

2022

DOWN-TO-EARTH
EARTH
DAY
ACTIVITIES

GUIDEBOOK



trees4humans.com

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A FORWARD

Jackson Selby



Hello, I am Jackson Selby, Founder of www.trees4humans.com and general climate enthusiast.

Presented in this document are several new activities and resources I've helped compile over the past few months in the hope that something in this document might help you, when planning how to celebrate Earth Day 2022.

Have fun exploring the various projects!

W E L C O M E

EVERYONE CAN HELP

.....
FIND OUT WHAT YOU CAN DO

Earth Day!

A day to celebrate the beauty of nature and our planet.

A day to promote awareness and taking action towards protecting our planet.

And a day for kids to learn what they can do to help make a difference.

The event has become a global platform for public outreach, education and reflection on the environment and sustainability. Earth Day is also a day of action to combat climate change and preserve the planet's natural resources to make sure that the earth stays healthy for generations to come.

It begins with helping children connect with nature to understand why Earth Day is important to every living creature. And why each of us can do our part.

We've put together this guidebook to help jump start your child's Earth Day activities to explore how he or she can participate in this global community action day. Whether you choose to make your EARTH DAY activity on April 22 or another day that works better for your child and your family is not important.

What is important: Do something. Start somewhere. Even small steps can make a difference. And we believe showing children that they can help regardless of their age or where they live is what matters is the most important lesson.

We've include a variety of activities for your celebration of Earth Day 2022 that can be used as presented or modified for children of different ages and abilities. Let us know what your child and your family does this Earth Day so that we can include each child's name and action on Jackson's trees4humans website AND so that we can send your child/ren a personalized Earth Day Heroes certificate and also add his or her name to the virtual forest we're building.

Send your child's first name and first initial (and age, if you like) and a brief description of he/she did. You may also upload any photos or artwork you'd like to share on the website. Here's the email address for Jackson's www.trees4humans.com website: trees4humans@gmail.com

Thanks for helping us promote awareness of how every can help protect and preserve our planet!

Jackson, Blair (his mother) and Remy (his grandmother)

EARTH DAY PLEDGE

Added: NOW WITH 2 VERSIONS OF THE PLEDGE FOR 2023!

Jackson, founder of Trees4humans.com, wanted to Give Earth Day Heroes the Opportunity to make a commitment To help fight climate change.

There are many ways to do so regardless of where you live or how old you are.

1. Read the Earth Day Pledge he created with your child. Discuss what it means to your child.
2. Download and print out The Pledge (on the next page) for each child.
3. Have each child print his/her name and sign The Earth Day Pledge. Be sure to add the date .
4. Let us know who signed The Earth Day Pledge b sending an email to trees4humans@gmail.com so that we can acknowledge each child and also send his/her FREE downloadable personalized 'Earth Day Hero' certificate.

Jackson thanks you for stepping up to learn about, and help fight, the issues of climate change.

EARTH DAY PLEDGE 2023



INVEST
IN OUR
PLANET

I PLEDGE TO:

**● MAKE A DIFFERENCE BY
WORKING TO HELP FIGHT
THE EFFECTS OF CLIMATE
CHANGE BY DOING
WHAT I CAN,
WITH WHAT I HAVE, AND
WHERE I AM.**

Name

[trees4humans.com](https://www.trees4humans.com)



INVEST
IN OUR
PLANET

EARTH DAY
PLEDGE
2023

I PLEDGE TO:

Check the pledge(s) that you can realistically do.



RECYCLE AND NOT LITTER



CONSERVE RESOURCES WITH ACTIONS LIKE THESE EXAMPLES

Use refillable water bottles

Not wasting water by turning off the faucet when not using it

Unplug chargers when devices fully charged



SHARE ACCURATE INFORMATION ABOUT CLIMATE CHANGE, NOT FEAR



LEARN MORE ABOUT EARTH AND HOW TO PROTECT IT FROM CLIMATE CHANGE

Name

[trees4humans.com](https://www.trees4humans.com)



PHOTO SCAVENGER HUNT

Nature's calling! Grab a camera or cell phone and head outdoors to begin your 'discovery' hike.

How-to make it fun and engaging:

1. Take your time while photographing your discoveries. Try taking multiple photos of a creature that's moving or flying away. Learning occurs while discovering and exploring.
2. Allow plenty of time to enjoy the wonder of nature; stop and examine things; discover by lifting rocks, pushing aside sticks, leaves; and talk about what you see, hear, smell.
3. Look up and look down.
4. Be on the lookout for flying insects, birds and even animals scurrying up trees.
5. Get down close to the ground to search for crawling insects and insect tracks.
6. Search for animals, animal homes and animal tracks.
7. Look for berries and other sources of food that is part of the ecosystem.
8. Find a source of water, if any, and what creatures live in/around it.

