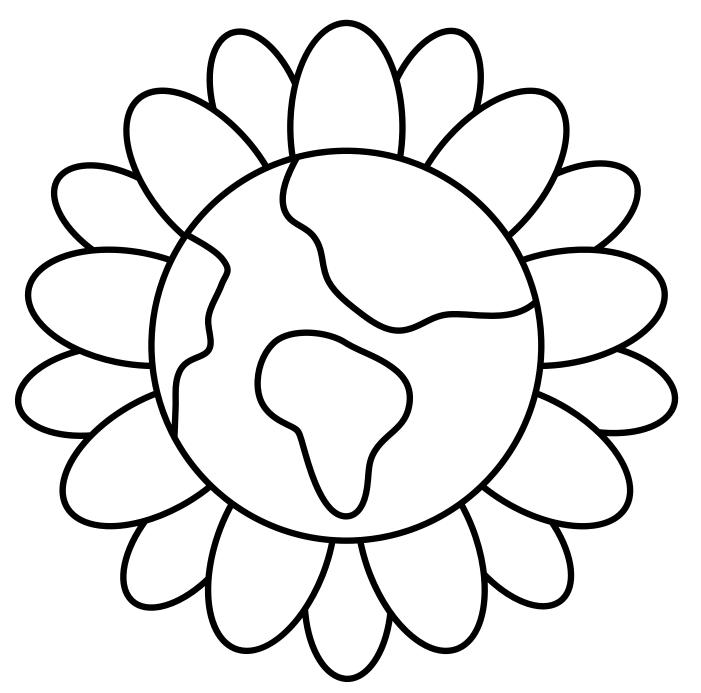


MAZE • COLORING PAGES • GAMES



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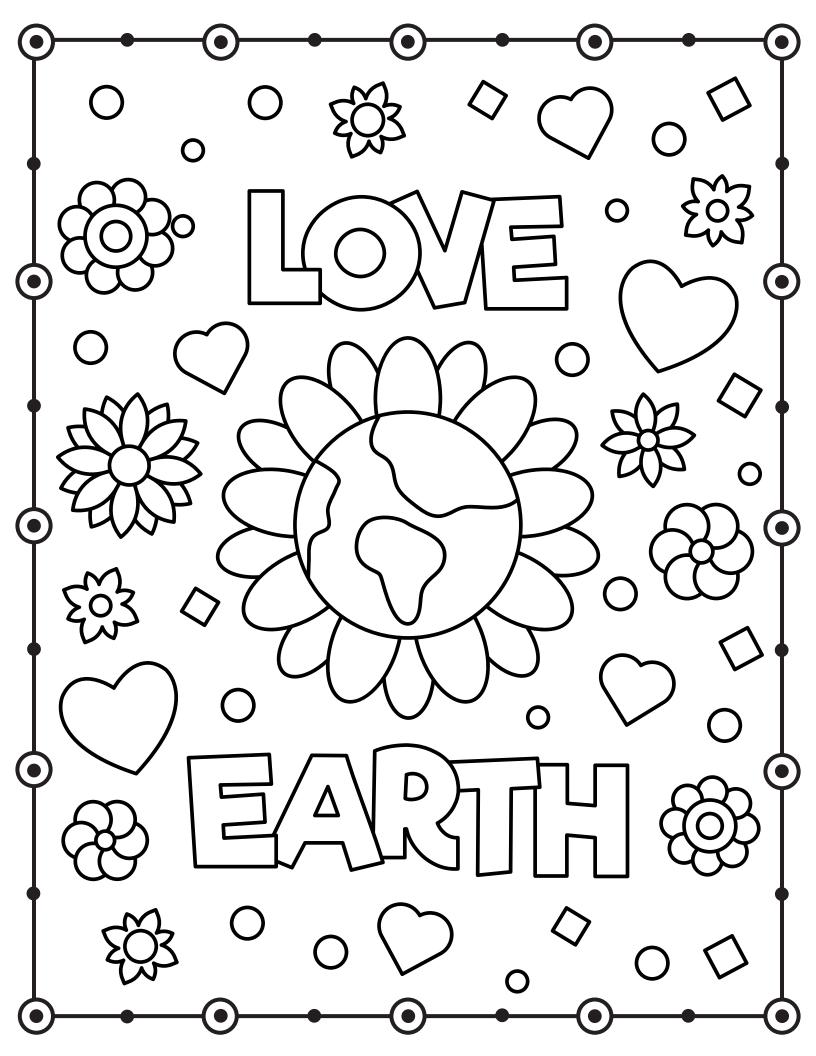
Earth Day Packet

