

EARTH FRIENDLY THINGS TO DO WITH KIDS



1

PICK UP LITTER - Take a bag and pick up litter as you enjoy being outside. This keeps trash out of our rivers, lakes and eventually our oceans.

2

COOK TOGETHER - Make a plant-based meal [*plants have less environmental impact than meat*] and talk to your kids about the impacts of food on our bodies and planet.

3

UPCYCLE - Turn waste into art or a project by upcycling! Then participate in the Social Media Upcycle display by tagging us on IG or FB [*more at unthsc.edu/earthday*]

4

RECYCLE RIGHT - Recycling is confusing. Get on your city's website to learn or simply search "how recycling works" on the web. Talk to your kids about lessons learned.

5

ENERGY GAMES - Teach your kids to turn off lights when they leave a room. Make it a game by keeping score of who remembers and who forgets.

6

GARDEN - Plant a garden or small plant in a container. Talk about what plants need to grow, where our food comes from, pollinators, and more!

7

NATURE WALK - Even in the city, we have plants and animals all around us. Explore where you live by pointing out insects, plants, and more.

8

PRACTICE KINDNESS - We all live on this planet together. Help a neighbor, donate to a food bank, etc. Ask your kids for their ideas on practicing kindness and compassion.

Join us as we celebrate Earth Day.
Learn more at unthsc.edu/earthday and tag us on Facebook and Instagram!