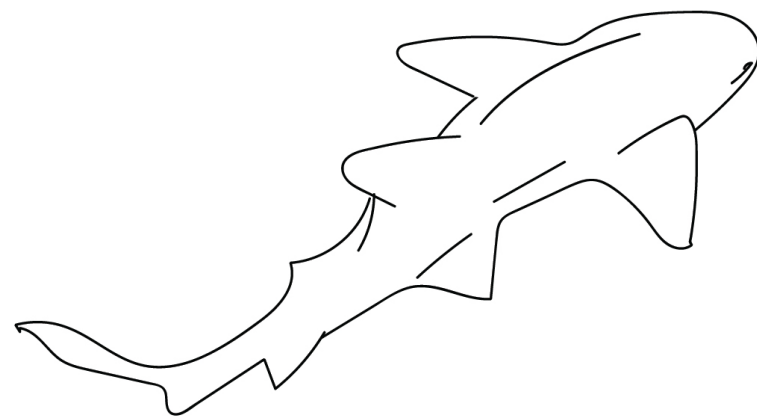


OCEANIC GLOBAL & KALINA JUZWIAK
PRESENT

the plastic journey

A CONSCIOUS COLORING BOOK





This conscious coloring book was created by Oceanic Global's NYC Hub in collaboration with Kalina Juzwiak. As you color in the pages, try to find the plastic!

Did you know that you can find plastic wherever you go? It is even hiding on the beach! Learn about plastic pollution while you color in the pages.

Join us in celebrating World Oceans Day by posting your completed drawings with

#OceanActivism
#OurChoicesMatter

And help us to be ocean warriors by changing your behavior and avoiding plastic! To learn more about what you can do in your own home visit

<https://oceanic.global/>
[@oceanic.global](#)

23,000,000,000 plastic bags are used every single year in the state of New York.

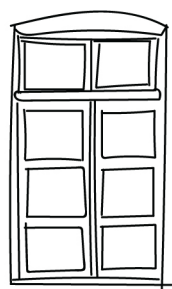
That's 23 billion!

How long is a plastic bag used?

Usually just 12 minutes, before it's thrown in the garbage.

And then what happens?

The plastic bag will stay on this earth for a very long time, up to 500 years before it disappears! That means it could be around during the lifetime of your great-great-great-great-great-grandchildren!





A million plastic bottles are sold around the world every minute.

That's a lot of bottles!

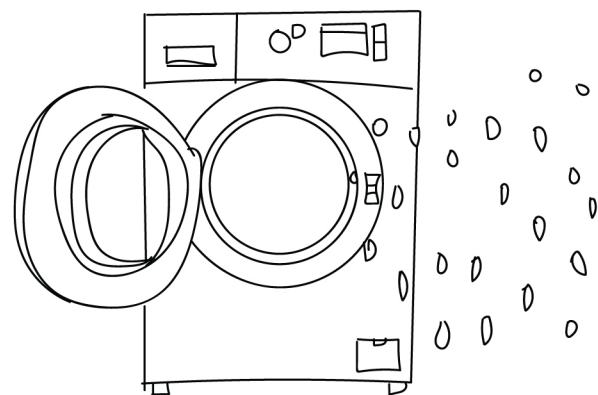
In the United States, almost all of the water you drink has tiny pieces of plastic floating in it. **Those little pieces are called microplastics** and they're so small you can't see them without a microscope. But we're not the only ones who swallow them: **1 out of every 4 fish in the sea have microplastics in their stomachs, too.**



How much microplastics do you have in your belly?

You can swallow up to a teaspoon of these tiny plastic pieces every week. That's equivalent to the size of your mom or dad's credit card.

Microplastics can also come from the clothing we wear. Just one load of laundry can release 1,900 teeny, tiny microfibers that will wash down the drain and go into the ocean.



Not all plastics are recyclable.

This is because there are different types of plastic and some of them are worth more money, so they are the ones that end up being recycled. The plastic that can't be recycled is thrown away into the landfill.

