

Celebrate Earth Day Everyday with Your Kids

1. NEIGHBORHOOD TRASH/RECYCLING PICK-UP

Grab some reusable bags and take a walk through your hood collecting trash and recyclables. Separate them so anything recyclable can be added to your recycling bin!

2. WALK OR BIKE TO THE PLAYGROUND

Instead of jumping in the car, if the playground is a mile or less away, take a walk.

Make a game of it and play Simone Says or ISpy or do mini-races.

3. ELECTRICITY-FREE EVENINGS

Try doing a night by candlelight instead of turning on lights or screens. Think of all the things you can do without lights or screens to make the evening fun: board games, cards, indoor camping, reading or storytelling, and even brushing teeth by candlelight!

4. GROW INDOOR PLANTS

You can grow all kinds of fun plants indoors: herbs, tomatoes, cucumbers. Aloe is another good one. You can even try sprouting an avocado seed, celery, or spring onions in water!

5. VISIT A LOCAL FARMERS MARKET OR FARM

Take your kids to see all of the food that grows seasonally and locally to get them interested in foods they might not ordinarily eat and to meet the people who grow it!

6. ENJOY EARTH-FRIENDLY ENTERTAINMENT

Great Books: Miss Rumphius, Princesses Save the World, The Curious Garden, Compost Stew

Great TV Shows: Wild Kratts, Octonauts, Magic Schoolbus, Captain Planet

Movies: Moana, Wall-E, Rio, Chicken Run, Whale Rider

7. PACK LUNCHES WITH REUSABLES

Avoid single-use items like plastic sandwich bags, juice boxes, and individually wrapped snacks. Use reusable containers and bags to reduce waste.