



EARTH

VISIT A COMMUNITY GARDEN.

DO YOU HAVE A COMMUNITY
GARDEN NEAR YOU? GO VISIT!
WALK AROUND AND SEE
WHAT KINDS OF THINGS ARE
GROWING!



EARTH

VISIT A FARMER'S MARKET.

SOIL GROWS A LOT OF OUR
FOOD. GO VISIT A FARMER'S
MARKET AND CHOOSE A NEW
FOOD TO TRY THAT WAS
GROWN NEAR YOU.



EARTH

LEARN ABOUT THE
ANCESTRAL LAND WHERE
YOU LIVE.

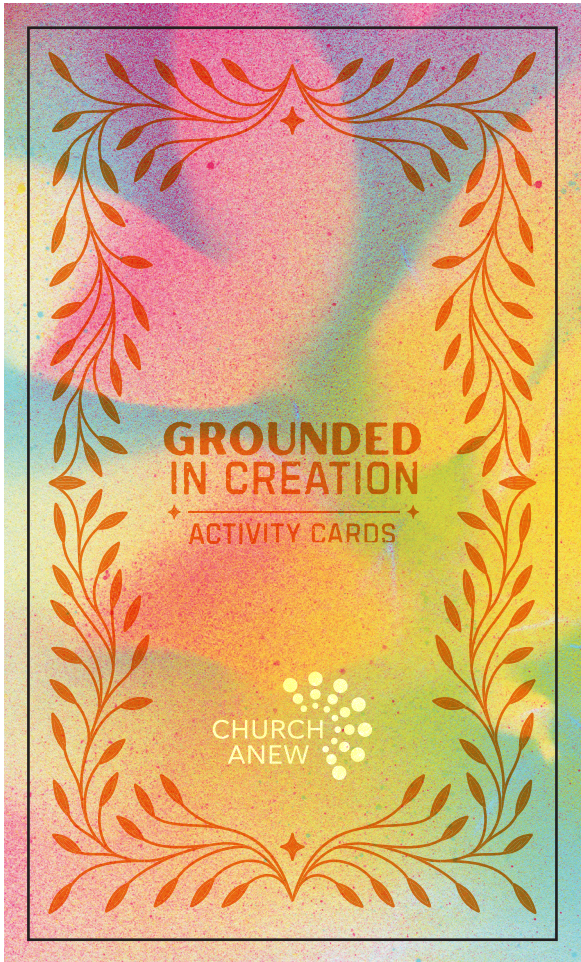
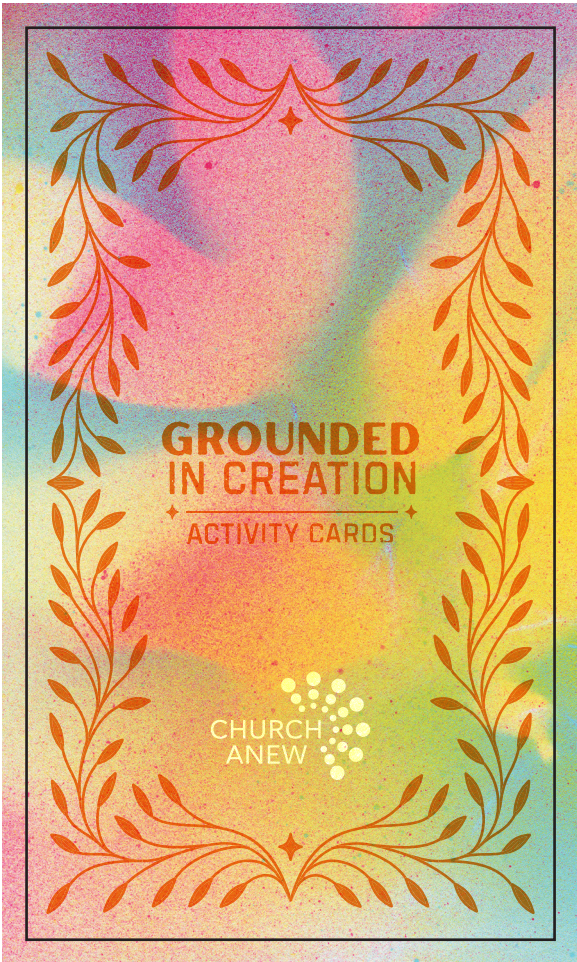
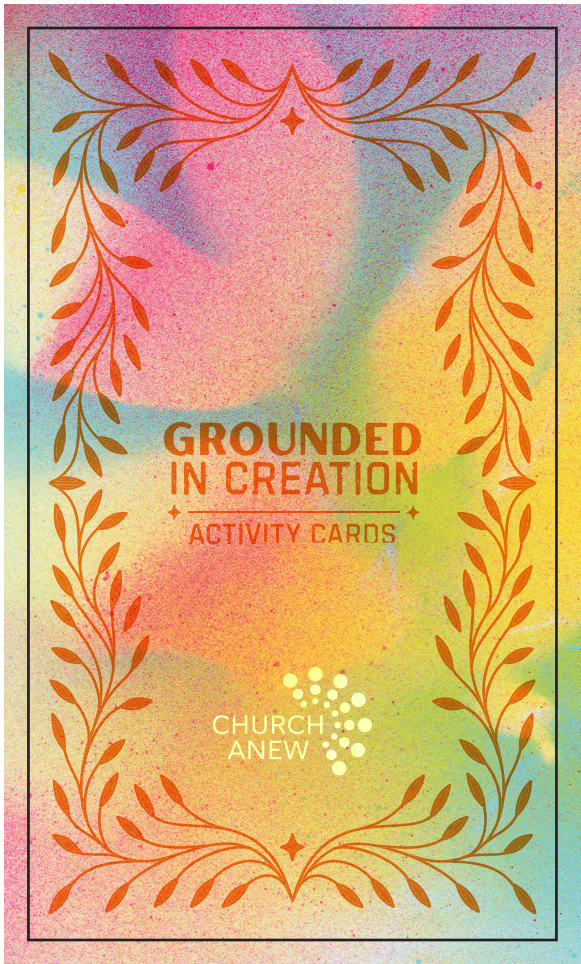
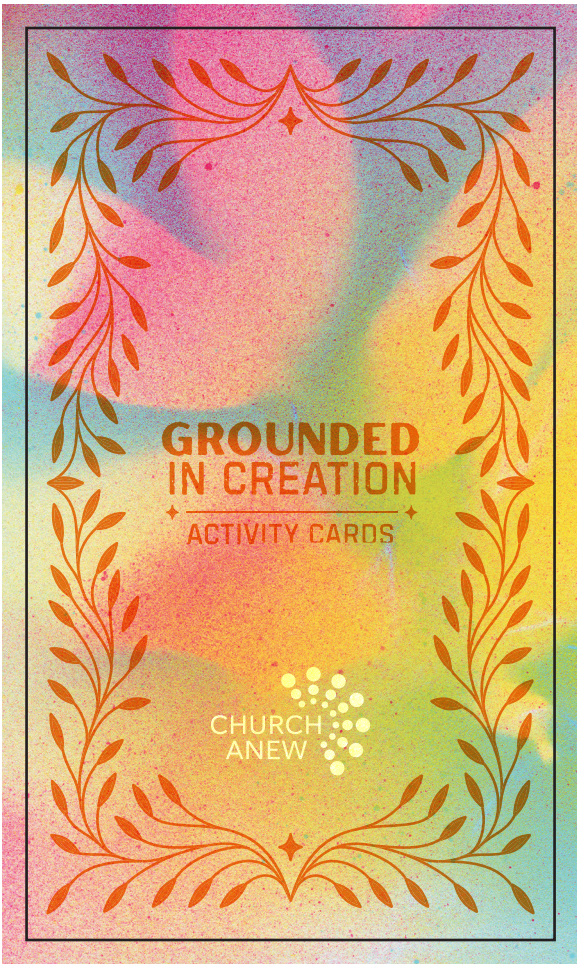
UNLESS YOUR FAMILY
HISTORY INCLUDES NATIVE
PEOPLE, YOU ARE LIKELY
LIVING ON LAND THAT ONCE
BELONGED TO OTHERS. WHO
DID YOUR LAND BELONG TO
BEFORE YOUR ANCESTORS
ARRIVED?



EARTH

VISIT A FARM.

DO YOU KNOW HOW MUCH
TIME FARMERS SPEND WITH
SOIL? GO VISIT A FARM AND
SEE HOW MUCH THEY KNOW
ABOUT THE SOIL THEY ARE
TENDING.





EARTH

PUT YOUR HANDS IN SOIL.

PLANT SOMETHING, MAKE
A MUDPIE, DO ART WITH
SOIL, ETC. DO WHATEVER
YOU CHOOSE BUT GET YOUR
HANDS DIRTY!



EARTH

LEARN THE STORY OF THE
SOIL WHERE YOU LIVE.

EVERY NEIGHBORHOOD AND
COMMUNITY HAS DIFFERENT
SOIL. WHAT IS YOURS LIKE?
WHAT IS IT MADE OF? HOW
DID IT COME TO BE THIS WAY?



EARTH

VISIT A SACRED SITE.

EARTH CAN BE SACRED AND
HOLY SPACE AS WELL. FIND
A HOLY OR SACRED SITE
NEAR YOU (THIS CAN BE
MANY THINGS, INCLUDING
HISTORICAL SITES, SITES OF
WORSHIP, OR SOMEWHERE
HOLY LIKE A LABYRINTH OR A
CEMETERY) AND GO VISIT.