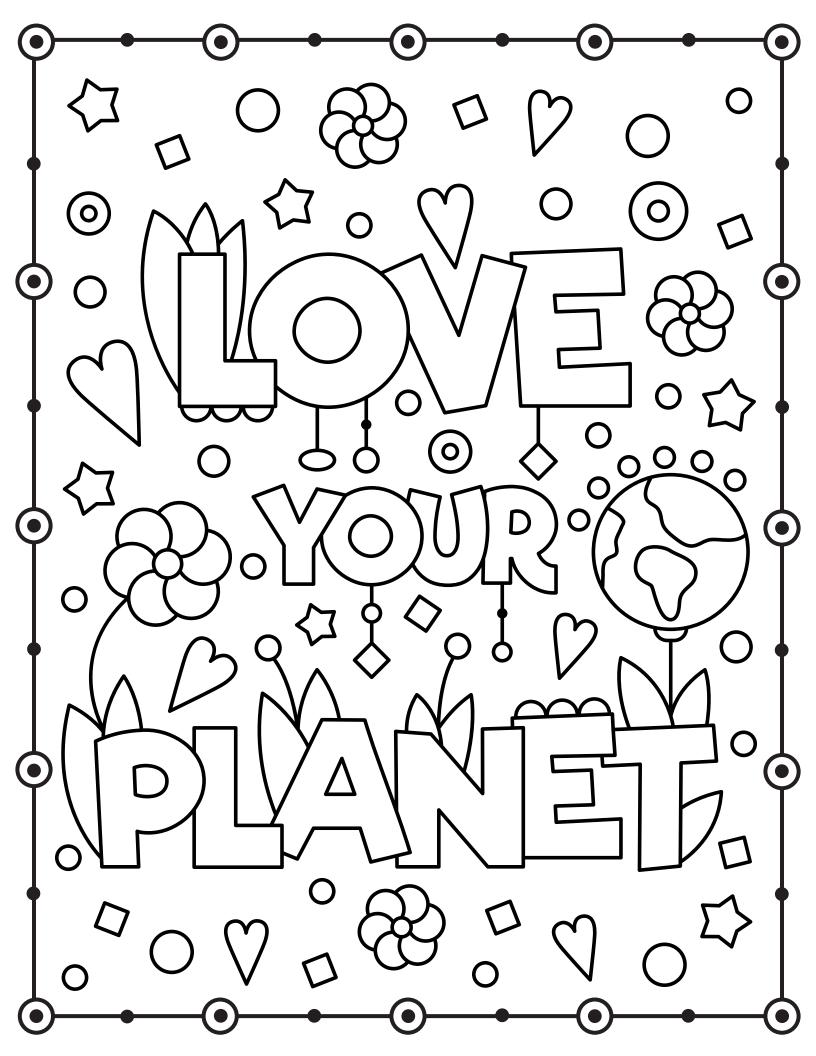
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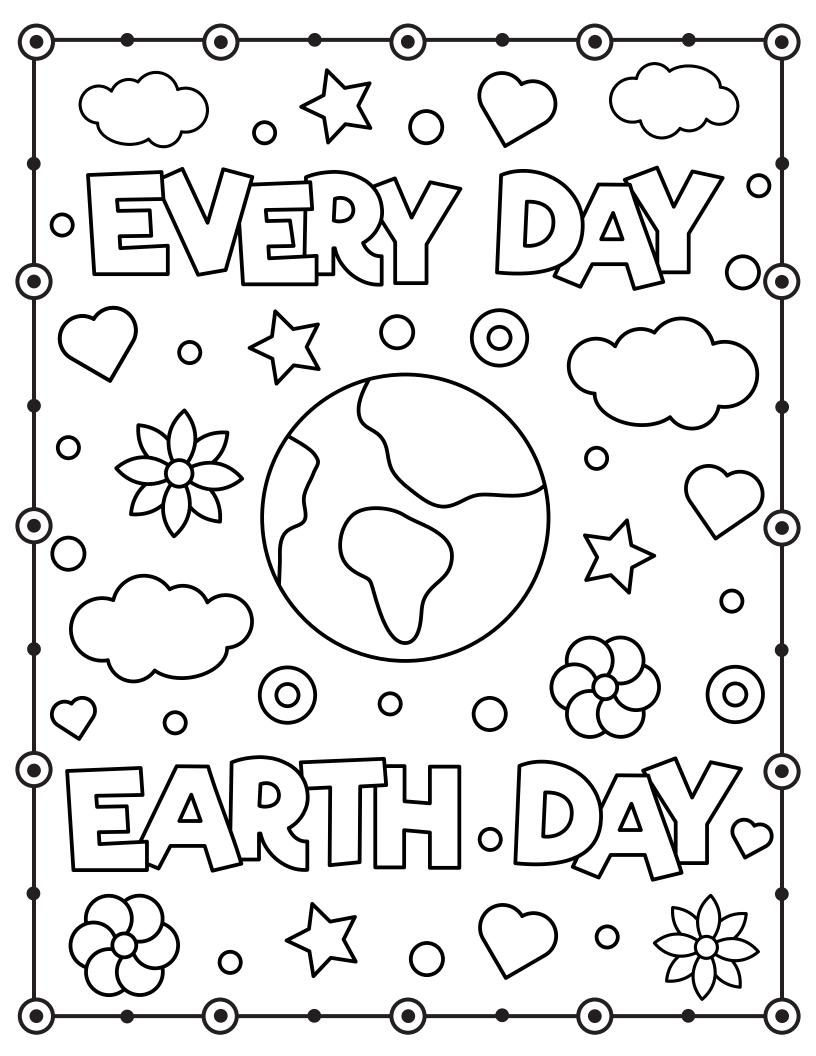
Publisher's Note: The publisher and author has made every attempt to make sure that the information in this book is correct and up to date. All physical activities require approval from a child's pediatrician. The author or the publisher will not be liable for any impairment, damage, accident or loss that may occur from any of the suggested activities in this book.

