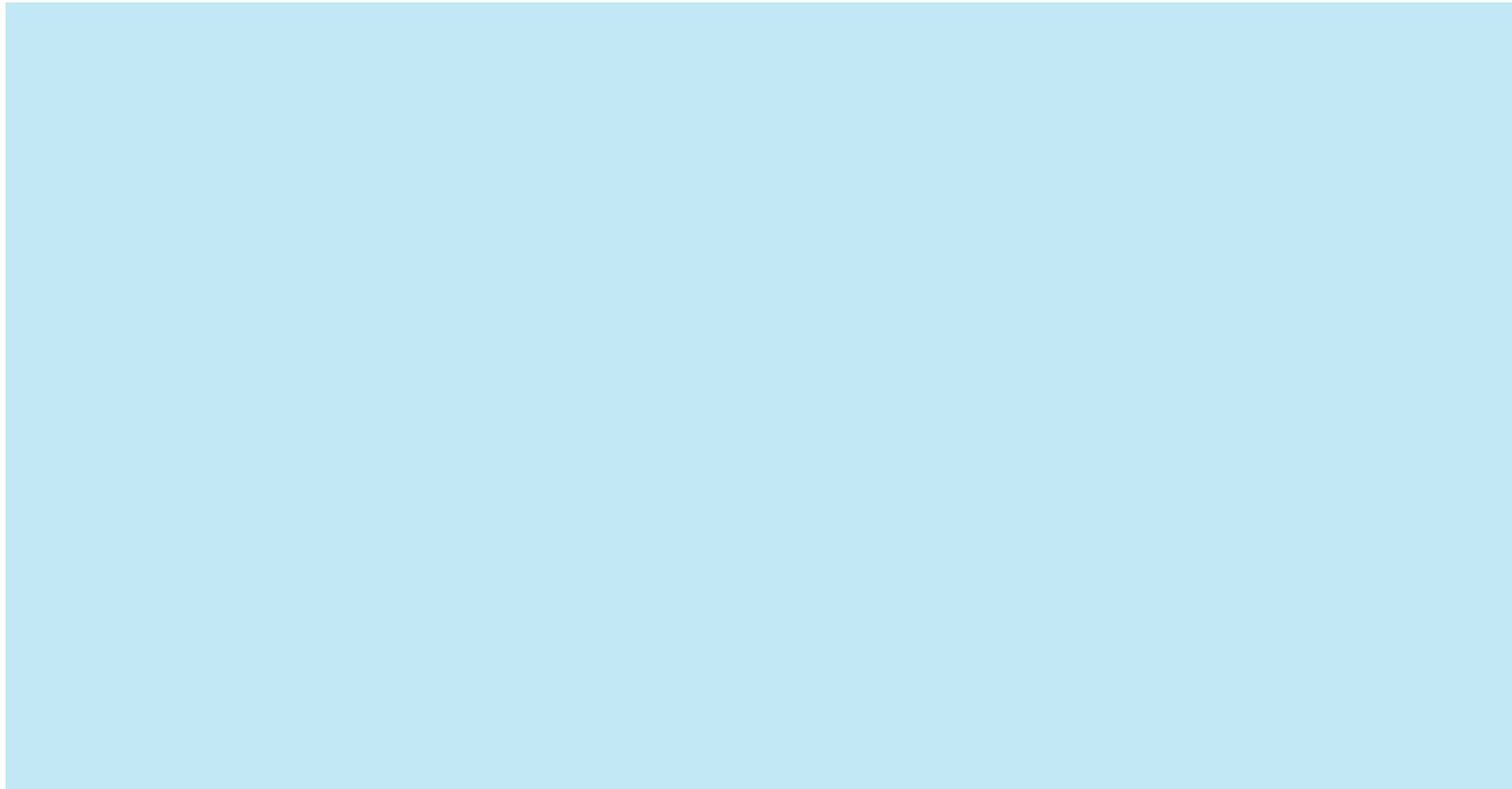
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## 1. A DAY IN THE LIFE: Jobs Connected to the Ocean

After reviewing the "[Jobs Connected to the Ocean](#)" [Google slideshow](#), draw a picture or find an image and take a screenshot of someone doing that job. Then write a paragraph about what your life might look or feel like if you did that job.





# Activities

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## 2. HOW TO CATCH A KEEPER:

Read or watch a reading of the book, "How to Catch a Keeper!"

[How to Catch a Keeper! – Stephanie Mulligan \(11:43\)](#)

### Answer the following questions:

What is a keeper?

Describe two reasons a lobster would be safely returned to the ocean?

Describe two tools that are used to catch lobster. What are they used for?

# Activities

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## 3. HAVE YOU EVER WONDERED HOW TO COOK AND EAT A LOBSTER?

Watch [22 Ways to Enjoy Lobster in Nova Scotia](#).

Think about their favourite way to eat lobster. If you've never tried it, imagine the kind of food you like. Search for an image of your favourite lobster dish, take a screen shot, add it below, and write a caption to describe the dish, and how you feel when you're eating it.



# Thoughtbook

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## 4. REFLECT

Take time to journal your thoughts and things you have learned using the reflection questions. You can write a paragraph, draw a picture, a comic strip, write a poem, or any other form of creative expression.

- **What jobs in Nova Scotia involve the ocean?**
- **How do Nova Scotians make a living from the ocean?**
- **What are the unique opportunities in the lobster industry?**