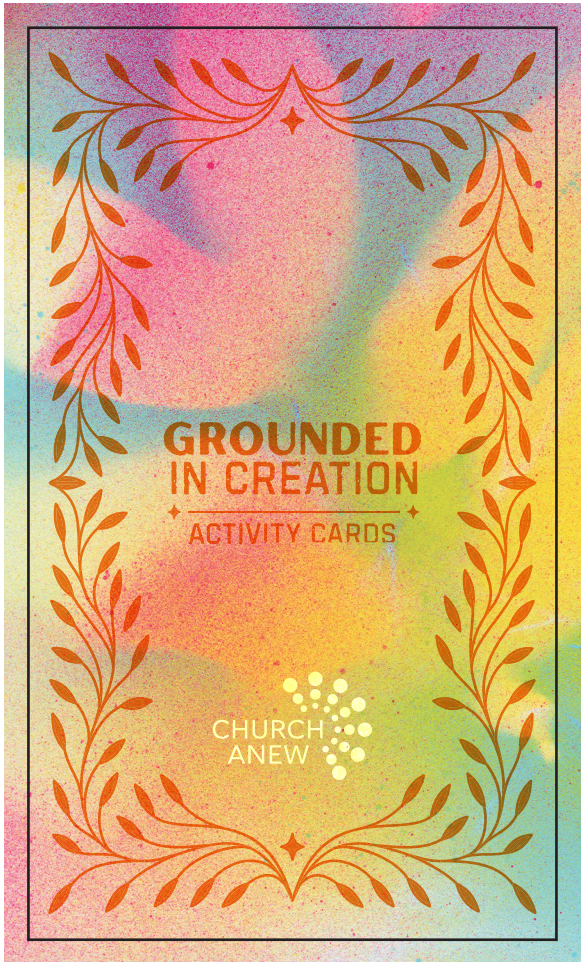
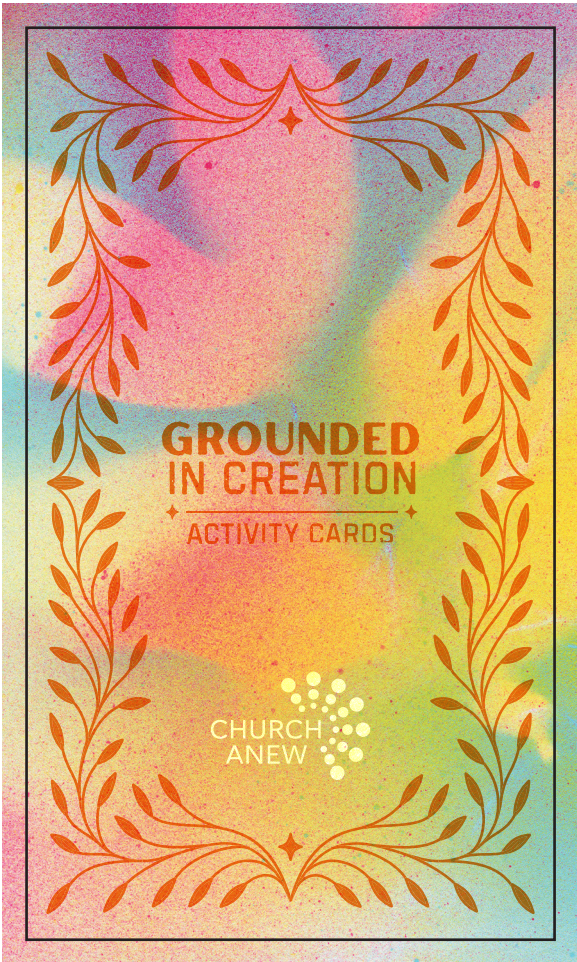
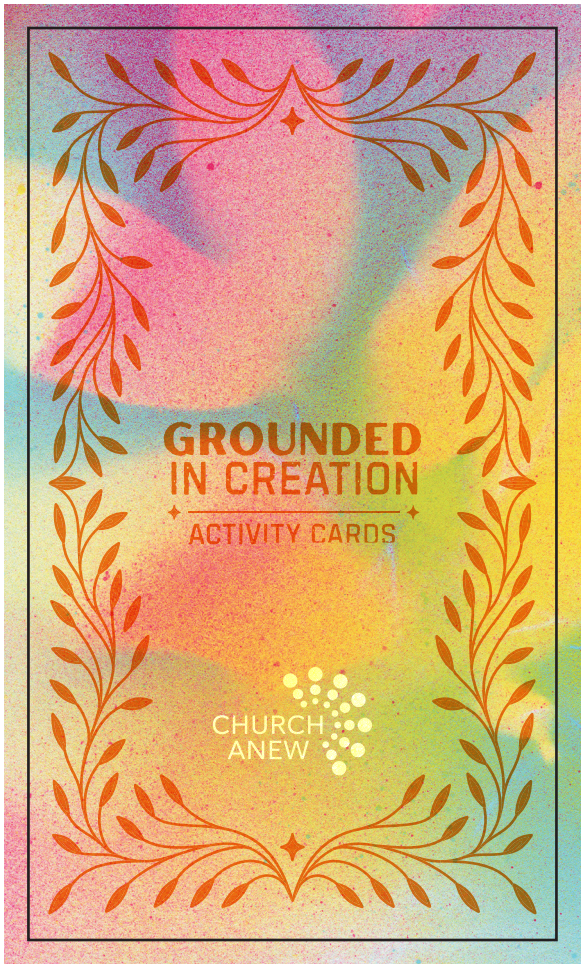
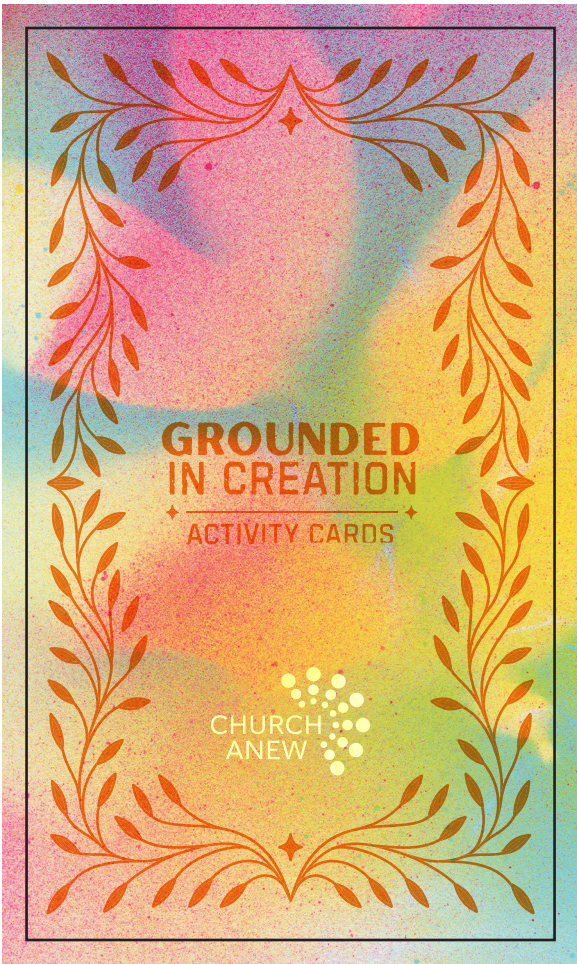


EARTH

WALK THROUGH A NATIONAL
OR STATE PARK NEAR YOU.

STOP AT THE VISITOR CENTER
AND SEE IF YOU CAN LEARN
ANYTHING ABOUT THE EARTH
YOU ARE STANDING ON AND
HOW IT CAME TO BE.







EARTH

FIND OR CREATE A
GEOLOGICAL MAP OF YOUR
AREA.

EITHER RESEARCH OR DRAW
A GEOLOGICAL MAP OF
WHERE YOU LIVE.



EARTH

BUILD A ROCK SCULPTURE.

DO ART WITH ROCKS! MAKE
A STATUE, CREATE A MINI
STONEHENGE, BUILD A CAIRN,
OR WHATEVER YOU DECIDE.



WATER

VISIT A RIVER OR LAKE
NEAR YOU.

GO SPEND TIME NEAR WATER.
WATCH IT FOR A WHILE. GET
YOUR FEET OR HANDS IN IT.
LEARN ABOUT ITS HISTORY
WHILE YOU'RE THERE, TOO.

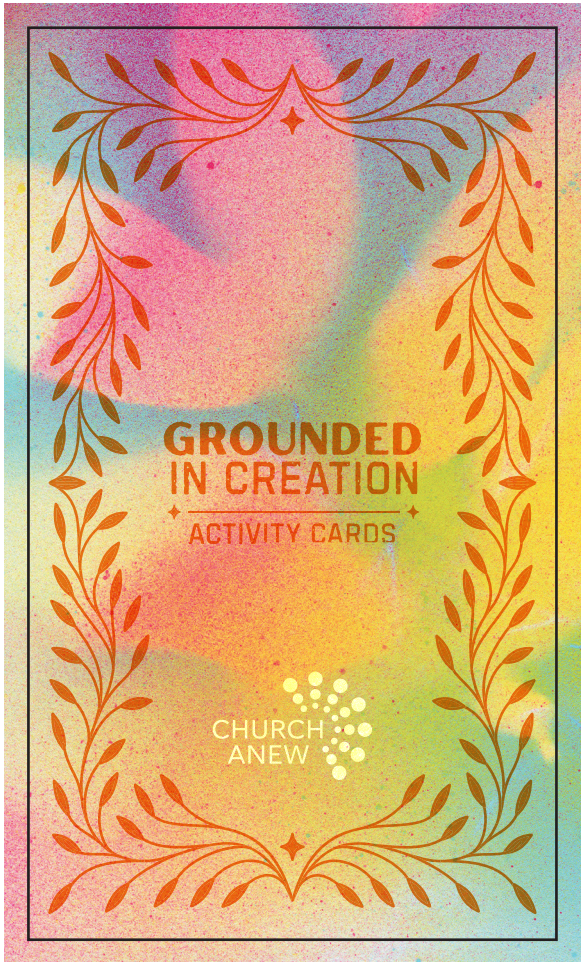
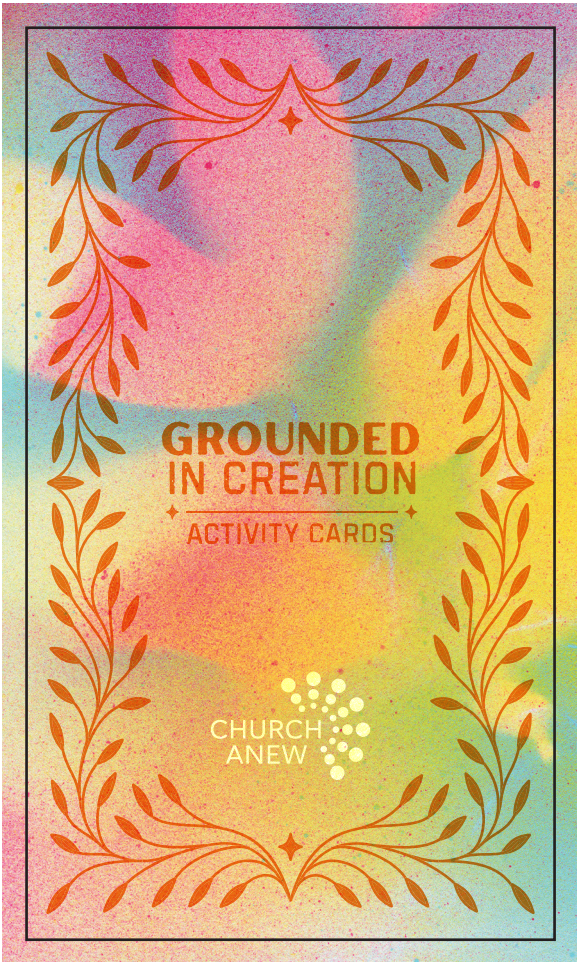
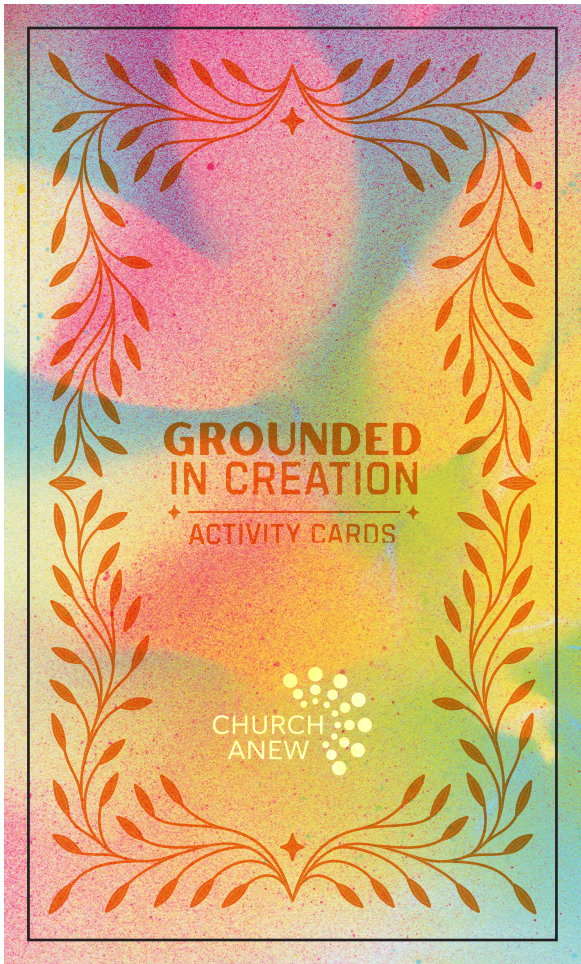
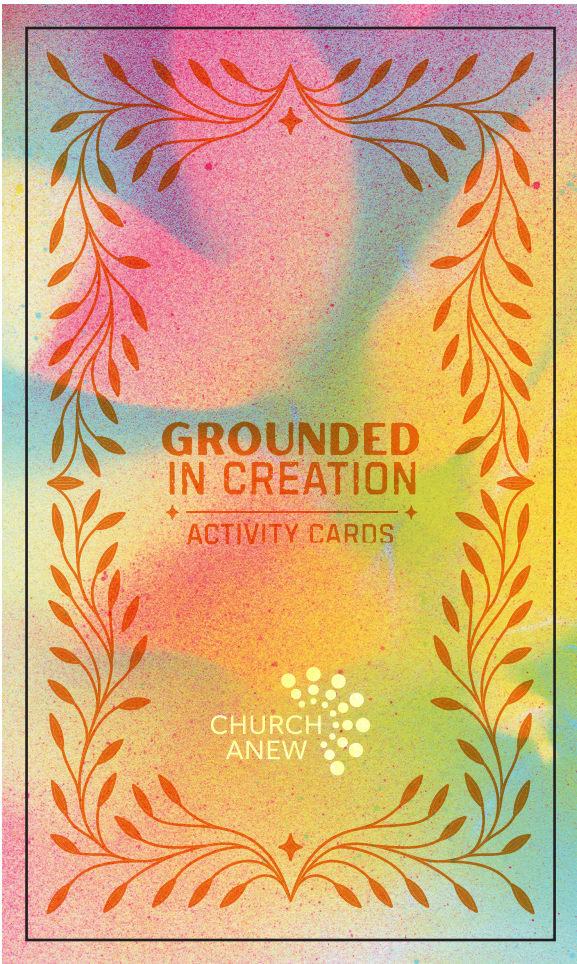


WATER

WATER DAY!

SET UP A WATERSLIDE, A
SPRINKLER, A WATER FIGHT,
OR WATER TOYS, AND JUST
PLAY. GET WET! HAVE FUN!







WATER

LEARN ABOUT YOUR
WATERSHED.

DID YOU KNOW EVERYONE IS
A PART OF A WATERSHED?
WHAT IS YOURS? LEARN
ABOUT IT AND WHAT YOU CAN
DO TO HELP CARE FOR IT!



WATER

REMEMBER YOUR BAPTISM.

TAKE ANY WATER - FAUCET,
RAIN, LAKE, RIVER, ETC.
- AND USE IT TO MARK A
CROSS ON YOUR FOREHEAD
OR THE HEAD OF SOMEONE
YOU LOVE AS YOU SAY,
"REMEMBER YOU ARE A
BELOVED CHILD OF GOD."



