

Ella hates the fact that our oceans are rapidly filling up with our waste and this is harming marine life. She decided to take matters into her own hands and do something about it. However, Ella is quite an extreme young lady and she thought that litter-picking on its own is not extreme enough for her. Ella decided that she would clear marine litter while paddle boarding by creating paddle-picking! Of course, Ella always paddle boards with her family so she is safe and they make sure the tide and sea conditions are safe too. It's a fun way of reaching the coves and creeks that you can't get to on foot and paddle boarding is used all around the country for this reason, up rivers, canals and lakes as well as in coastal areas. Ella started off sitting on the front of her mum's long paddle board, collecting all the rubbish they found in a big bucket on the board, and now she has learnt how to stand up and paddle her own board! Paddle boarding allows you to get healthier at the same time as picking up litter to contribute to the health of our planet. Even if you don't live near the coast you can still join Ella's mission against marine litter as most ocean litter originates from land - try out the latest craze from Sweden: Plogging (litter picking x jogging)... Read on to discover how you can follow Ella's lead in clearing up ocean litter.

DAVID
LUKE

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UNDER
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Step 1: Plogging Power Rangers

First of all, you need to decide who is going to participate; luckily this is a campaign anyone can take part in as long as they care about exercise, the environment and aren't put off by extreme litter-picking. It can be done as a group of elected Paddle and Pick Power Rangers or as a class activity with a SUP (stand-up paddle boarding) school – just remember to stay safe and supervised!

Step 2: Examining Estuaries

When you have decided who is going to complete Ella's Paddle and Pick it's time to complete Step 2, which is a review of your environment. This will help you decide where you want to complete your adventure. A good idea is to survey your schoolmates to find the most littered marine areas in your community. Remember to take photos of the area you decide on before completing your Pick-Up: this will help you demonstrate the amazing work you do during your event.

Step 3: Plastic Plan

You have decided who is going to be involved in your Pick-Up and where you are going to complete it, now it is time to organise. First, you will need to find a responsible grown up to supervise your Paddle and Pick. They can help you map your route and check the tides and weather (if paddle boarding). When you have your route, you need to gather equipment.

Think carefully about what you need: protect your hands by using either a litter-picker or sturdy gloves, but remember even with your hands protected, there are still some items that should never be touched, so please ask for advice from your supervising adult. You will need life jackets and somewhere to put your rubbish (a bin bag, a hessian sack or a big bucket maybe). Remember to always stay safe and supervised: the last thing Ella wants is any emergencies.



Plogging



Paddle boarding

Step 4: Sea of Knowledge

If you're completing Ella's Plogging Pick-Up in school you will need to get your teachers involved (they could probably use some exercise too). Teachers love thinking of innovative ways to make children do boring work without children realising they are doing boring work – they're sneaky like that. Extreme litter-picking fits in well with PE and geography work.

Step 5: Informing, Involving, Paddle and Picking

Getting people involved in extreme litter-picks is easy: Ella recommends sharing what you are doing with your whole school during assemblies, as well as getting local media involved. Paddle boarding is so much fun it shouldn't be difficult to persuade people to join in!

Step 6: Seaccess?

It is important to show people just how successful your extreme litter picking is. You can do this by taking before and after photos of the area you have cleaned or counting and weighing the amount of litter collected. Ella even suggested using this litter to create a beautiful sculpture.

Step 7: Paddle and Pick Promise

Ella says: 'Paddling against plastic makes us all fantastic, what do you say?'



Eco-Schools