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!

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