WATER

GO ON A BOAT RIDE.

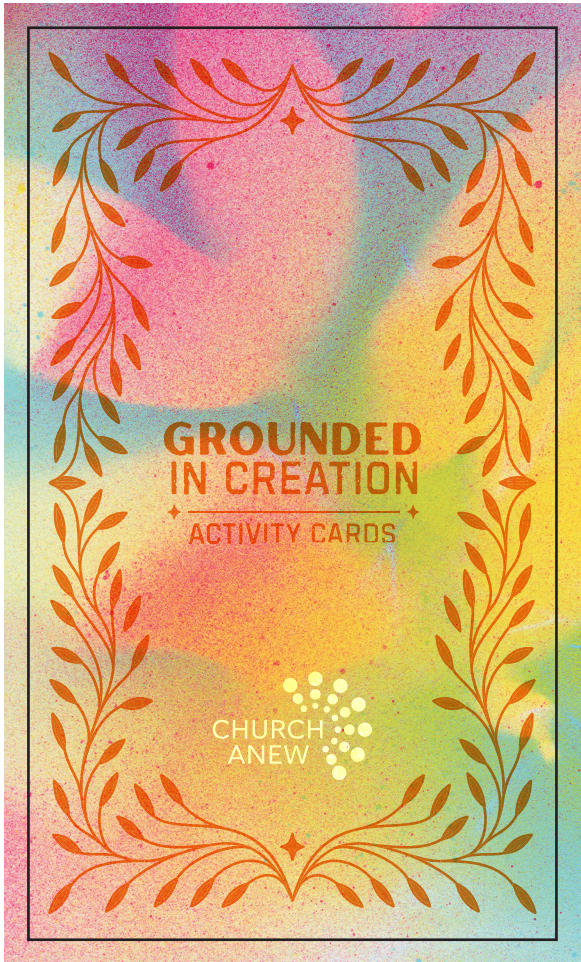
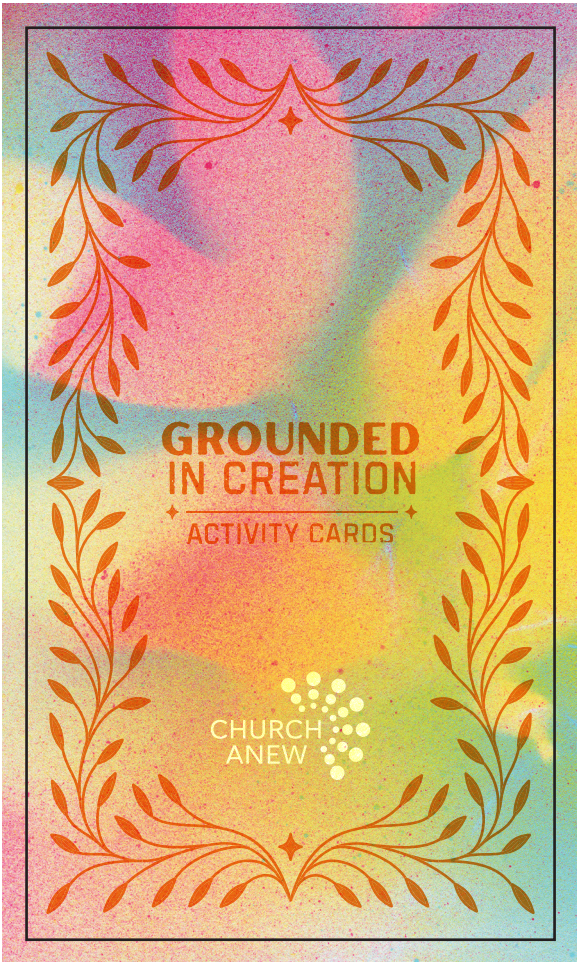
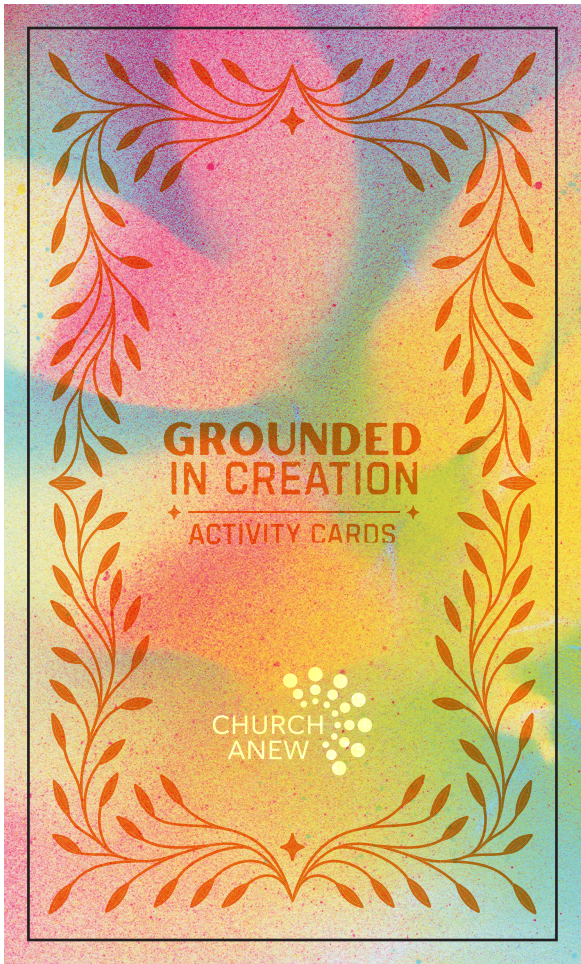
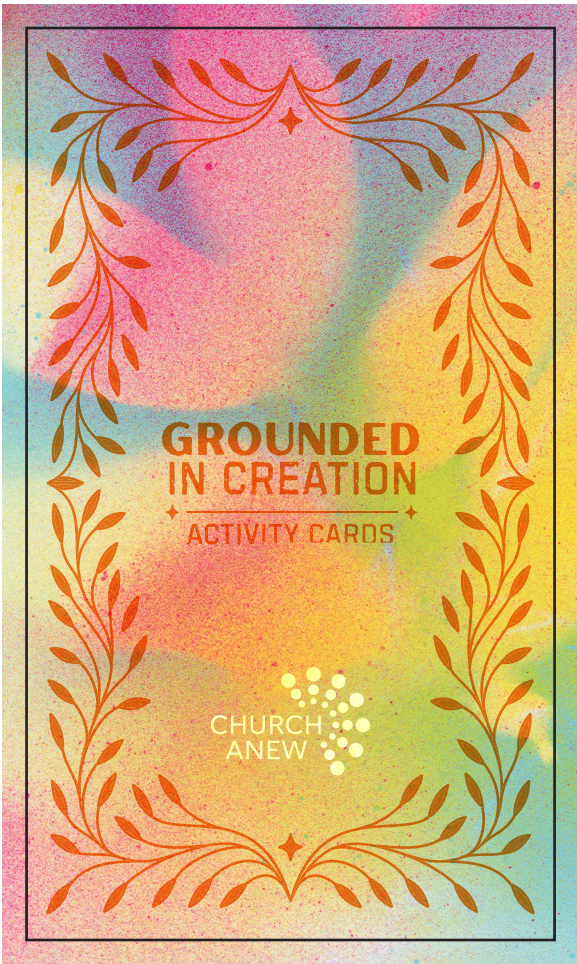
GET ON THE WATER,
NOT JUST IN THE WATER.
RENT A PADDLE BOAT OR
CANOE, A PADDLEBOARD OR
KAYAK, OR A PONTOON OR
SPEEDBOAT. MAYBE EVEN
MORE THAN ONE!



WATER

MINDFULLY DRINK A
GLASS OF WATER.

IN A CALM AND QUIET SPACE,
DRINK A GLASS OF WATER
ONE SIP AT A TIME. HOLD
IT IN YOUR MOUTH FOR A
MINUTE, NOTICE THE TEMP
OF THE WATER AND HOW
IT FEELS, SWALLOW IT AND
PAY ATTENTION TO HOW IT
MOVES THROUGH YOUR BODY.





WATER

STAND IN THE RAIN.

WITHOUT A RAIN JACKET OR UMBRELLA, GO STAND IN THE RAIN. LET IT WASH OVER YOU. TURN YOUR FACE TO IT. MAKE UP A RAIN DANCE. SPLASH IN PUDDLES.



WATER

MAKE A LIST OF ALL THE WATER YOU ENCOUNTER IN A DAY.

FROM MORNING TO NIGHT, HOW OFTEN DO YOU SEE, TOUCH, TASTE, FEEL, AND HEAR WATER? MAKE A LIST! COMPARE LISTS WITH SOMEONE ELSE WHEN YOU'RE DONE.



WATER

LEARN ABOUT DAMS.

LEARN ABOUT NATURAL AND MAN-MADE DAMS. WHAT ARE THEY FOR? HOW DO THEY WORK? DRAW ONE OR BUILD YOUR OWN!

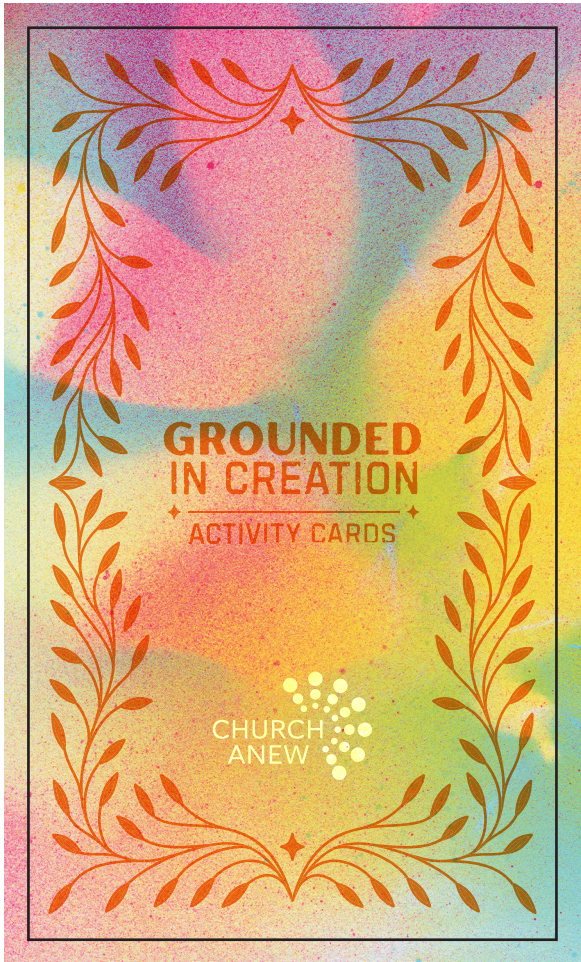
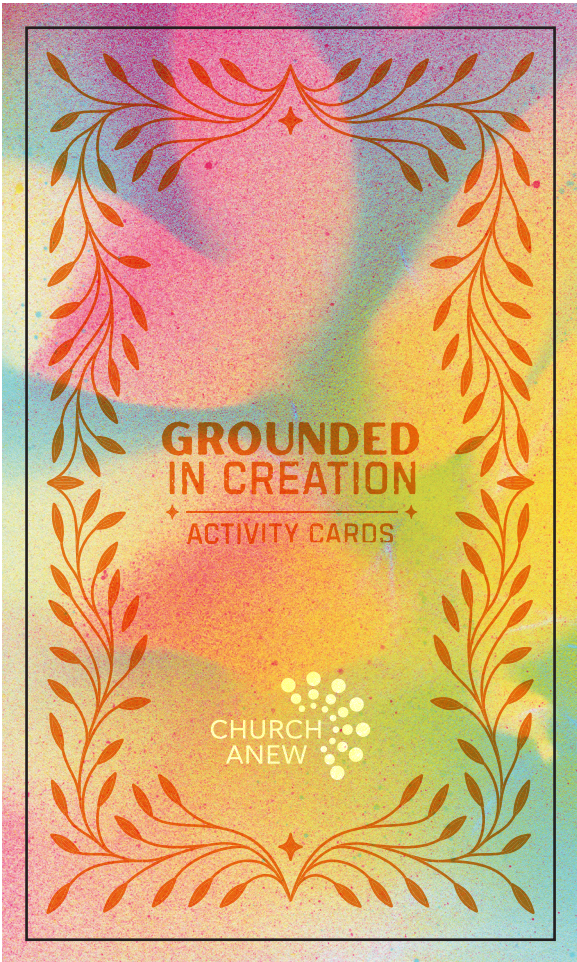
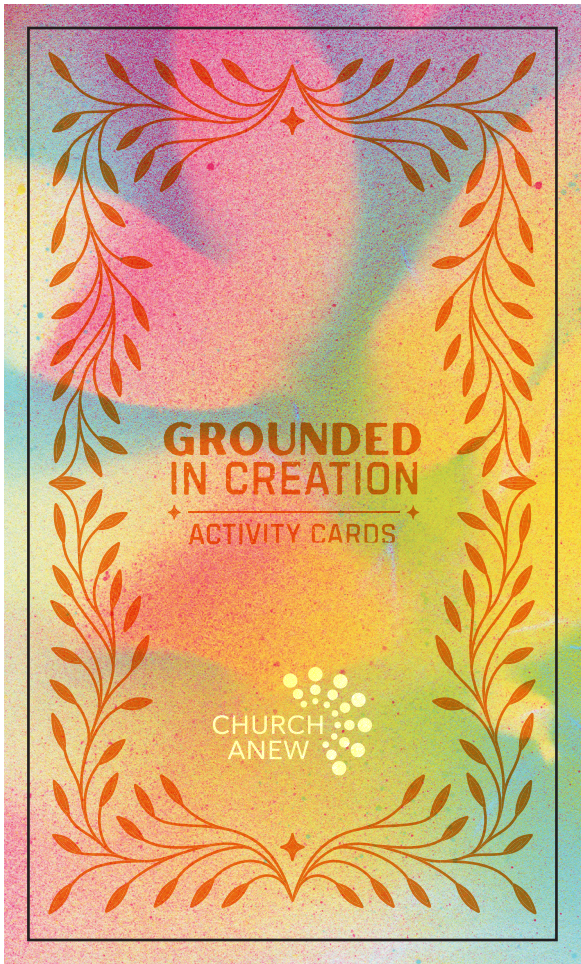
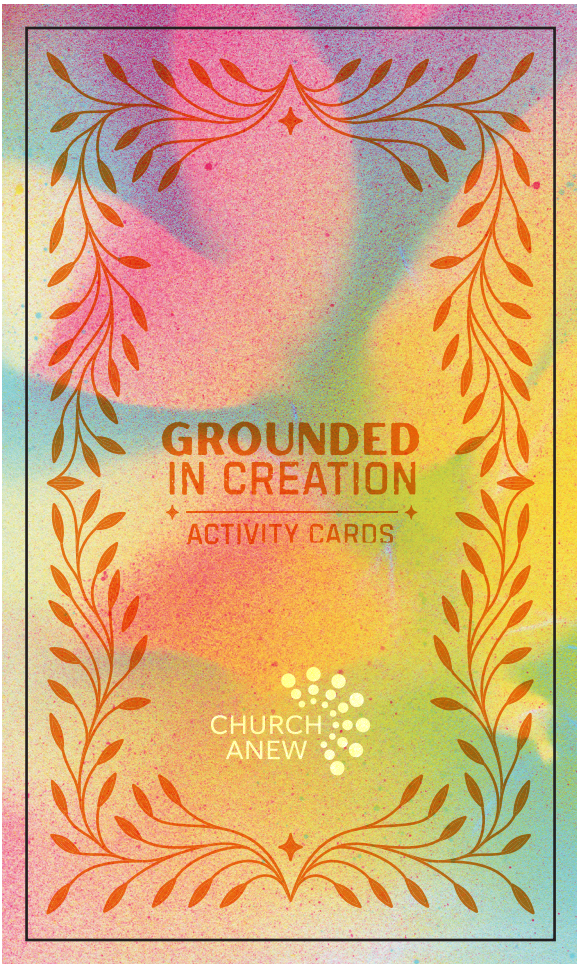