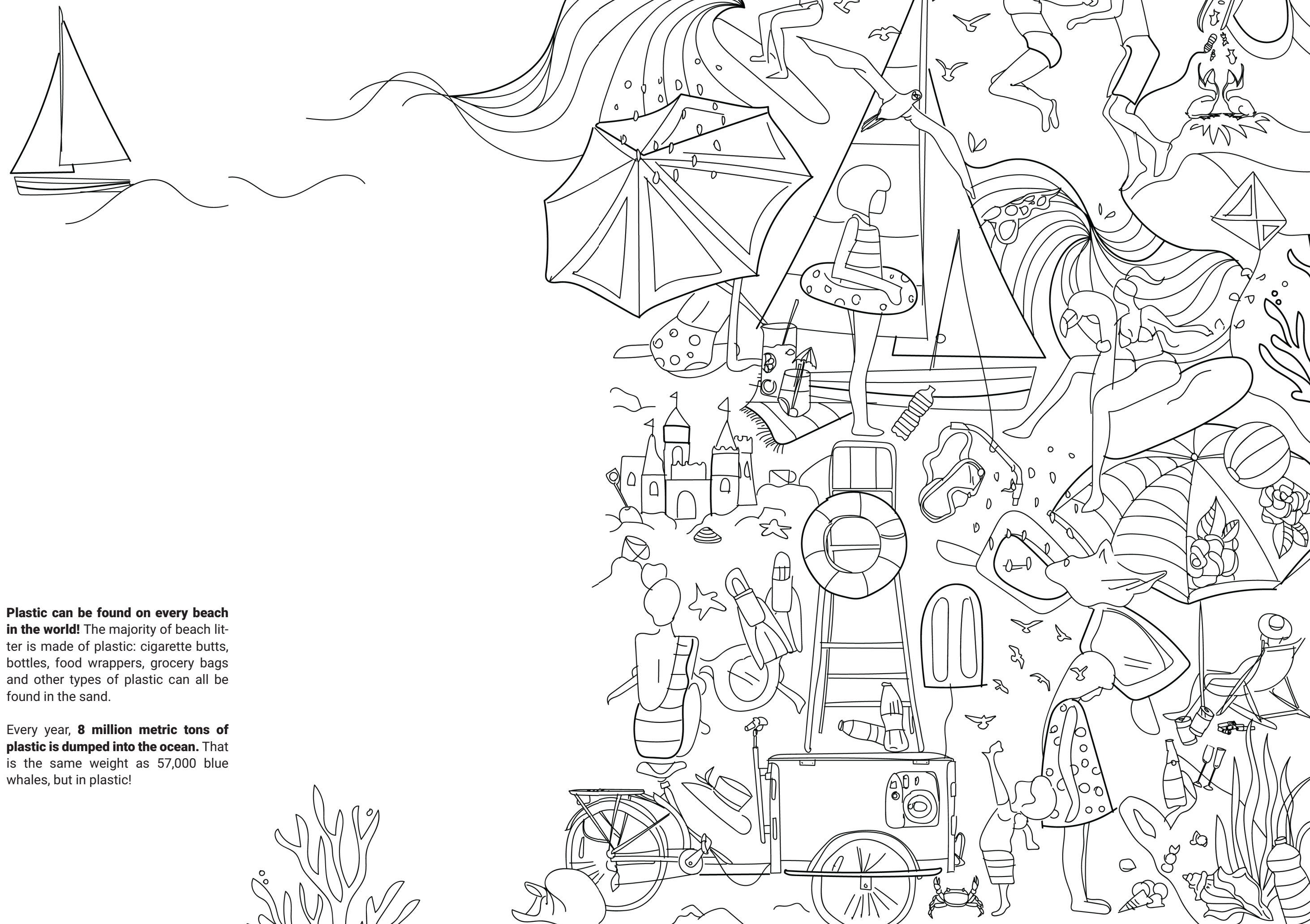
We should try to follow this order:

1. Refuse,
2. Reduce,
3. Reuse,
4. Recycle.



Whether you're at a picnic or at school, you've probably drank out of a plastic cup before. Specifically, **the kind that goes in the garbage once you're done.** In the United States, more than 4 billion plastic cups are used every single year.



