



Celebrate Earth Day

It's Earth Day! These activities are designed to help every generation of your family celebrate nature and the diversity of life that calls it home.



1 Seek Out Sensations

AGE 1+

Take a walk around your backyard, your block or through your local park. Collect things you find in nature: sticks, leaves, rocks and petals. Are they soft, hard, sticky, prickly, smooth or bumpy?

 Use your other senses to enjoy nature, too! What do you see, smell and hear while you're outside?



2 Dig in the Dirt

AGE 2+

Take a small shovel and bucket and find a place where you can dig a hole. What do you see as you fill your bucket? How does the soil feel and smell? Can you add some water to make a mud pie?

 When you're done, fill the hole back up. If you have a packet of seeds at home, pour some in, add water and check back in a week to see what's blooming!



3 Make a Sunny Snack

AGE 3+

Cut a round slice of orange or apple. Use strawberries, cheese wedges or pretzels to make the sun's rays. A cluster of blueberries can become a cloud. If it's warm enough, take your snack and eat it outside. Talk about where it came from: Did the rain help a seed sprout? Did the warm sun help grow the fruit on your plate?

 When you're all done, go through your pantry. What other foods do you find? What plants or places did they come from?



4 Grow Your Green Thumb

AGE 4+

Find a flower or plant that you can visit every day: in your backyard, at a local garden or maybe in a pot right in your house. Help take care of that plant by giving it water, removing dead leaves and adding plant food with the help of a grown-up. What do you notice each day that you visit?

 Look up the name of your plant in a field guide or online app. Learn more about it: Where can you see it in the wild? What kinds of birds or animals rely on it for survival?



5 Listen and Learn

AGE 5+

Books can help you explore nature – and even travel to wild places far from home. Find a cozy spot outdoors or by a window and read a book out loud. Here are some favorites to look for at your local library:

 *Tiny, Perfect Things* by M.H. Clark  *The Curious Garden* by Peter Brown  *The Wild* by Yuval Zommer