WATER

PAINT WITH WATER.

MAKE WATER ART ON A SIDEWALK, FIND A PAINT WITH WATER ACTIVITY BOOK, OR HAVE A WATERCOLOR PAINTING TIME. LEARN HOW ART AND WATER GO TOGETHER.







FIRE

BONFIRE NIGHT!

BUILD A BONFIRE. INVITE FRIENDS. NOTICE HOW IT SMELLS, FEELS, SOUNDS, LOOKS. TAKE TIME. SING SONGS. MAKE SMORES. TELL STORIES.



FIRE

LIGHT CANDLES.

INCORPORATE CANDLES INTO THE LIGHTING OF YOUR HOME. EAT A MEAL BY CANDLELIGHT. LIGHT CANDLES INSTEAD OF TURNING ON THE LIGHTS AT NIGHT. LIGHT CANDLES TO HONOR OR REMEMBER PEOPLE YOU HAVE LOST.



FIRE

PLAY THE FLOOR IS LAVA!

DOES THIS CARD NEED EXPLANATION? JUST SET A COURSE AND GET PLAYING!

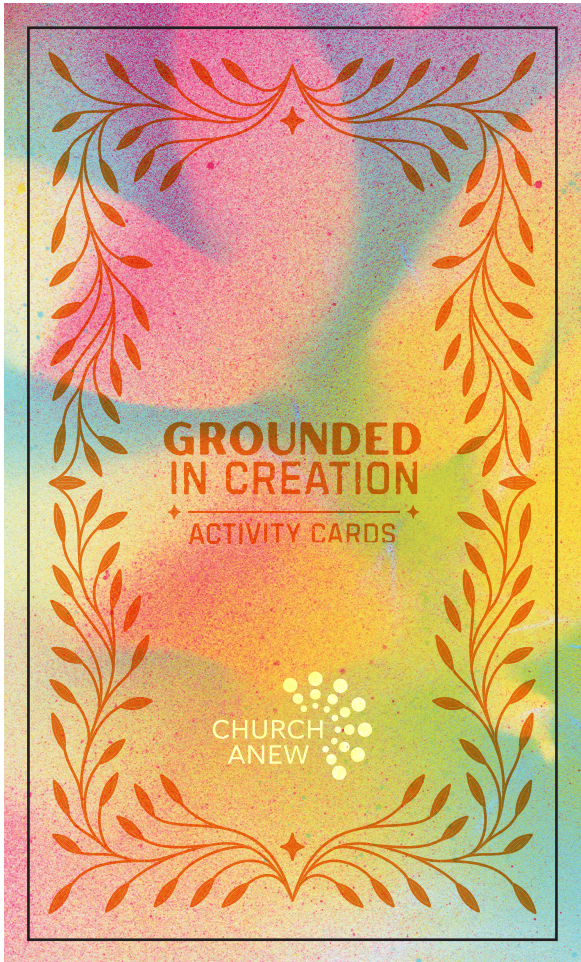
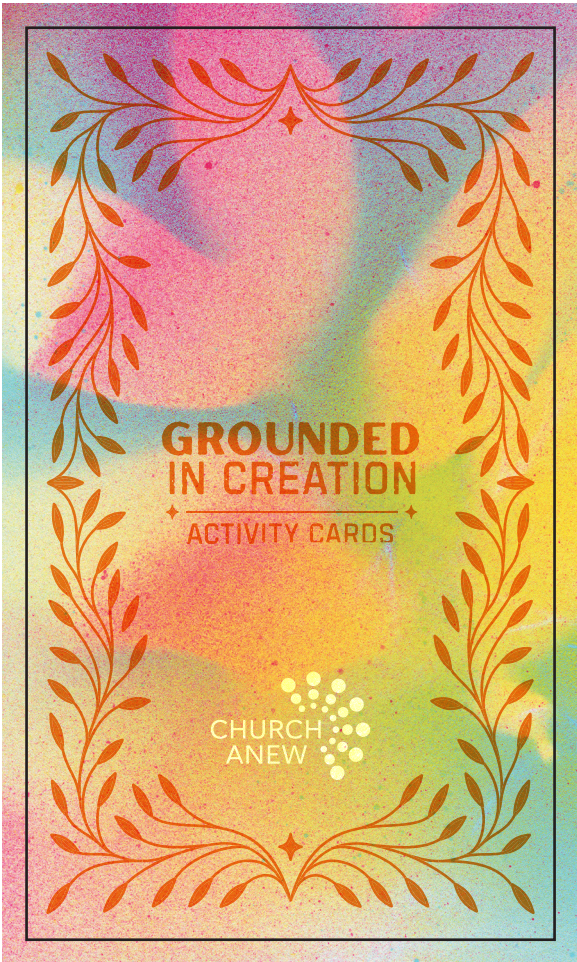
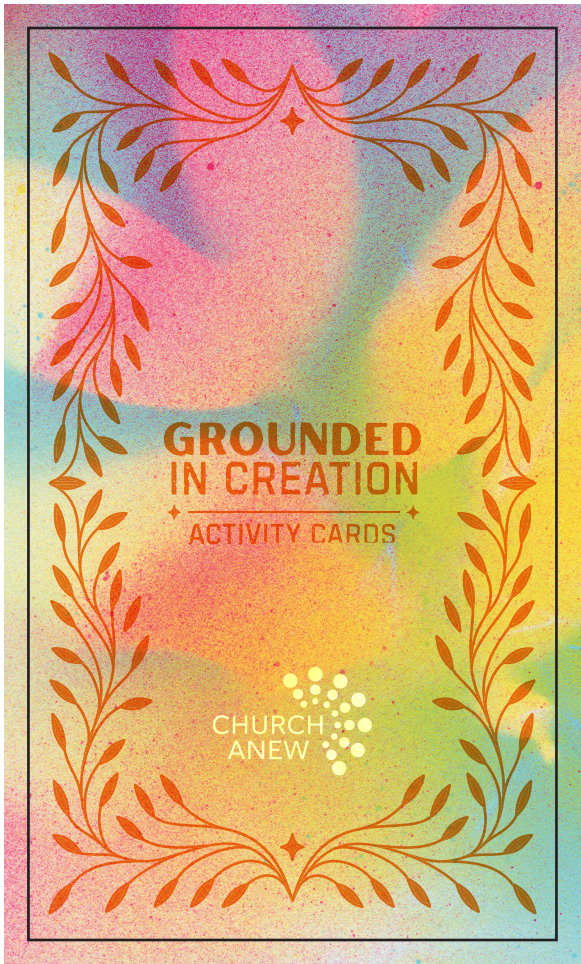
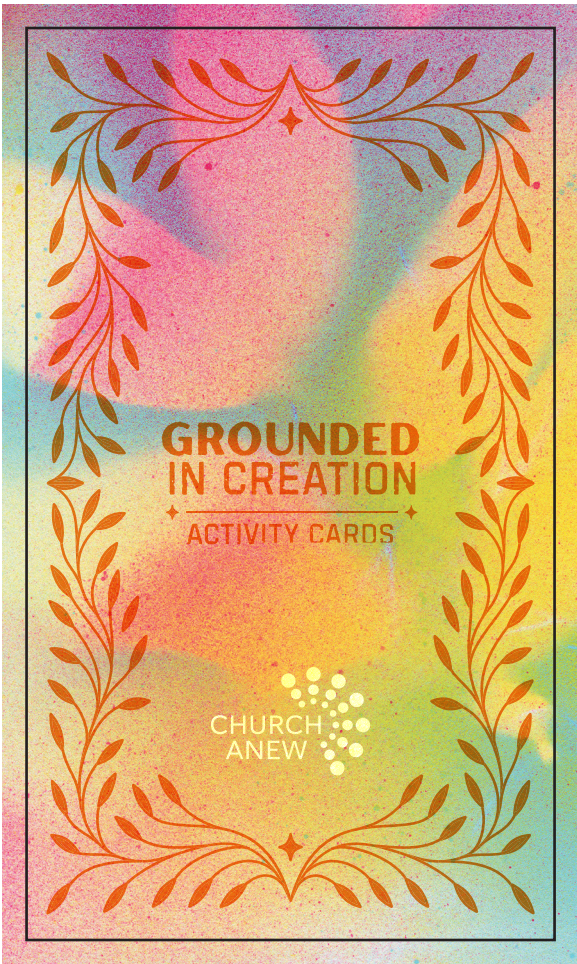


FIRE

LEARN ABOUT FIRES.

SOME FIRES ARE WILD, SOME ARE CONTROLLED. WHAT IS THE DIFFERENCE? WHEN ARE FIRES DESTRUCTIVE AND WHEN ARE THEY HELPFUL? LEARN IF THERE ARE ANY WILDFIRES BURNING RIGHT NOW AND SEE HOW YOU CAN SUPPORT THE COMMUNITIES AFFECTED.







FIRE

ENERGY CONSERVATION.

WHAT DOES IT MEAN TO CONSERVE ENERGY AND WHY IS IT IMPORTANT? WHAT ARE SOME WAYS YOU COULD CONSERVE ENERGY AROUND YOUR HOME? WHAT THINGS COULD YOU UNPLUG? WHEN COULD YOU WALK OR BIKE INSTEAD OF DRIVING SOMEWHERE?



FIRE

VISIT A FIRE STATION OR FIRE TOWER.

FIND OUT MORE ABOUT FIRE OBSERVATION OR FIREFIGHTING, WHO DOES IT, AND HOW.



FIRE

LEARN ABOUT FIRE SAFETY!