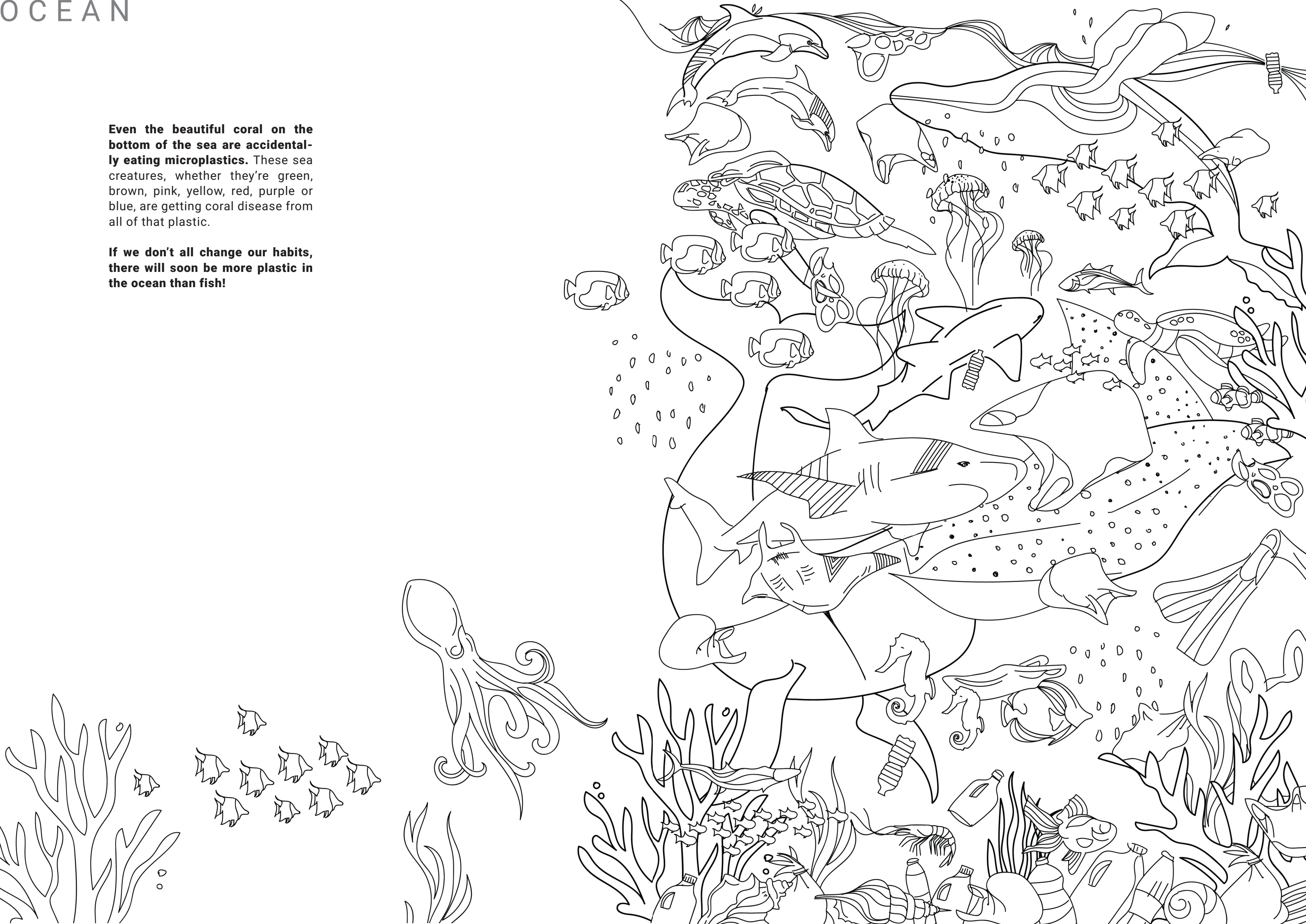


Plastic can be found on every beach in the world! The majority of beach litter is made of plastic: cigarette butts, bottles, food wrappers, grocery bags and other types of plastic can all be found in the sand.

