

EARTH FRIENDLY THINGS TO DO WITH KIDS (AT HOME)



Please remember to practice social distancing and wash your hands when participating in these activities!

- 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 something useful by upcycling! Then submit your project in our Upcycle Contest [*deadline is April 15th; 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 *virtually*.
Learn more at unthsc.edu/earthday and tag us on
Facebook and Instagram!

