

MEET YOUR GUIDE VETRA



GREEN HORIZON ISLAND



06



CARING FOR WATER AND ALL WHO LIVE IN IT

The wind is soft, the sky is wide, and your sailboat gently glides toward a green and peaceful shore. You've arrived at Green Horizon Island—a special place where sailors learn how nature helps us... and how we can help it back. Have you ever wondered how the Earth gives us clean water, fresh air, and food? Or why it's important to keep rivers, lakes, and oceans safe and healthy? That's what we'll explore here. We'll discover what ecosystem services are (that's just a fancy way of saying how nature helps us), and how we can be sustainable sailors who protect the water, animals, and plants around us. From learning what pollutes the water to finding out how to care for sea creatures, this island will turn you into a real eco-explorer!

"Welcome back, sailor! Did you know your sailboat glides through more than just water? You're floating on ecosystems, wildlife, and nature's gifts. Today, we learn how to enjoy sailing—sustainably." "Let's learn how nature helps us—and how we can help nature!"



MISSION 1 :NATURE'S SERVICES – WHAT WATER GIVES US

“Nature helps us more than we realize. When you sail, hike, or just breathe fresh air, you're using something called ecosystem services.”

Your Challenge:

- Discover the 4 types of ecosystem services
- Play the Water Life Web to see how everything is connected
- Reflect on how sailing depends on nature

“Every fish, plant, and wave works together to keep water healthy. That’s teamwork—nature style!”

The 4 Gifts of Nature (Ecosystem Services):

Supporting Services – Water cycles, sunlight for plants, homes for animals

Provisioning Services – Food, wood, and medicine from nature

Regulating Services – Clean air, cool temperatures, flood protection

Cultural Services – Fun, peace, beauty... like sailing!

Activity: The Water Life Web

Stand in a circle, become creatures like fish, crabs, and plankton. Toss a string to someone who eats or depends on you. Build a web of life!

👉 Reflect: “What happens if one part disappears?”

What You Need:

- A picture of a water food web
- String, paper, scissors
- Optional: plastic cups and picture cards about how nature helps us

Let's Play: The Water Life Web

Goal: Show how all life in the water is connected—and why keeping it healthy helps us too!

What You'll Do:

1. Everyone stands in a big circle. Each person picks a role—like a fish, algae, crab, bird, or plankton.
2. One person starts: "I'm algae. I make food from the sun!" Then they toss a ball of string to someone who eats them.
3. That person says, "I'm a shrimp, and I eat algae!" and holds part of the string.
4. The game keeps going, with each person connecting to another—until you've made a big web!

This shows how all water creatures depend on each other. That's called a **food web**.

When part of the web breaks (like if one animal disappears), the whole system can get messed up. That means less clean water, fewer flowers, fewer animals—and less fun things like sailing!

MISSION 2: THE HIDDEN DANGERS OF POLLUTION

Water can get polluted in different ways — not just by garbage! There's physical pollution (like trash or heat), chemical pollution (like oil or soap), and biological pollution (like harmful plants or tiny animals). This hurts fish, birds, and all life in the water.

Your Challenge:

- Identify different types of pollution
- Investigate how sailing can cause or prevent pollution
- Try a mini pollution experiment

Even clean-looking water can be sick. A smart sailor always watches out!

Pollution Experiment:

Use 3 jars of water:

- Add leaves or trash (physical pollution)
- Add food coloring or oil (chemical)
- Add dirty water or plant bits (biological)

👉 Observe and discuss:

"What changed in the water?"

"How might that hurt fish or birds?"

Go outside and document the pollution! Look for signs of pollution near a river, lake, or beach. Can you guess how it got there? Talk about how sailing might add to it — and how to stop it.

MISSION 3: PROTECTING WATER CREATURES

Sailing brings us close to animals like otters, dolphins, and nesting birds. But we must respect their space.

Your Challenge:

- Spot animals during a nature walk
- Create a poster to protect them
- Be a quiet, respectful sailor

"The quieter the sailor, the closer the wildlife will come. That's how you become part of the sea, not just a visitor."

Classroom Activity:

Find photos of local river and sea animals.

Create a poster: "Protect the _____!"

Add: threats they face + how sailors can help

Outdoor Activity:

Listen for birds, watch for wildlife, and pick up trash along the way!

Write or draw what you saw.

Outside!

- Go on a wildlife walk.
- Can you see birds or animals?
- Take photos or draw them.
- Pick up trash if you see any!
- Listen for bird songs — how many can you count?

MISSION 4: BE A SUSTAINABLE SAILOR

Every sailor leaves a footprint, but we can choose to make it green!

Your Challenge:

- Pack an eco-sailing kit
- Share sustainable habits
- Check off your Eco Sailor List

Eco Sailor Checklist:

- ☒ Reusable water bottle
- ☒ Snacks without plastic
- ☒ Sail and Paddle, not motor
- ☒ No soap in nature
- ☒ Trash bag always packed
- ☒ Teach others

"A clean boat = a clean planet. Be the sailor nature is proud of!"

Outdoor Activity:

Build and compare eco-sailing bags!

👉 "My eco-choice was

_____ because

_____."

BONUS MISSION: THE ECO-REGATTA

**Sailing can protect nature when done right—
this is called ecotourism.**

Your Challenge:

- Create an eco-tourism poster or mini info booth
- Plan your own Eco-Regatta (green sailing race!)
- Share a “green story” at your club

Eco-Regatta Rules:

- No motors
- Bring reusable water & food
- Pick up trash during the race
- Take photos, not souvenirs

“You don’t need to be a grown-up to make a difference. You just need heart, wind—and a little sail!”

Ask yourself and your crew:

- What’s one thing you can do differently the next time you sail?
- How did learning about nature change the way you think about boats and water?

✍️ Write:

“One way I will protect nature while sailing is

_____.”

“Nature and sailing belong together because

_____.”