Every year, **8 million metric tons of plastic is dumped into the ocean.** That is the same weight as 57,000 blue whales, but in plastic!

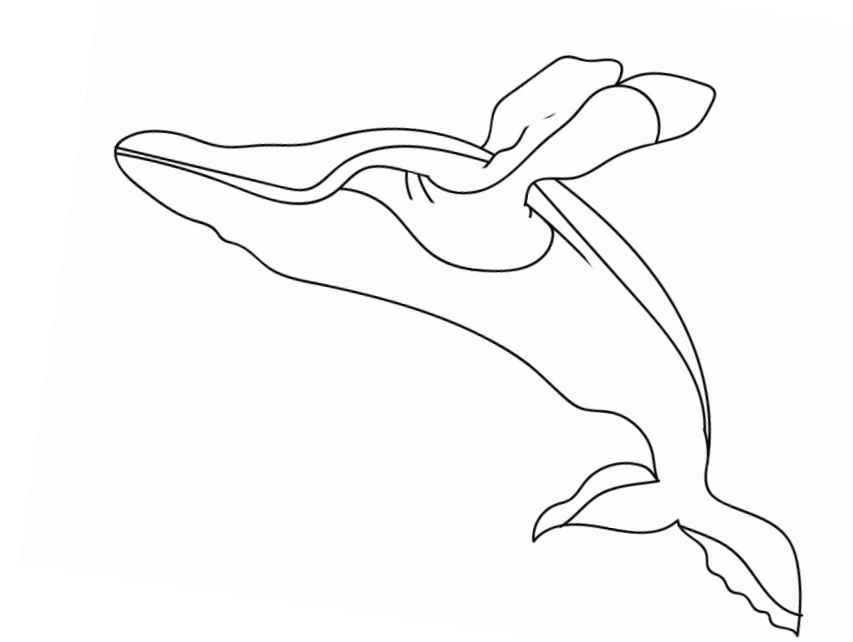
Even the beautiful coral on the bottom of the sea are accidentally eating microplastics. These sea creatures, whether they're green, brown, pink, yellow, red, purple or blue, are getting coral disease from all of that plastic.

If we don't all change our habits, there will soon be more plastic in the ocean than fish!



Oceanic Global engages new audiences in ocean conservation. The non-profit taps into universal passions to raise awareness for issues impacting our oceans and to provide individual and industry solutions that drive positive change. Oceanic Global takes a uniquely creative approach to conservation, creating immersive experiences that **engage local communities, amplify the efforts of synergistic groups, generate measurable impact and ignite global action.**

