

VISIT A COMMUNITY GARDEN.

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





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.





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?





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.





PUT YOUR HANDS IN SOIL.

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





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?





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.





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.





FIND OR CREATE A
GEOLOGICAL MAP OF YOUR
AREA.

A GEOLOGICAL MAP OF WHERE YOU LIVE.





BUILD A ROCK SCULPTURE.

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







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 DAY!

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





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!





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."





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!





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.





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.





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!







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.





BONFIRE NIGHT!

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





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.





PLAY THE FLOOR IS LAVA!

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





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.





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?





OR FIRE TOWER.

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





LEARN ABOUT FIRE SAFETY!

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





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!





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 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.





GO FLY A KITE.

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





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?







VISIT A WIND FARM.

LEARN ABOUT WIND ENERGY
AND HOW IT WORKS.





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.





JETSTREAM

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





MAKE A PINWHEEL!

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





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.





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.





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?





RESEARCH CARBON SINKS.

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





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.





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?





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.





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.





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?





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.





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?





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.





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.





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!

