

Global Goals 14: Life Below Water

Activity Sheet



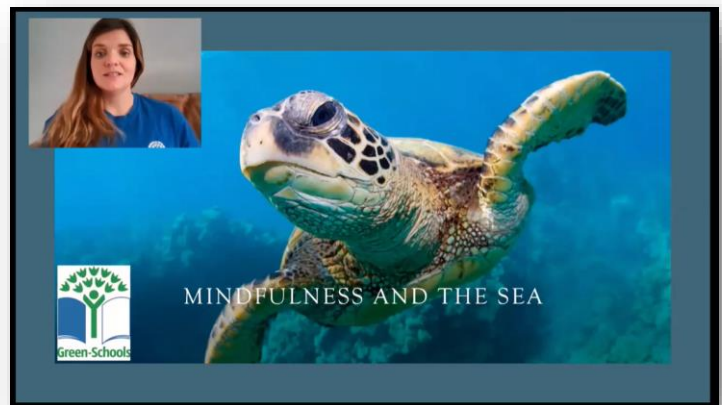
Instructions:

Explore Global Goal 14: Life below Water by learning about the benefits of the ocean. Then participate in the Mindfulness Marine Art activity with Jo and Lizzy.

Activities:

Watch: Mindfulness and the Sea

Watch this video to learn about Global Goal 14: Life Below Water.



Mindfulness Marine Art

At **6:40 minutes** in the video, participate in mindfulness marine art with Jo and Lizzy.



*Note: you must be logged into a Vimeo account to access videos.