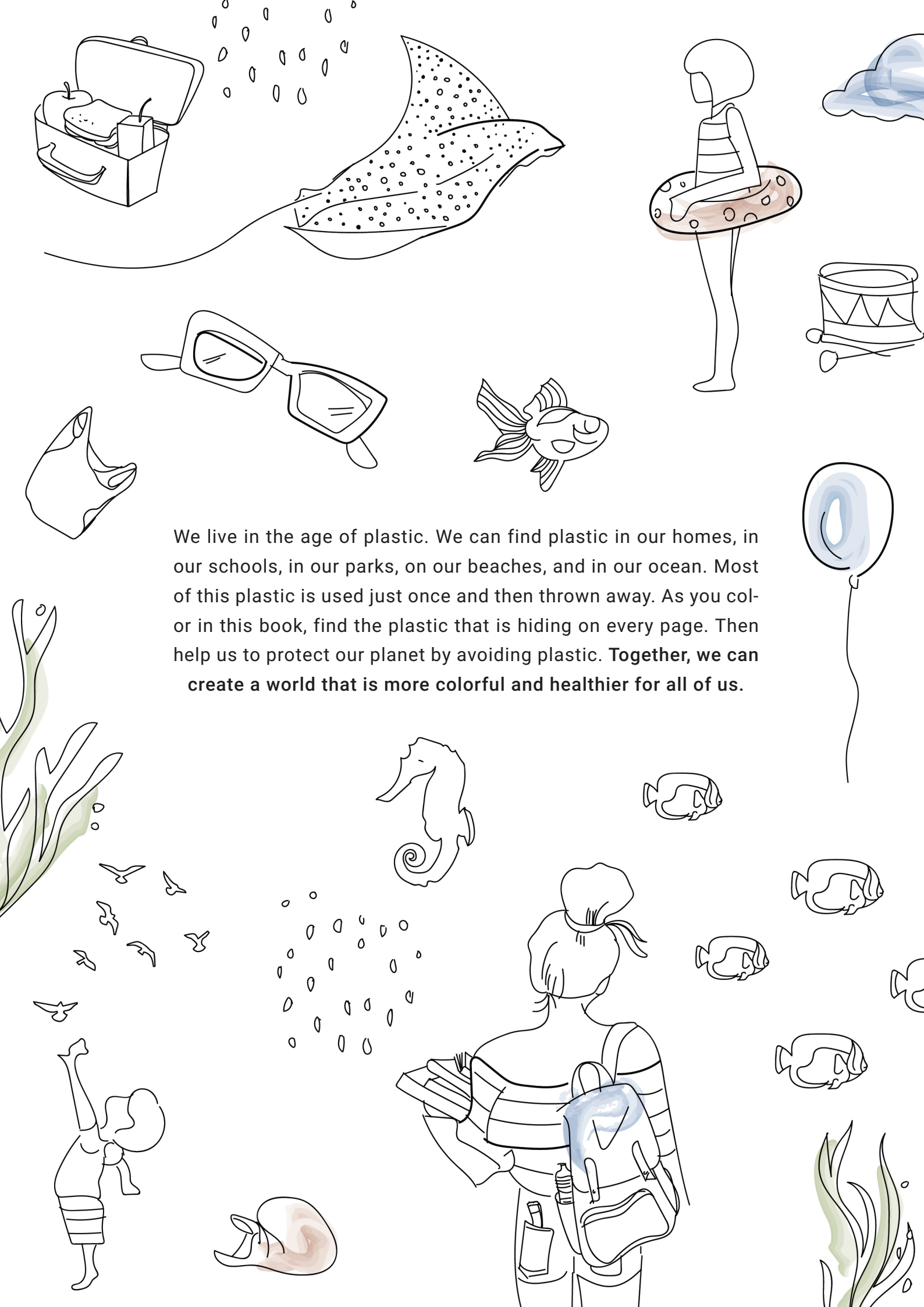
This conscious coloring book was created by the New York City Hub in collaboration with Kalina Juzwiak. The Oceanic Global Hubs are regional, volunteer-based chapters of the Oceanic Global team that drive localized impact on a global scale. Each hub works to identify and address environmental issues in its immediate community, while supporting the overall mission and goals of Oceanic Global's corporate headquarters. The Hubs amplify Oceanic Global's international efforts, programs and campaigns as well as spearhead grassroots activations, host awareness and fundraising events, secure partnership opportunities, and develop programs that educate and engage new members. Together, our international Hubs cultivate volunteers, donors, advocates, and ambassadors that support Oceanic Global's long-term **vision of making this world a healthier place for us all.**



"I was born and raised by the sea. It's like a second home to me. So when Oceanic Global's NYC Hub invited me to illustrate a book to help raise awareness and educate children - and adults - about pollution and our relationship with the sea, I embraced the idea with all my heart. For me, **there is no better way to use art as a tool for transformation and awareness of such important issues in today's times.** The planet is asking us to listen to it - and having the opportunity to help in this process, through creativity, is very fulfilling. I hope you learn, and have as much fun, as I did while creating this for you."

with love,
Kalina Juzwiak

www.kaju.space
@bykaju



We live in the age of plastic. We can find plastic in our homes, in our schools, in our parks, on our beaches, and in our ocean. Most of this plastic is used just once and then thrown away. As you color in this book, find the plastic that is hiding on every page. Then help us to protect our planet by avoiding plastic. **Together, we can create a world that is more colorful and healthier for all of us.**