At home, extend the learning experience:

- Discover more about creatures you saw.
- Put on your detective hats and try to identify the animal/insect tracks or habitats you photographed.
- Learn about ecosystems that exist in the area you hiked.

TAKE ALONG ITEMS////////////////////



- Camera or cell phone for photographs or videos with sound.
- Paper and crayons, markers, pencils to draw interesting items or a beautiful scene from nature.
- Paper towels, hand wipes to clean dirty hands from exploring the terrain.
- Water for hydration.
- Magnifying glass.

RESOURCES

- **American Museum of Natural History**
<https://www.amnh.org/explore/ology/biodiversity>
- **Difference between habitat and ecosystems**
<https://www.differencebetween.com/difference-between-habitat-and-vs-ecosystem/#:~:text=The%20key%20difference%20between%20habitat,environments%20interact%20with%20each>

CLEAN UP AN OIL SPILL

A healthy planet means all of the ecosystems that are interlocked also are all healthy. This science experiment provides an opportunity for children to recognize just how our ecosystems are connected with this hands-on experiment.

Directions:

1. Fill the dishpan or aluminum pan with water about $\frac{3}{4}$ full.
2. Pour some oil into the water. Observe what happens.
3. Put the plastic toys or animals in the water.
4. Talk about what an oil spill is and ask how your child thinks he/she could clean up this oil spill with the supplies you've assembled. Let them figure out what works and what doesn't by actually trying out each supply item.
5. Discuss the process he/she used to try to clean up the toy/animal: did it work? How hard was it? Is there something else you could use that would do a better job or make it easier?
6. Pour some dishwashing liquid into the water and observe what happens.
7. Have your child try to 'clean' the oil off the toys or animals just as ducks, birds and marine life have to be cleaned after their feathers, bodies and absorbed the oil or been covered by the oil.

SUPPLY LIST //////////////////////////////////////



Deep aluminum pan from the Dollar Store or Rubbermaid type plastic dishpan.

Water

Vegetable Oil

Dishwashing Liquid

Two small plastic animals or toys

Clean-up materials: Qtips; cotton balls; paper towels; sponge; straw; eye dropper

FOLLOW-UP ACTIVITY

Discussion of the experiment and how it worked, didn't work and what else could be done fosters learning and better understanding of how our ecosystems truly are interlocked.

- Ask your child if it was easy to the clean up and why different clean up items did/didn't work.
- Did he/she try to contain the 'oil spill' by pushing smaller bits of oil into one large one? If yes, what happened. If no, what does he/she think would have happened. Pour some oil into a bowl of water and see what happens,
- What happens to our ecosystems, if the marine life is injured or killed by an oil spill?

5 Easy Ways to Reduce **YOUR CARBON FOOTPRINT**

The amount of CO2 released into the atmosphere because of our own energy needs is our individual carbon footprint. Large carbon footprints deplete Earth's natural resources while increasing greenhouse gases and more CO2 becoming harmful to our planet and all living creatures.



ENERGY



In our homes today, practically every room has a mobile device or computer charging at any given time.

Unplug that phone, tablet, game, laptop when it's finished charging AND the wall charger to save \$\$ and not waste energy. They're using energy, when not in use.

RECYCLING ADDS UP

Did you know that recycling can cut carbon dioxide and other greenhouse gas emissions that lead to climate change?

Recycled items get re-used as new products to eliminate waste and save Earth's limited resources. Everyone can help since it all adds up. Try convincing your parents to get a recycling bin and then to use it every day!

LIGHTEN UP

Look around your home: Is every room ablaze with the lights on and no one's there?

Turning off lights when not being used stops energy waste, saves money and reduces power consumption...and that means your own carbon footprint will be smaller. That's a no-brainer.

SAVE. WHILE. BRUSHING.

Leaving the water running, while brushing your teeth wastes 4 gallons every time you brush. That's 8 gallons per person for most people who brush twice daily.

So...turn off the water while brushing, then turn it back on when ready to rinse.

SAVING GALLONS

Long showers feel great, but the average 10-minute shower uses 18 gallons of water! So, on normal days, try taking shorter showers.

If you listen to music while showering, try to stick to just two songs and you'll save gallons.

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UPCYCLE AND BUILD YOUR OWN CARDBOARD STOOL

This fun engineering activity focusing on upcycling works for children/students of all ages with varying amounts of adult guidance and assistance. Jackson successfully completed this activity, when he was 8 years old as a homeschool science project, but even kindergarteners can have fun here.

Upcycling is part of the efforts to counter the impact of climate change by helping preserve our resources. Upcycling is reuse (discarded objects or material) in such a way that creates a product of higher quality or value than the original.

Upcycling is a growing trend with upcycled art, clothes and even DIY-type furniture. The stools are made with cardboard boxes or pieces and work amazingly well as for seating, since they can withstand the weight of a child or adult!