DOES YOUR HOUSE HAVE A FIRE SAFETY PLAN? WHAT IS IT? CAN YOU DRAW OR WRITE IT OUT?

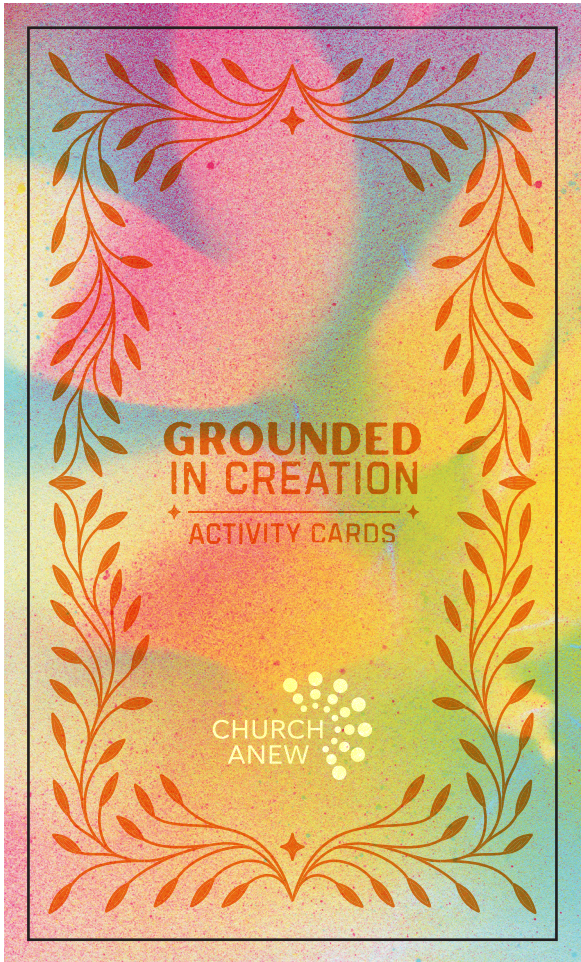
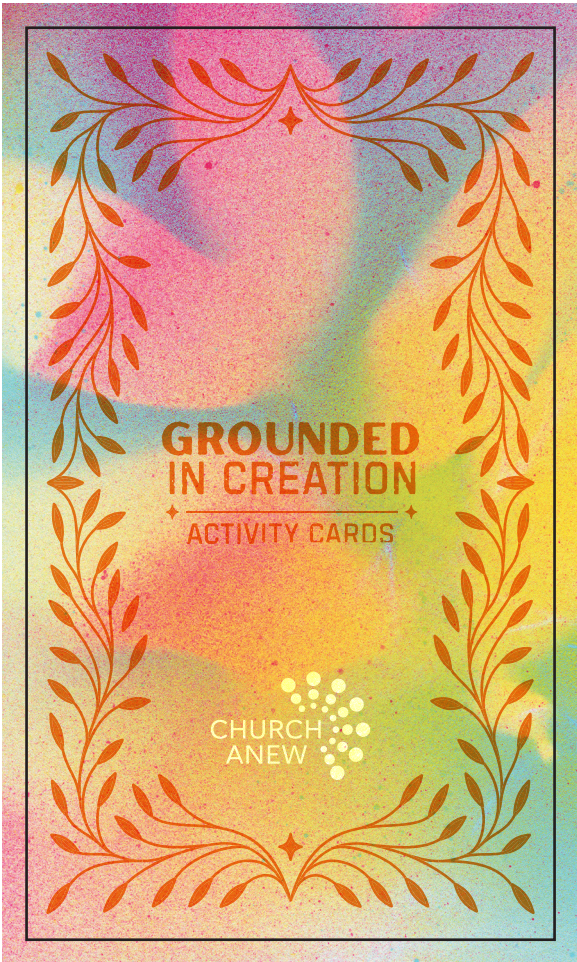
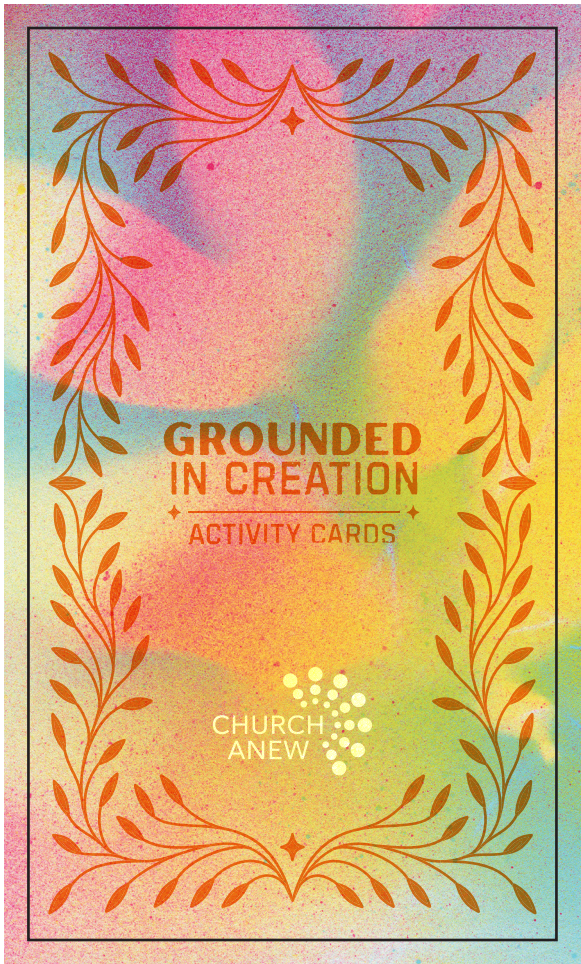
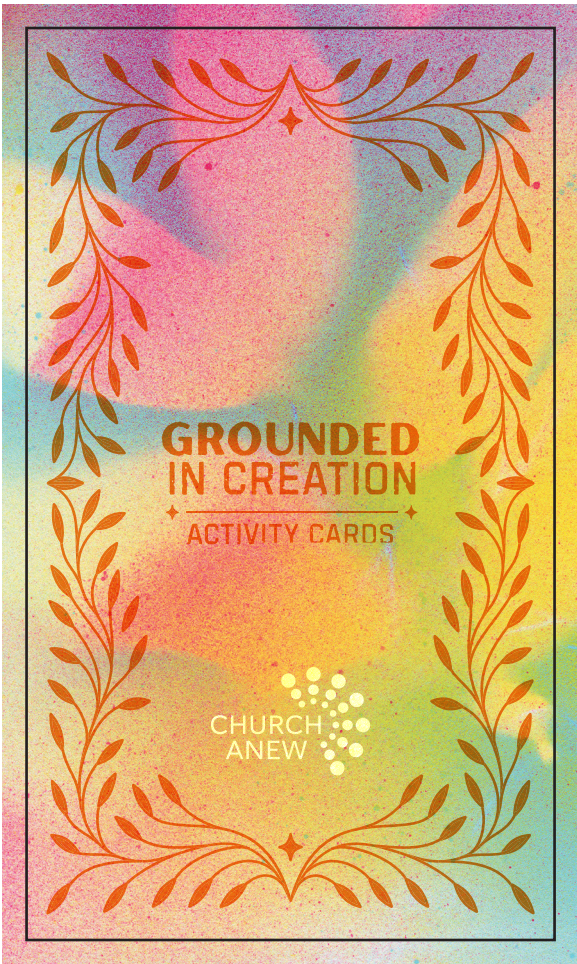


FIRE

COOK FOOD OVER A FLAME.

FIRE IS USED NOT JUST FOR ENERGY OR HEAT BUT ALSO FOR COOKING. WHAT COULD YOU COOK OVER AN OPEN FLAME? OR FIND A WOOD-FIRED PIZZA SHOP NEAR YOU AND SEE HOW IT WORKS!







FIRE

LEARN ABOUT
SMOKE SIGNALS.

WHAT ARE SMOKE SIGNALS?
WHAT ARE THEY USED FOR?
MAKE A PLAN AND TRY TO
CREATE YOUR OWN
SMOKE SIGNALS.



FIRE

FIRE AND ENERGY

HOW MUCH OF OUR
ENERGY COMES FROM
SOMETHING THAT WE BURN?
LEARN ABOUT THE DIFFERENT
KINDS OF ENERGY THAT
COMES FROM BURNING,
EITHER FUEL OR WOOD OR
SOMETHING ELSE.



AIR

GO FLY A KITE.

BUILD YOUR OWN KITE OR
USE A PURCHASED ONE
AND CATCH THE WIND ON A
BREEZY DAY!

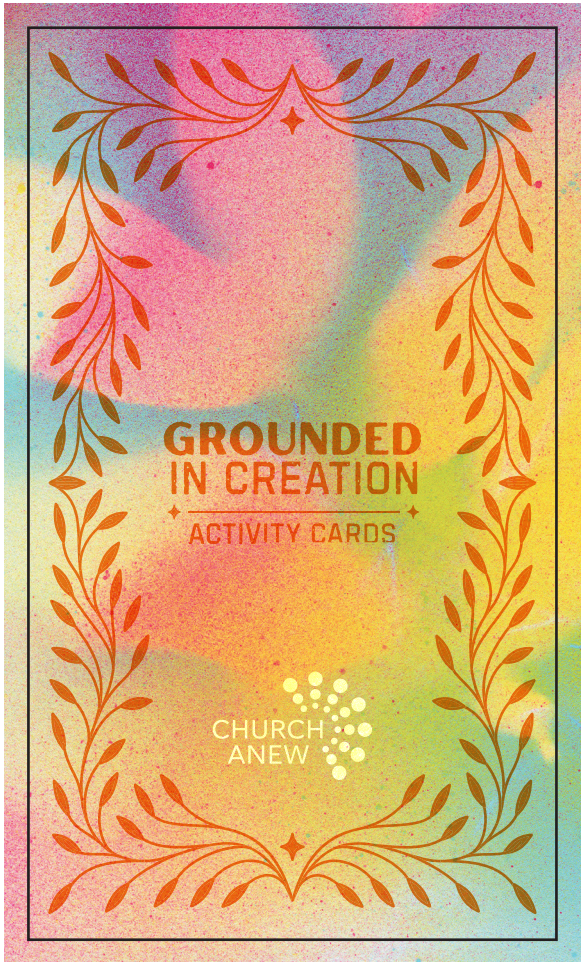
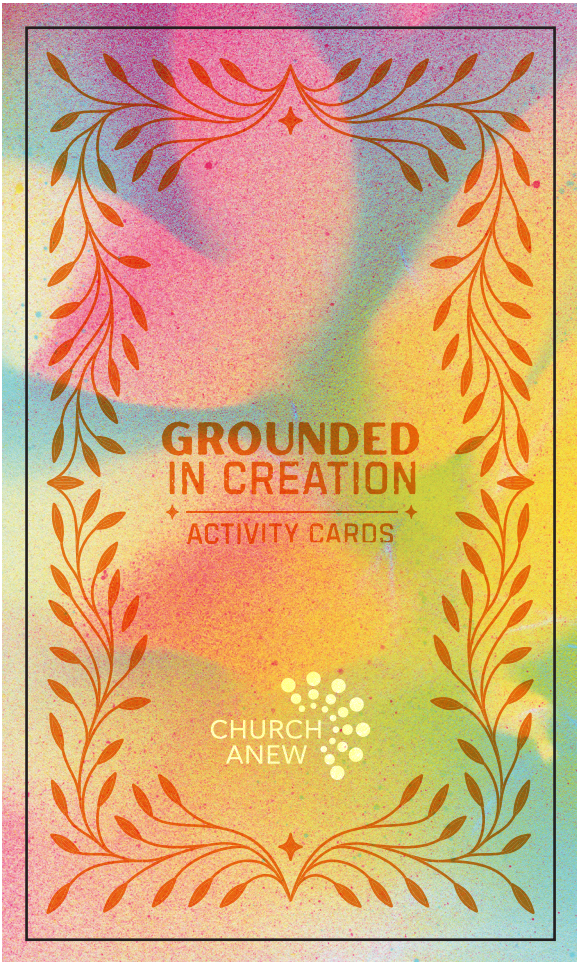
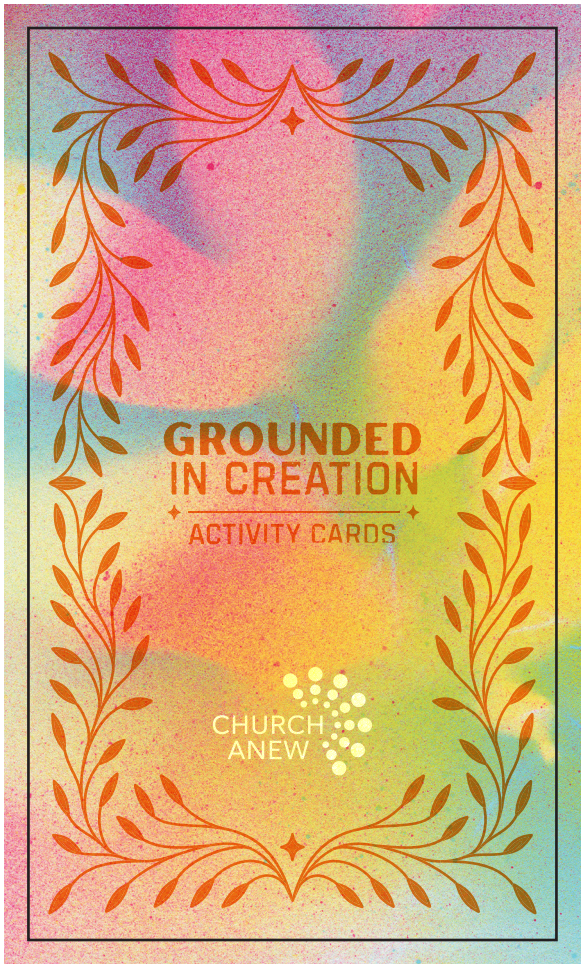
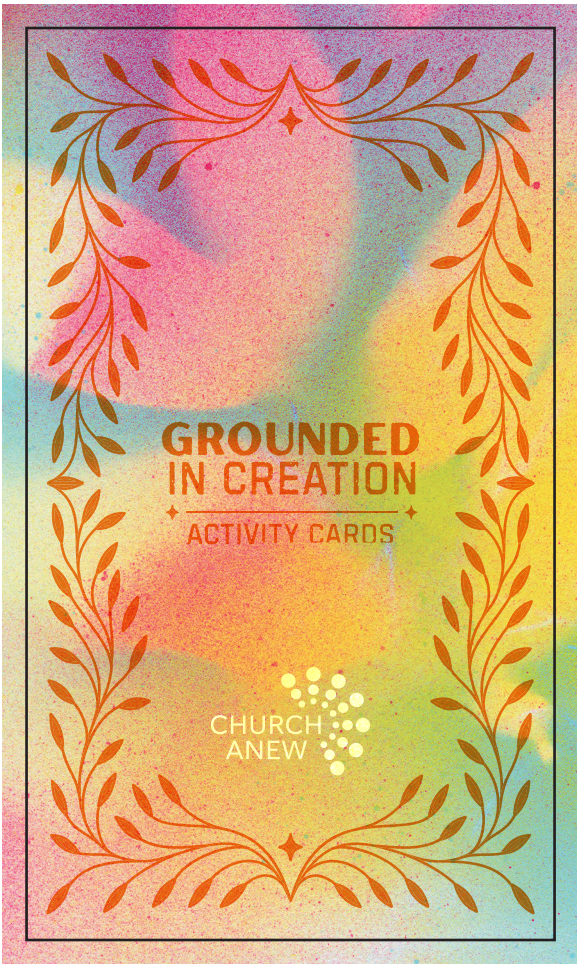