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EARTH DAY TRADING CARDS



Directions: Cut out the 9 cards for outdoor play ideas. Write your own ideas on the next page. Trade the cards with your friends.



Play in the dirt



Take a nature walk



Start a nature collection



Go on a scavenger hunt



Climb a tree



Search for unique rocks

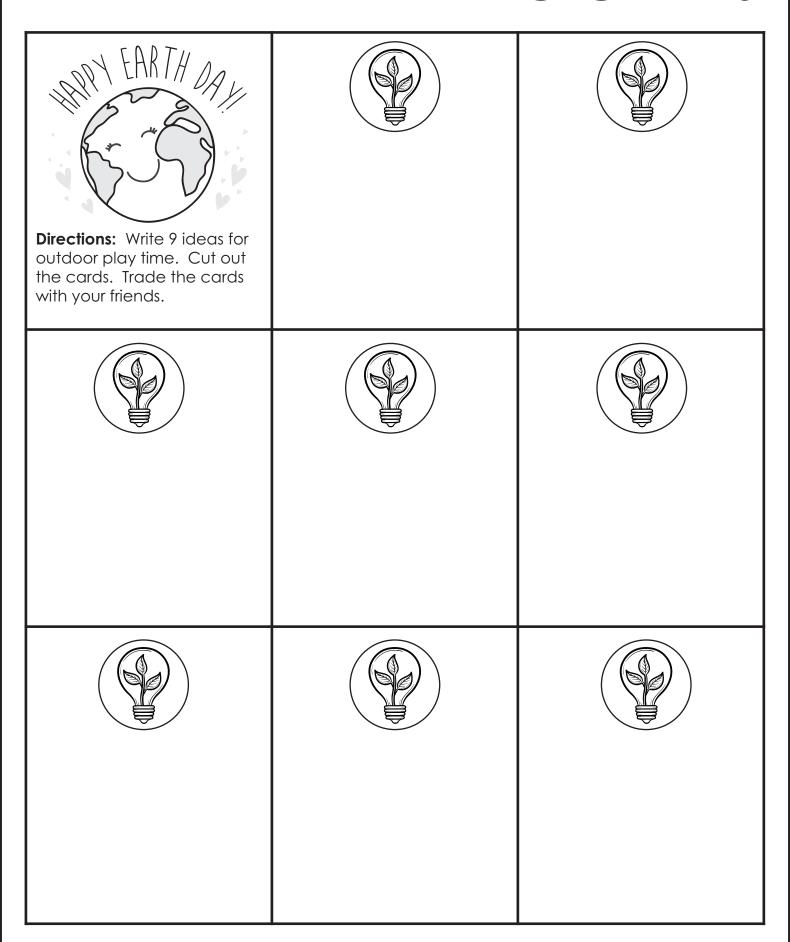


Plant flowers or vegetables



Go on a picnic

EARTH DAY TRADING CARDS



EARTH DAY CHALLENGE

Directions: Try and complete all 10 Earth Day Challenges. Color in the Earth when you complete the challenge.



Earth Day Crafts: Create collages out of recycled materials. The children can cut up recycled cardboard or magazines to create a collage. Perhaps think of a theme such as healthy foods or exercise. Maybe write the child's name in large bubble letters and glue on the recycled pictures.