There are other cardboard stool projects on the internet with some requiring duct tape or glue, while others only require the cardboard and provide instructions for how to build a stool just out of cardboard.

WHAT YOU WILL NEED////////////////////////////////////



- Large, sturdy cardboard box or large pieces of corrugated cardboard.
- Scissors and x-acto knife.
- Tape measure and ruler
- Pencil/marker
- Duct tape (if instructions indicate)

Note: Even if you have to buy a large piece of cardboard, it's the upcycle process that's relevant here.

WHAT'S BEING LEARNED

- **Executive skills** such as problem solving, organization, planning, observation, and critical thinking.
- **Math skills** - measuring
small and gross motor skills: cutting, marking measurements, putting pieces together
- **Environmental Science:** recycling vs upcycling, protecting our resources
- **Engineering:** design components, how pieces of the stool support each other to make it sturdy

EARTH DAY VIRTUAL FUNDRAISER

Help solve climate change problems in your country and in third world countries. There are so many challenges related to climate change issues facing kids around the world. Won't you help another child?

Consider a virtual fundraiser with you and your family or friends to address pressing issues such as:

- Lack of clean water for bathing, cooking, cleaning and drinking...and even feeding livestock.
- Trees needed in urban heat island areas and rural communities to lower the air temperature and provide shade for humans and livestock. More trees in these areas also help reduce carbon emissions everywhere even in your own community.
- Forest Gardens can provide food bounty for humans and animals as well as economic security on land where trees and forests have been, but died or were cleared.

Check out the resources (next page) for organizations that can provide more information on these climate change challenges and organizations that provide help in areas greatly impacted by climate change.



TIPS TO GET YOU STARTED //////////////////////////////////////

1. Research the climate change issue that interests you. Research potential organizations and decide which group you are going to support. Contact the organization to let them know about your virtual fundraiser and ask ho to arrange for sponsors to make their donations directly to the organization.
2. Invite friends and family, classmates, sports team members, youth group members, scouts groups, etc., to join your team helping to fight climate change. Tell them what you're doing and why.
3. Choose a name for your TEAM. Even just 2-3 people can be a team.
4. Decide what your team members will do, e.g. walk or bike a certain length of time or distance; help a neighbor
5. or volunteer with a local community organization; clean up litter at a location in your community; or even hold a readathon with everyone keeping track of the number of books read or groups playing board games or participating in a group sports activity.
5. Ask friends, family, neighbors – even local businesses – to sponsor your team or individual team members by donating a set dollar amount or per mile/hour amount. Tell your sponsors what you're doing and why and when.
6. Determine the time period of the event: start and end date if it occurs over a period of days/weeks or based on number of miles walked/ran or number of games played, etc.
7. Hold your virtual fundraiser. Keep records of who participate and what they did and how much or how long.
8. Notify your sponsors of your successful event. And give them information about how and where to make their donation in your team's name.
9. Send us what your team did and their names so we can include your team on our website and also email your personalized Earth Day Hero certificates for each team member. trees4humans#@gmail.com

CITIZEN SCIENTIST

iNATURALIST.ORG - A JOINT INITIATIVE OF THE CALIFORNIA ACADEMY OF SCIENCES AND THE NATIONAL GEOGRAPHIC SOCIETY

CONNECT WITH NATURE AND THE GLOBAL COMMUNITY

Contribute to Science

Every observation can contribute to biodiversity science, from the rarest butterfly to the most common backyard weed. We share your findings with scientific data repositories like the [Global Biodiversity Information Facility](#) to help scientists find and use your data. All you have to do is observe.

What You Do

OBSERVATION

An observation records an encounter with an individual organism at a particular time and location. This includes encounters with signs of organisms like tracks, nests, or things that just died. When you make an observation, you'll record:

Who you are...What you saw...Where you saw it

When you saw it...Evidence of what you saw/heard

Why It Matters

EXPLORE AND SHARE YOUR OBSERVATIONS FROM THE NATURAL WORLD

Children need to know that they, too, can contribute to their community and even the global community at large. Climate change affects every living creature on earth and children need to know they can make a difference, no matter their age.

Citizen science is the practice of public participation and collaboration in scientific research to increase scientific knowledge. Through citizen science, people share and contribute to data monitoring and collection programs.

There are many different citizen science opportunities on the internet such as The Big Backyard Bird Count held in February each year.

We like the iNATURALIST.ORG site because it offers the opportunity to participate based on your child's interests and on your own schedule. Perfect for budding explorers and adventurers who love being out in nature and for their parents, since there is no set schedule.

Children who participate are learning as they are contributing to scientific observations which are an important part of scientists monitoring the impact of climate change and those working to alleviate that impact on our ecosystems.

In addition, taking photographs and submitting them with your child's name confirms that they are indeed contributing to science and participating within the global community of both citizen and professional scientists.