

# Wellness Wednesday

## EARTH DAY BINGO

Let us celebrate Earth Day on April 22nd and everyday! May we recognize how much the environment means to all of us by cultivating moments of gratitude to nature.

How many of these activities can you complete?

Best way to celebrate Earth Day is to explore it.	Reflect on the changing seasons. What signs of Spring do you see?	Bike or bike for your commute!	<b>Recycle!</b> Recycle plastic containers, soda cans and cardboard.	Walk your neighborhood and create a flower color wheel.
Bug Hotel! Use items from your local environment to create a place for bugs to live.	<b>Reduce!</b> Compost or organics recycle your spoiled or leftover food today and everyday.	Restore your body and mind by sitting in nature.	Create a bird feeder by using a pine cone and peanut butter.	Pick up litter in your neighborhood. Separate litter into trash and recycling if possible.
Swap plastic bags for reusable totes at the grocery store.	Take a virtual field trip to learn about rainforests, wildlife and more about earth.		Reflect on the changing seasons. Can you notice signs of spring?	Honoring the connection with the by taking a walk. What you see, hear, smell, and feel.
Create a recycled trash sculpture. What could represent earth day activities more than up cycled trash?	Take public transit.	Take time to engage in an outdoor activity that brings you enjoyment.	Play with soil from different places: a park, your backyard, a sandbox. How do the soils feel different? The same?	Reduce! Turn off the water when brushing your teeth.
Connect with nature. Go Birding! ID plants or critters.	Design and draw your dream garden.	Upcycle your tin cans into fun, homemade wind chimes.	Share a sustainable tip with a friend or family member.	<b>Reuse!</b> Use refillable water bottles!

For more Wellness Wednesday activities, visit: [cws.mpls.k12.mn.us/home\\_wellness\\_resources](https://cws.mpls.k12.mn.us/home_wellness_resources)