AIR

FEEL THE AIR.

HOW DOES THE AIR FEEL
WHEN IT BLOWS? ON YOUR
SKIN? ON YOUR HAIR? IS IT
WARM OR COLD? DO YOU LIKE
IT OR NOT? HOW CAN YOU
CREATE THAT SAME FEELING
ON A CALM DAY?







AIR

VISIT A WIND FARM.

LEARN ABOUT WIND ENERGY
AND HOW IT WORKS.



AIR

LEARN ABOUT HOW LIVING
THINGS BREATHE.

SO MANY LIVING THINGS
BREATHE; PEOPLE, ANIMALS,
PLANTS, TOO! LEARN ABOUT
HOW LUNGS WORK AND HOW
LIVING THINGS WITHOUT
LUNGS ALSO BREATHE.



AIR

JETSTREAM

LEARN ABOUT THE
JETSTREAM AND HOW IT
WORKS. DRAW A PICTURE OF
WHAT IT LOOKS LIKE RIGHT
NOW WHERE YOU LIVE.

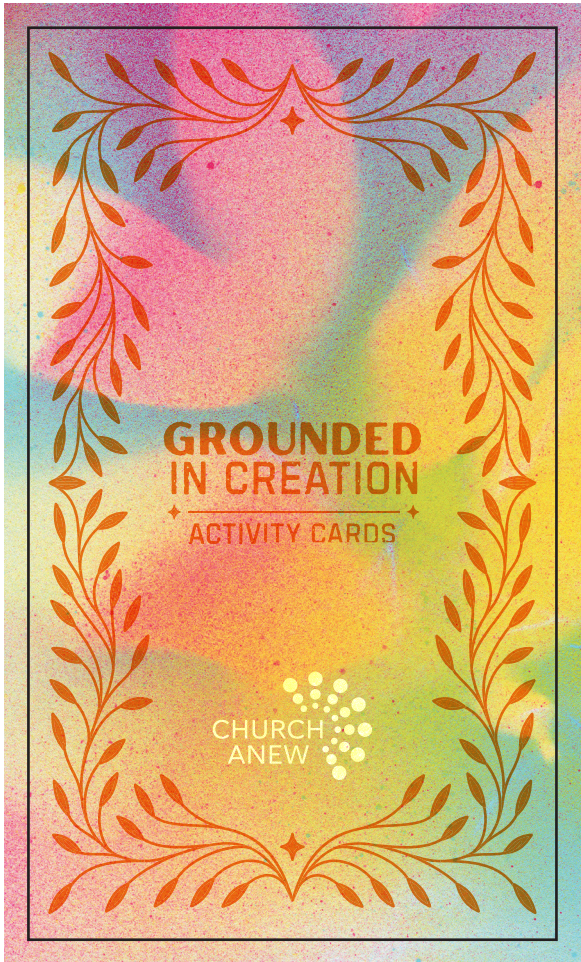
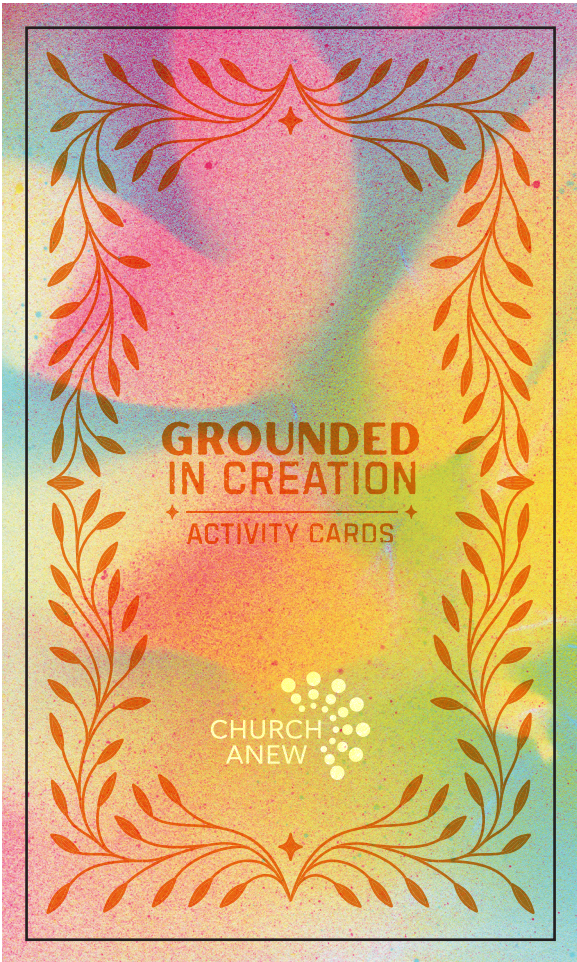
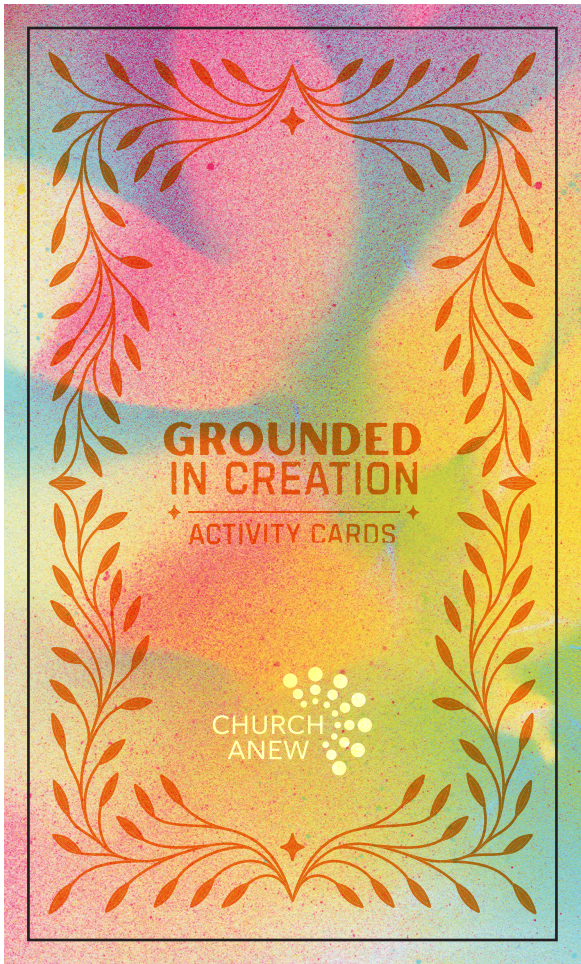
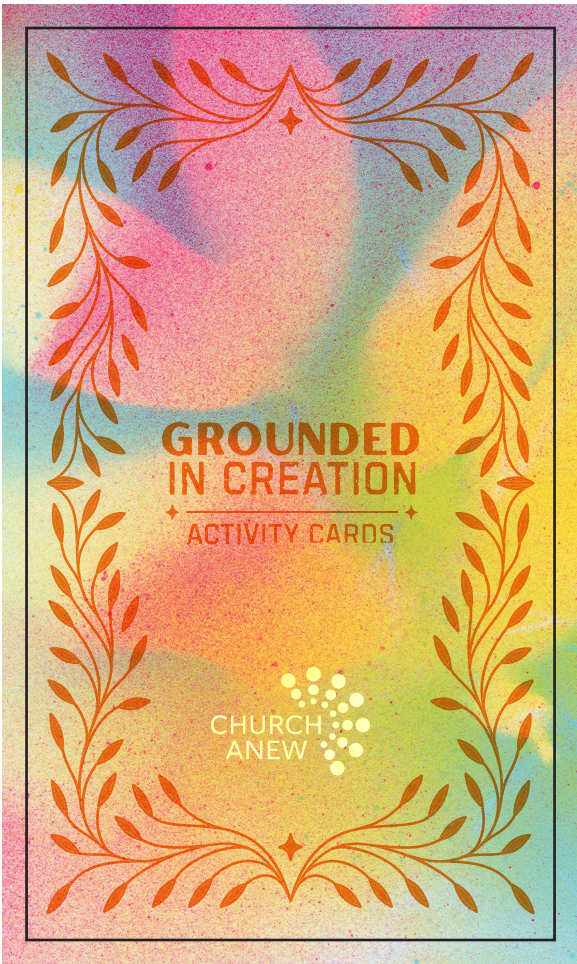


AIR

MAKE A PINWHEEL!

BUILD YOUR OWN PINWHEEL,
PUT IT OUTSIDE OR TAKE IT
FOR A SPIN YOURSELF.







AIR

WATCH THE WIND.

EVEN THOUGH WE CAN'T SEE THE AIR, WE CAN NOTICE HOW IT MOVES ACROSS WATER, SAND, AND PLANTS. TAKE A VIDEO OR DRAW A PICTURE OF WHAT YOU SEE.



AIR

DO A BREATH PRACTICE.

LEARN ABOUT DIFFERENT KINDS OF BREATH PRACTICE (SQUARE BREATH OR FINGER BREATHING ARE TWO GOOD ONES IF YOU DON'T KNOW WHERE TO START) AND TRY THEM OUT. NOTICE HOW YOU FEEL BEFORE AND AFTER.



AIR

TAKE AN OPEN WINDOW DRIVE.

ROLL DOWN THE WINDOWS AND LET THE AIR BLOW IN AND AROUND YOU! WHAT DOES IT FEEL LIKE? SOUND LIKE? SMELL LIKE?

