

Earth Day Worksheet (Early Childhood)

Directions: In order to complete this worksheet, you will need to spend some time outdoors

1. Connecting with nature is a very important aspect of Earth Day. You can connect through nature in many ways – one of which is with mindfulness. Head outside and find somewhere comfortable to sit, stand, or lay down. Close your eyes and take a few deep breaths. Take 10 deep breaths and try to slow each down a little more or try to take in more air each time. Next, keep your eyes closed and listen to your surroundings. Can you hear anything very close to your body? How far away can you hear? Focus on 1 sound and face where you think it's coming from. Cup your hands around the backs of your ears and gently push your ears toward the sound. Does that make it clearer? What do you think that sound is? Next, find a couple of yoga poses that are based on nature (mountain, tree, downward dog, cat, cobra, etc) and try a few outdoors. Make sure to take a few deep breaths during each pose.
2. Create a nature journal. This can be with a notebook you already have, or you can staple or tie a few pieces of paper together. Decorate the cover page and write your name on it.
3. Head outside and explore your backyard or local park and find at least 3 new things you have not noticed before. It may be a specific type of lichen, new growth on a plant, or an animal track. Draw or write about it in your nature journal.
4. Composting is the process of turning organic material (like plants) into healthy soil. You can help mother nature and decrease the amount of plant-based food scraps you send to the landfill by composting at home. Composting can be done outdoors with a compost pile or indoors with a vermicomposting bin. Vermicomposting is when you compost with worms. Start a compost pile or bin and see how long it takes for different items to break down. Does a banana peel break down faster than a piece of lettuce? What are the benefits to composting kitchen scraps? Draw a picture of the cycle of composting.
5. Help mother nature by starting a plant from a seed or planting a new tree, bush, flower, or other plant in your yard. If you don't have any outdoor space, you can brighten up your home with a beautiful indoor plant. Start with a germination experiment. Get a few seeds and place one seed in soil, another on a wet paper towel in the sun, and another in some compost (if you have it). Draw pictures and see which seed germinated first. Next, head outside and think about what your perfect garden would look like. Would you make a vegetable or fruit garden to grow food for your family, or would you create a garden to benefit our local wildlife? What plants would you use to attract butterflies? What about different types of birds? How can planting native plants help mother nature?