



Draw one of the artworks that inspires you to do what you can to protect our oceans.

This activity book was inspired by **Disquiet: Ecological Anxieties and Transformations** a touring exhibition by Cairns artists, Barbara Dover and Robyn Glade-Wright on show at Artspace Mackay.

World renowned environmental activist Greta Thunberg also says: **"Together we are making a difference."**

Fishing in rivers and oceans can be lots of fun. BUT, many of the items used for fishing are made from PLASTICS!

Make a list of plastic items used for fishing that could harm marine animals.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

How could we have fun fishing without polluting the ocean with harmful plastics?

Draw an ocean creature **we can help save** by preventing ocean pollution.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

Disposable plates, cups, cutlery & containers are most often made of plastics and are single use (for using once before discarding) **I've decided that from now on, I can help stop single-use plastics like these being used in my house by instead using:**

World renowned activist Greta Thunberg says: "No one is too small to make a difference"

This is a small drawing of me, making a difference

Draw some food ideas that you will pack in your lunchbox that don't need plastic wrap!

My ideas to help my family **REDUCE** plastic bottles in our house from now on are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



According to National Geographic.com more than one million plastic bottles are sold in the world every single minute!

**What can I do ?**

- [www.mackay.qld.gov.au](http://www.mackay.qld.gov.au) Mackay Regional Council
- [www.mackayconservationgroup.org.au](http://www.mackayconservationgroup.org.au) Mackay Conservation Group
- [www.reefcatchments.com.au](http://www.reefcatchments.com.au) Reef Catchments

Visit these great websites by local organisations to find how you can join organised events like beach clean-ups, tree planting and other important group tasks that help protect, restore and maintain our environment.

**If you're already making big important changes at home and you'd like to do even more in the Mackay region...**

**The more we BUY RECYCLED PRODUCTS, the more recycling will be done. This helps prevent waste ending up in our oceans!!**

**Recycled products** that my family can start buying for home or for school include:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_



At [www.mackay.qld.gov.au](http://www.mackay.qld.gov.au) there is information about what can and can't go in the recycling bin.

**RECYCLING MUST BE DONE PROPERLY in order to stop polluting our environment.**

Circle all the things that CAN go in the recycling bin. Cross the ones that CAN'T.

MILK BOTTLE WITH LID REMOVED	DISPOSABLE NAPPY	LAMINATED POSTER	STEEL CAN
POLYSTYRENE PACKAGING	PLASTIC BAG	GRASS CLIPPINGS	GLASS BOTTLE
NEWSPAPER	NEWSPAPER	CLIPPING	GLASS BOTTLE
MAGAZINES	TAKEAWAY COFFEE CUP	JUICE CARTON	ALUMINIUM COKE CAN
MILK BOTTLE WITH LID ON	TSHIRT	GLASS JAR	PLASTIC CONTAINER WITH TRIANGLE RECYCLING SYMBOL 2

Plastic party decorations, balloons & glitter are all made from plastic, are harmful to our environment, and pollute oceans!

**When I'm planning a party in the future, I will think of fun things to use as decorations that are NOT PLASTIC like:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Q: Why do you think it is against the law to release helium balloons in the air in Queensland?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

What plastic things in the bathroom can you change, re-use, reduce, or simply stop buying? Ask your family for their good ideas too and work as a team!

**The great news is that companies are starting to make toothbrushes and other products from materials other than plastic**

Take a look in your bathroom. You might find a lot of plastic items that might end up polluting the earth and oceans.

Paper and cardboard is fully recyclable. **BUT...** when paper or card is **laminated**, or covered with **plastic contact**, it is no longer recyclable and sadly destined for landfill.

My ideas to **raise awareness** about this in my school so people STOP laminating and using plastic contact are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

The *Clean Up Australia* organisation raises awareness about the shocking damage plastic bags do to animals and the environment!



[www.cleanup.org.au](http://www.cleanup.org.au)

**I will say NO to plastic bags as much as I can from now on. My ideas to help to reduce my use of plastic bags include:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



This is an Artspace Mackay  
Kids Art Trail inspired by  
**Disquiet: Ecological Anxieties  
and Transformations**  
a touring exhibition by  
Cairns Artists Barbara Dover  
and Robyn Glade-Wright.

**THINGS  
I WILL DO TO  
HELP  
STOP  
OCEAN POLLUTION**

An artist's book  
of **GOOD IDEAS!**