

EARTH WEEK APRIL 19-23

Come together as a family to enjoy these activities and build awareness of the importance of caring for the Earth.

MONDAY - EAT VEGETARIAN

Enjoy at least one vegetarian meal (maybe bring a veggie lunch to school!).

TUESDAY - WALK AND/OR BIKE

Choose your shoes (or your bike) to cruise around today. Walk or bike somewhere you would usually drive (you can even walk or bike to school!)

WEDNESDAY - LUNCH ON THE LAWN

Take your lunch break outside. Linger in nature with the birds, flowers, and trees.

THURSDAY - UPCYCLED ART

Use recycled and natural materials to create a masterpiece. Check out this link for ideas:

tinkerlab.com/fifty-earth-day-activities/

FRIDAY - TURN OFF SCREENS

Find a way to be together as a family without phones, TV, or other screens. Not sure what to do?

Check out this list of 100+ ideas!

habyts.com/101-unplugged-activities/

THURSDAY, April 22nd, IS EARTH DAY!

FIVE FUN WAYS TO HELP THE EARTH

1. **RECYCLE:** Recycle crayons, pens, highlighters, and markers in the designated bins at Grace Lutheran all week. Take plastic bags, plastic film, plastic wrapping, bubble wrap and more to participating drop off locations (for a list, look [here](#) or drop at Oak Park Temple right near school).
2. **MINIMIZE WASTE:** Be thoughtful when packing lunches or buying food. Minimize packaging. Use reusable containers and snack bags. Buy in bulk rather than individual servings.
3. **GET EDUCATED:** Watch films during the locally-founded One Earth Mini Film Festival all week long (April 19-25). (www.oneearthfilmfest.org)
4. **HELP OUT:** Volunteer for area cleanups or just lead your own with your family at a nearby park or in your neighborhood. (rfparks.com/earth-day-events)
5. **SHOP LOCALLY:** Walk or bike if you can to neighborhood retail stores for your shopping . This supports the economy and helps minimize the environmental impact of shipping, etc.

PROTECTING OUR PLANET STARTS WITH YOU



BIKE MORE DRIVE LESS



EDUCATE

When you further your own education, you can help others understand the importance and value of our natural resources.

Volunteer!



Volunteer for cleanups in your community. You can get involved in protecting your watershed too!



reduce REUSE recycle

Cut down on what you throw away. Follow the three "R's" to conserve natural resources and landfill space.

CONSERVE WATER



The less water you use, the less runoff and wastewater that eventually end up in the ocean.

choose sustainable



Learn how to make smart seafood choices at www.FishWatch.gov.



Buy less plastic and bring a reusable shopping bag.



Long-lasting light bulbs - ARE A - BRIGHT IDEA

Energy efficient light bulbs reduce greenhouse gas emissions. Also flip the light switch off when you leave the room!

Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change.



PLANT A TREE



Don't send chemicals into our waterways.

Choose nontoxic chemicals in the home and office.

