Celebrate EARTH WEEK 2023 BY TAKING KIDS OUTDOORS

Use the activities below to connect with nature.
Share your Earth Week experience with us using **#SDEnviroLit.**

E (Explore)

Sound Exploration

STEP 1: Go on a walk in your neighborhood or schoolyard. Listen to the sounds around you. Consider what animals, humans, or objects are making the sounds you hear.

STEP 2: Create a sound map of your walk by drawing what you see on your walk and what you hear in the different areas.

STEP 3: Share your map with a family member and tell them your thoughts about the following questions:

- How does where you are affect what you hear around you?
- Do you hear more human made sounds or more nature made sounds?
- Which sound do you like the most?
- Which do you like the least?

Learn more about how the National Park Service maps sound in this article.

A (Art)

Animals up close

STEP 1: Choose an animal, one you can watch for a while.

STEP 2: Look at the animal. What do you notice? What do you wonder? Write your questions down.

STEP 3: Sketch the animal. Draw your animal realistically using the ABCDEs of scientific sketching.

- Accurate - draw what you see
- Big - fill the page
- Color - use the colors you see
- Detailed - show as much detail as possible
- Explain - use words to include details you can't draw

R (Reflect)

Helping Nature

STEP 1: Sit quietly in an outdoor space. Listen to the world around you. Look at the plants, animals, and objects around you. Feel the air and the sun on your skin. Touch the ground you are sitting on or gently touch the plants you see.

STEP 2: Reflect on how you help nature regularly and how you might help nature more in the future.

STEP 3: Write your thoughts down and commit to one action you have reflected on to continue to do or begin to do this month.

Examples of helping nature:

- Recycle and Reuse
- Pick up your trash
- Use less water
- Stay on trails
- Volunteer in a beach clean up or climate action event.

T (Tell)

Observe and Share

STEP 1: With a mobile device, download the Seek by iNaturalist app. This app can help you identify the names of the plants and animals you see around you.

STEP 2: Go on a walk in your neighborhood or schoolyard. Observe the plants and animals on your walk.

STEP 3: Use the Seek app to identify the living things you see on your walk.

STEP 4: Share what you learned about the plants and animals in your neighborhood or schoolyard with your favorite adult.

H (Heart)

Biofact

STEP 1: Collect a few biofacts that you find interesting. A biofact is a biological artifact; e.g. a seed, leaf, branch. (You can also collect evidence of a natural cycle, such as a rock.) Make sure each biofact fits in your hand.

STEP 2: Think about how these biofacts make you feel.

STEP 3: Arrange your collection in a temporary display that expresses your feelings. Return your biofacts to where they were found.

STEP 4: Take a picture of what you created and share it with a friend. Going outside can improve your mood and warm your heart.

Read more about how nature impacts our wellbeing in this Children and Nature Network infographic.

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