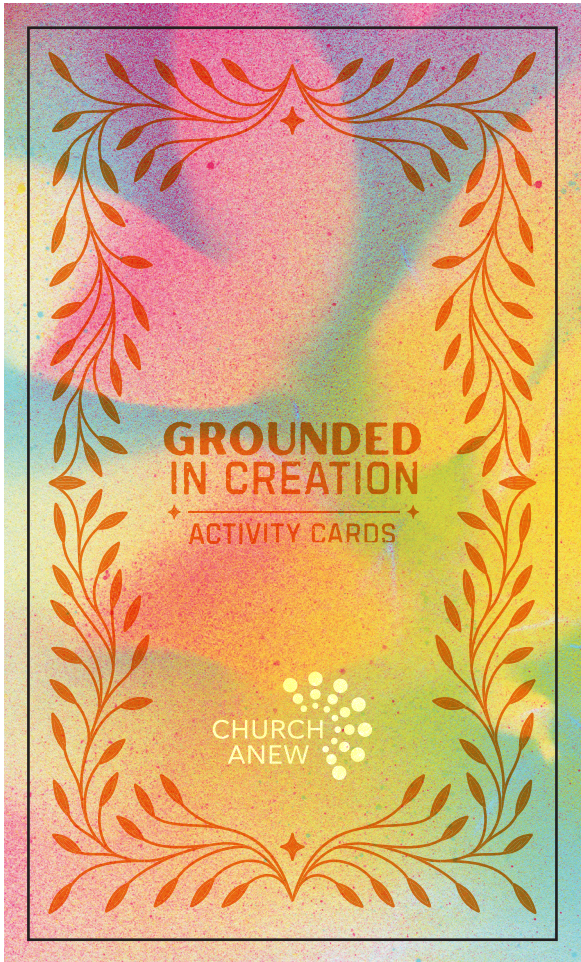
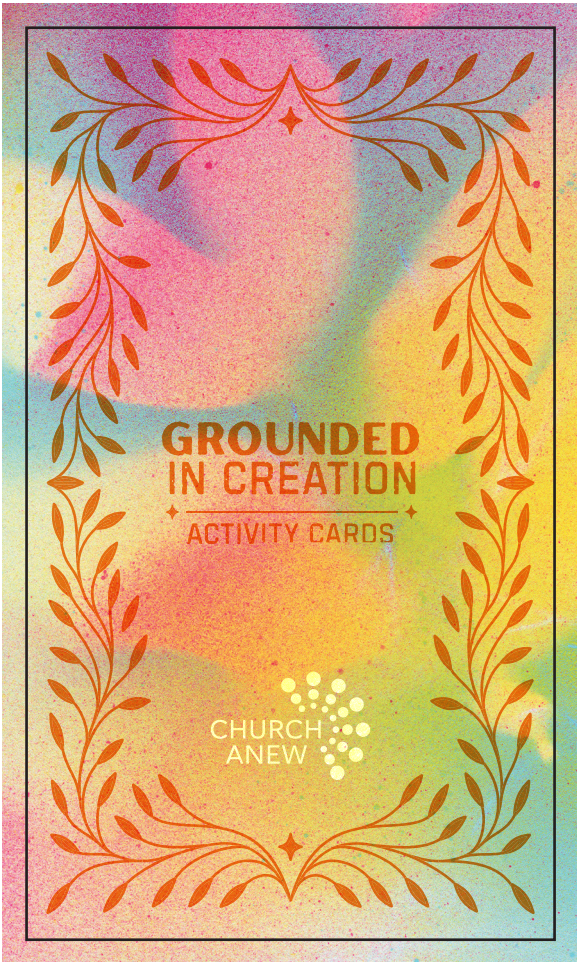
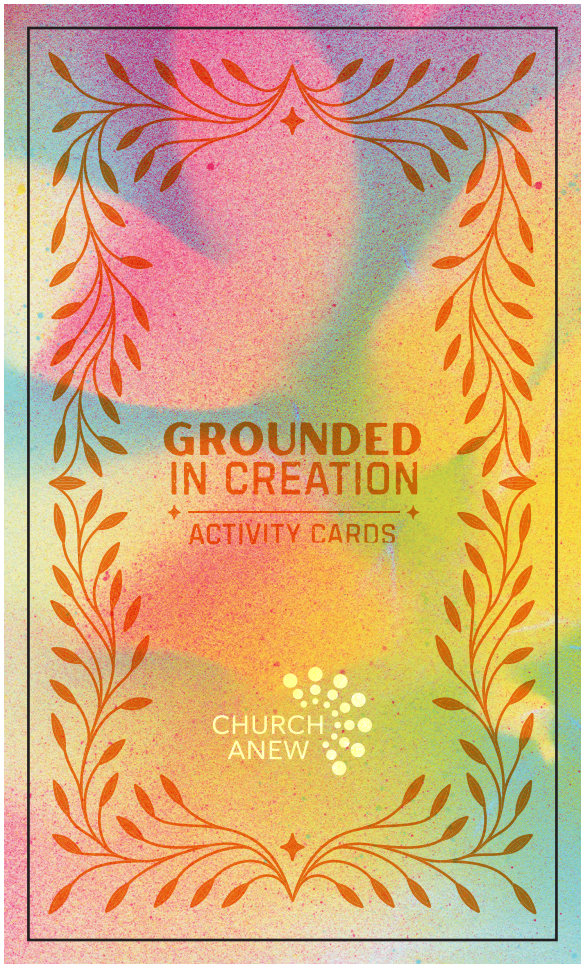
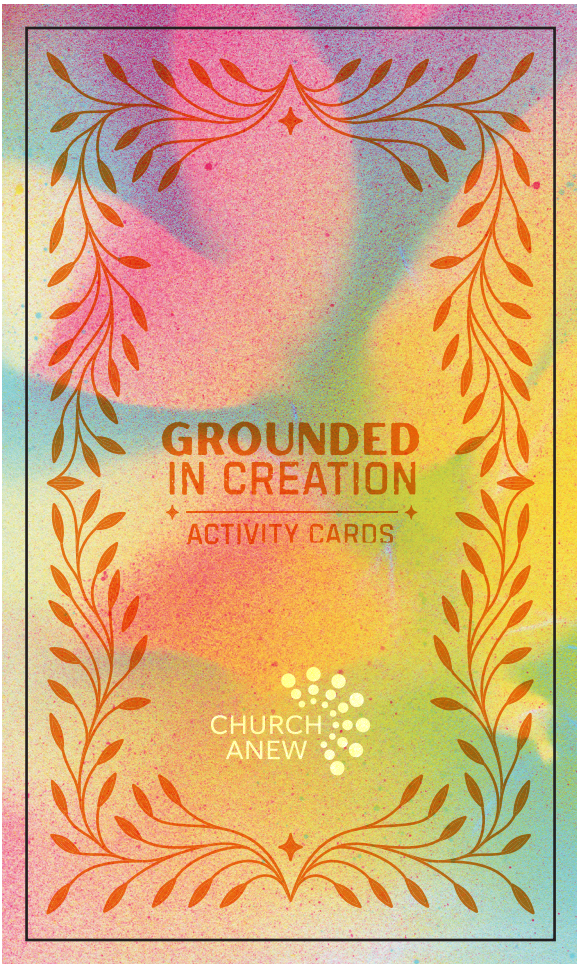


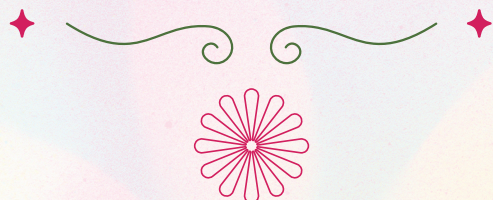
AIR

RESEARCH CARBON SINKS.

LOOK UP WHAT A CARBON SINK IS. ARE THERE ANY NEAR YOU? CAN YOU CREATE ONE?







FLORA & FAUNA

TAKE A HIKE!

FIND A NATURE TRAIL NEAR YOU AND GO ON A WALK. NOTE THE PLANTS AND ANIMALS YOU SEE. ARE YOU IN THE WOODS OR A PRAIRIE? ENGAGE ALL THE SENSES AS YOU GO.



FLORA & FAUNA

FIND FLOWERS.

GO ON A FLOWER SEARCH. SEE HOW MANY DIFFERENT FLOWERS YOU CAN FIND ON A WALK OR IN A FIELD. WHAT DO THEY LOOK LIKE? WHAT DO THEY SMELL LIKE? WHICH ONES ARE YOUR FAVORITE AND WHY?



FLORA & FAUNA

PUT YOUR FEET IN GRASS.

WE SPEND SO MUCH OF OUR TIME WITH SHOES SEPARATING OUR BARE FEET FROM THE GRASS. TAKE OFF YOUR SHOES, PUT YOUR FEET INTO THE GRASS, AND WIGGLE YOUR TOES.

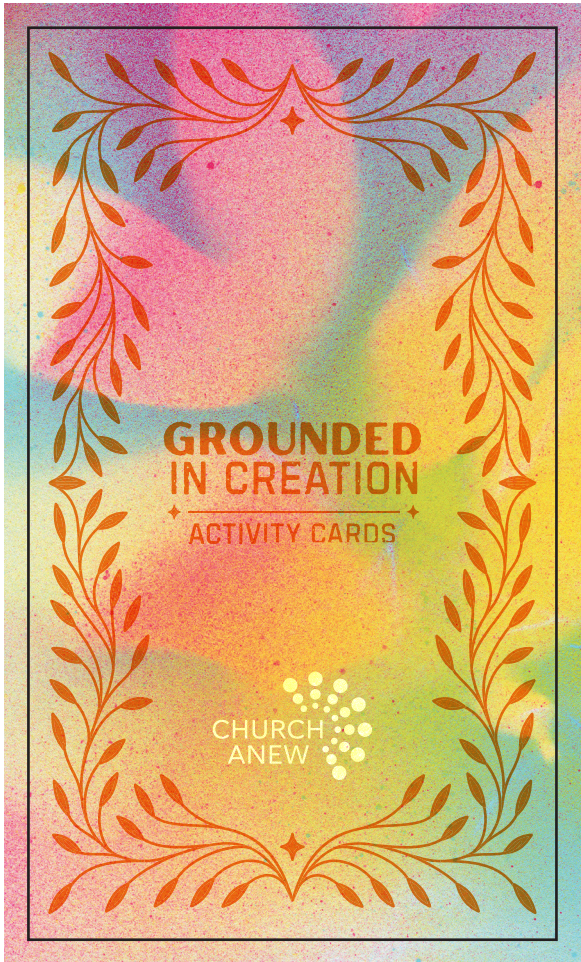
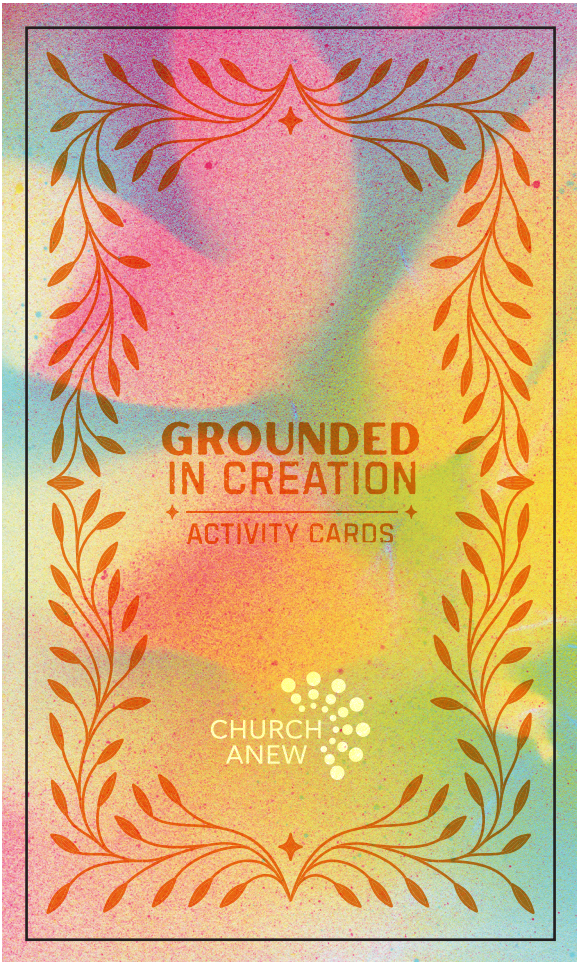
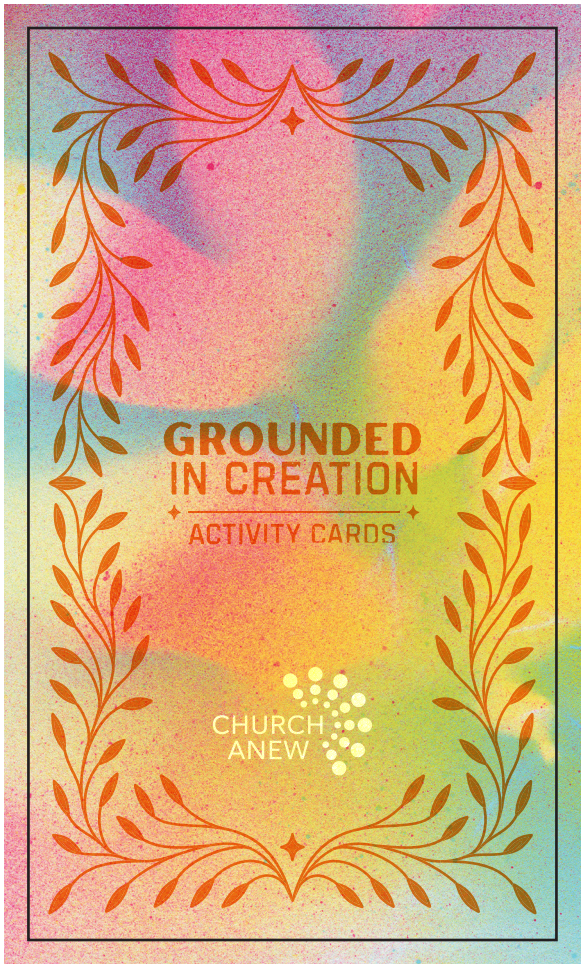
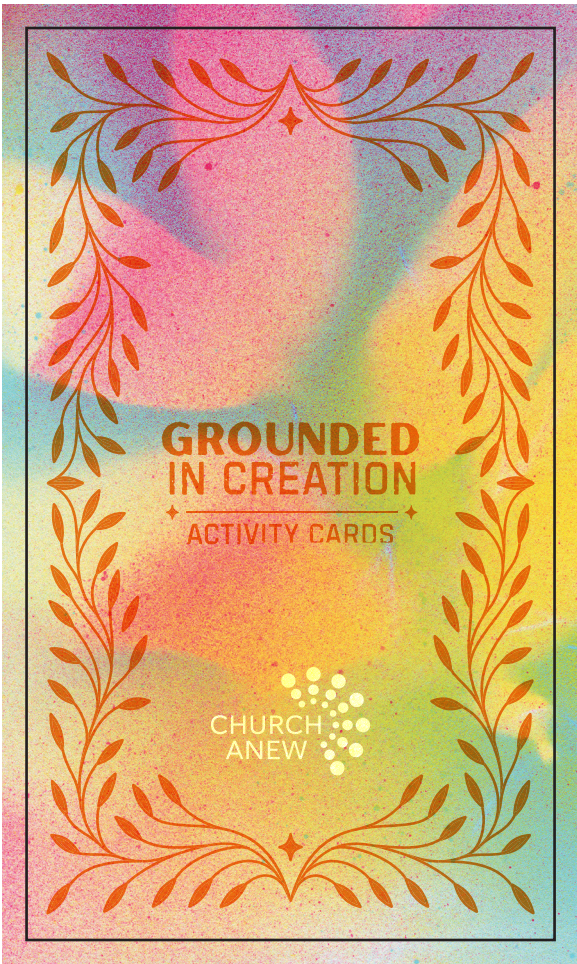


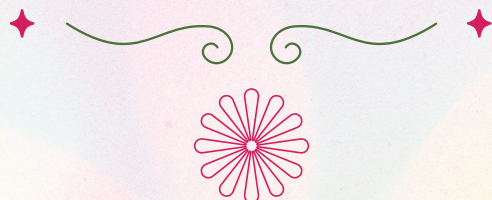
FLORA & FAUNA

GO TO A NATURE CONSERVATORY.

GO VISIT A CONSERVATORY AND LEARN ABOUT A NEW KIND OF PLANT. WALK AROUND. FIND YOUR FAVORITES. ENGAGE ALL YOUR SENSES HERE, TOO.



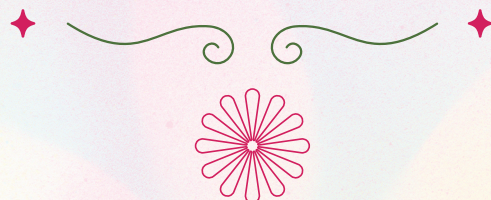




FLORA & FAUNA

LOOK FOR PAW PRINTS
IN THE MUD.

TAKE A WALK ON A TRAIL
AFTER A RAINY DAY AND SEE
IF YOU FIND ANY PAW PRINTS.
CAN YOU IDENTIFY WHICH
ANIMALS MADE THEM?



FLORA & FAUNA

PLANT SOMETHING (OR ADOPT
A PLANT)!

TAKING CARE OF A PLANT
IS GOOD FOR YOU! EITHER
PLANT A NEW PLANT OR
ADOPT A HOUSEPLANT AND
LEARN HOW TO CARE FOR IT.



FLORA & FAUNA

TAKE A TRIP TO THE ZOO.

GO TO A ZOO! WHAT ANIMALS
DO YOU SEE? WHAT MAKES
THEM INTERESTING OR
SPECIAL? WHICH ONES ARE
YOUR FAVORITE AND WHY?

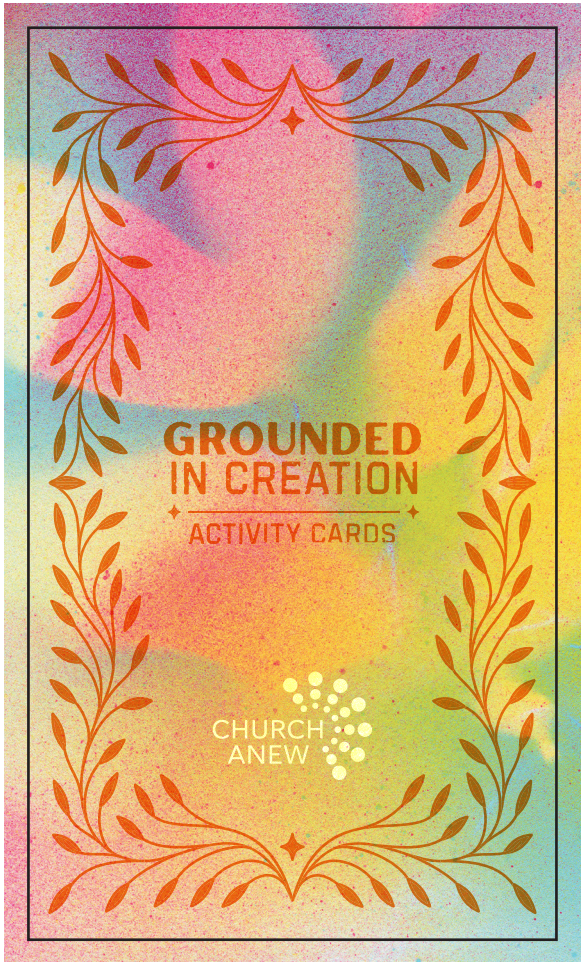
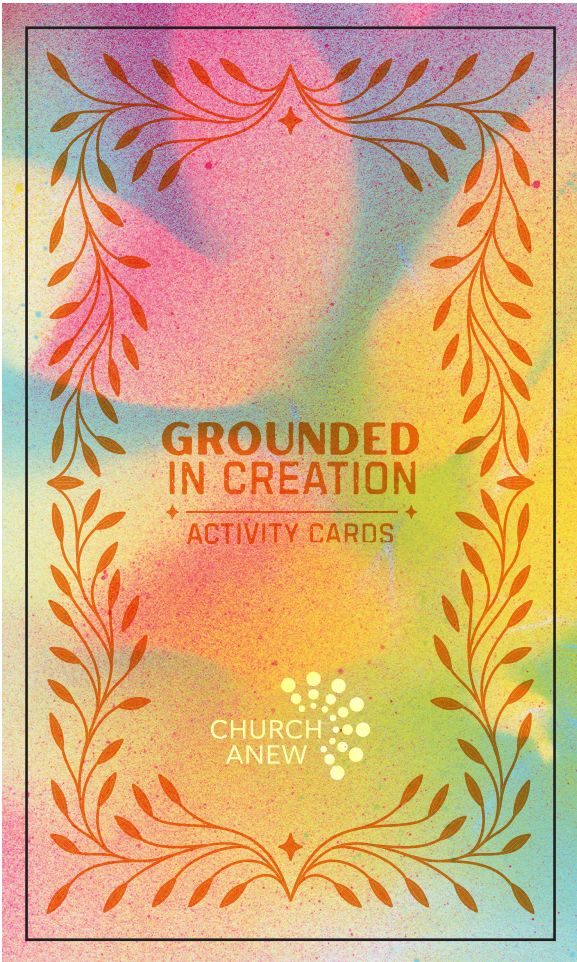
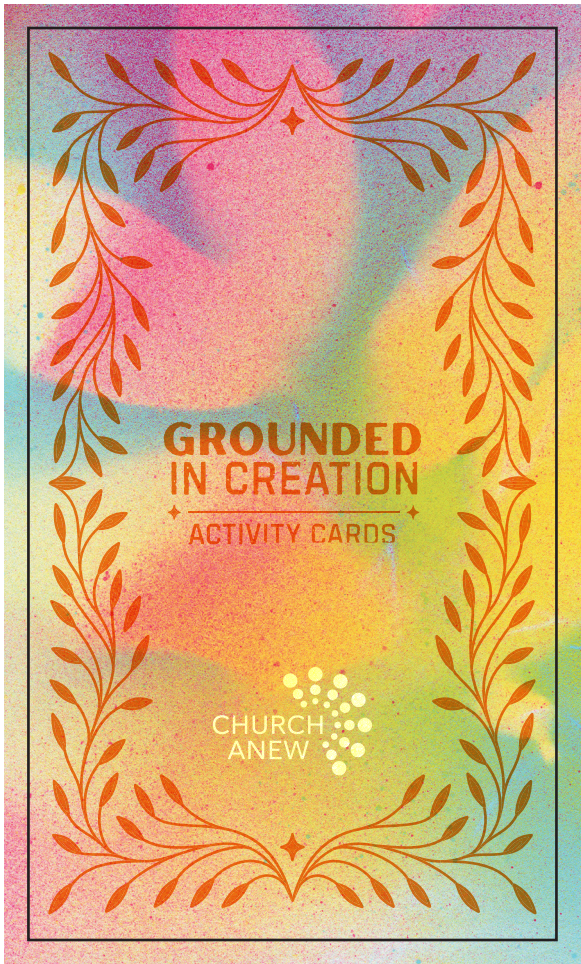
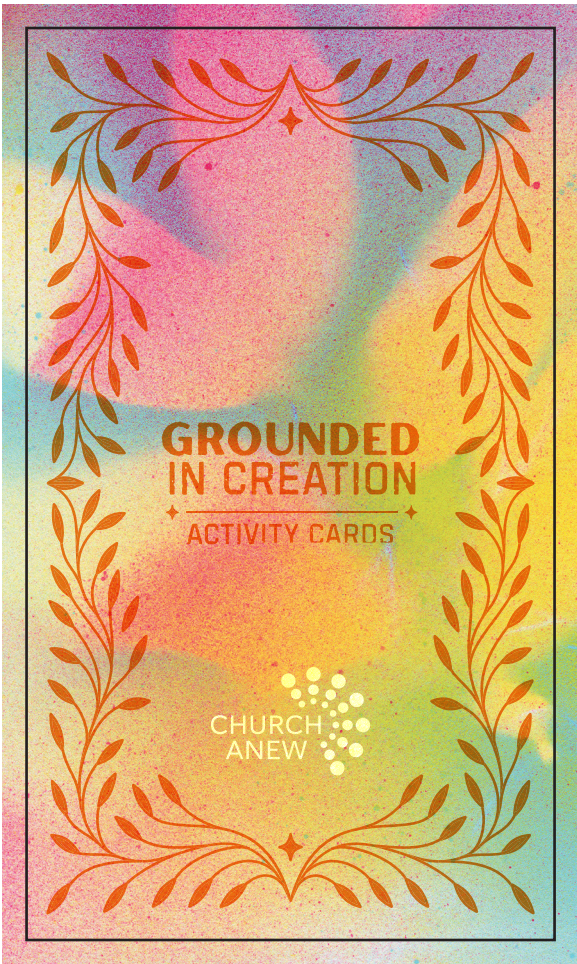


FLORA & FAUNA

APPRECIATE YOUR PETS

IF YOU HAVE A PET, MAKE
THEM A TREAT OR TOY FROM
SCRATCH. IF YOU DON'T HAVE
ANY, MAKE TOYS OR TREATS
AND BRING THEM TO YOUR
LOCAL ANIMAL SHELTER FOR
THE PETS WHO ARE WAITING
FOR A HOME.







FLORA & FAUNA

VISIT A CAT CAFE!

**IF YOUR COMMUNITY HAS
A CAT CAFE, SCHEDULE A
TIME TO GO AND SIT WITH
SOME FELINE FRIENDS WHILE
HAVING COFFEE OR READING
A BOOK OR STUDYING.**



FLORA & FAUNA

HANG OUT AT A DOG PARK!

**IF YOU HAVE A DOG OR NOT,
GO HANG OUT AT A LOCAL
DOG PARK. SEE HOW THE
DOGS ACT AND NOTICE WHAT
THEY DO. MAYBE MAKE SOME
NEW FURRY FRIENDS WHILE
YOU'RE AT IT!**