Earth Day Contest: Who can create the tallest recycled tower? See how many recycled boxes or containers you can stack before it falls over. Depending upon where you place the boxes, this activity encourages the child to squat down, reach high, motor plan and more.



Earth Day Signs: Create signs with the children reminding them of energy conservation. Example #1: Turn Lights Off when you leave a room – cut out pictures of light bulbs from magazines to glue to sign. Example #2: Turn off water when brushing teeth. Try using a toothbrush to paint with for the tooth brushing sign.



Recycle Carnival: Create carnival games out of recycled materials. For example, recycled, clean yogurt cups stack well for a target. Newspapers rolled up can hit objects for eye hand coordination. Put newspaper rolls on floor to jump over. Recycle green and blue paper. Crumple into balls and practice juggling.



Practice energy conservation: Discuss how energy can be conserved by walking to school or stores. Practice different forms of transportation – walking, jogging, running, bike riding and scooter riding. Discuss which one required the most energy.



Protect the earth's animals: Act out movements of endangered species such as elephants, gorillas, wolves, and tigers.



Milk Scoop Jugs: Most everyone knows how to make a milk scoop jug. Just cut off the bottom of a gallon milk container leaving the handle intact. Get a tin foil ball. Throw and catch it in the plastic container. Put colored tape on it to protect any sharp edges.



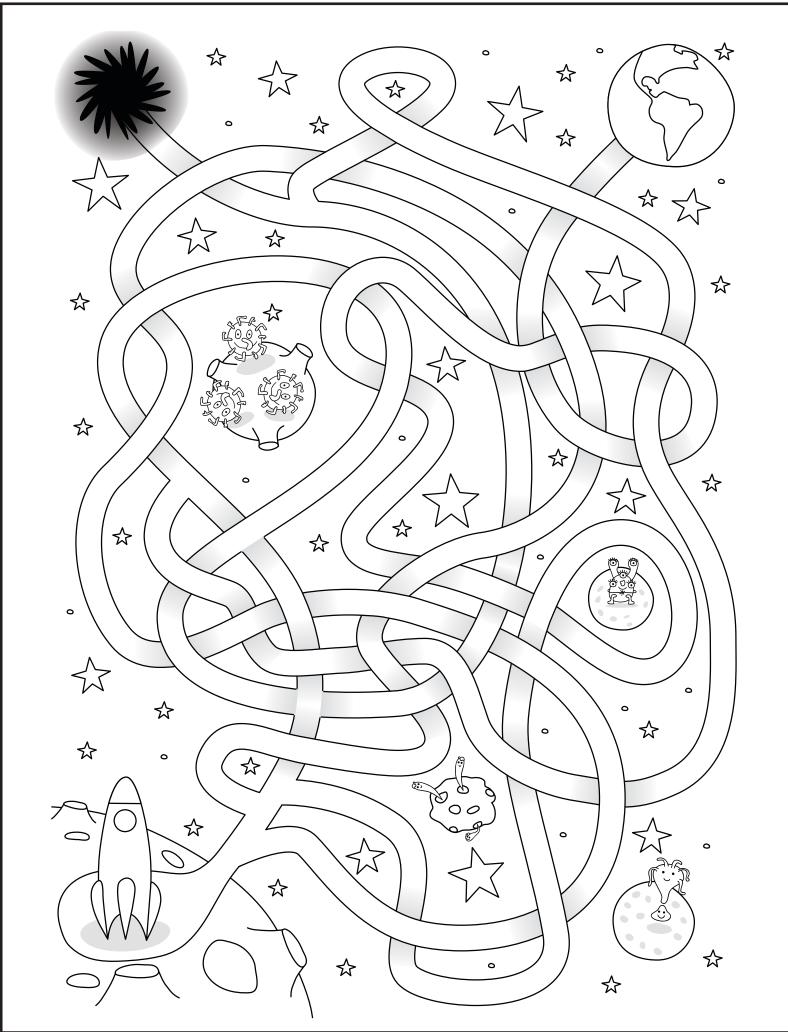
Clean Up Stroll: Take a walk outdoors, wear gloves and clean up any trash.



Plant a tree: Plant a small tree in your yard or at your school (with permission). There is so much physical activity and hard work needed to plant a tree, water it and care for it until it starts to grow on it's own.



Enjoy what the earth has to offer: Just go outdoors and enjoy what the earth has to offer. Go hiking, dig in the dirt, splash in the mud, whatever your fancy but appreciate the earth and give thanks.



FIND AND COLOR

- all the leaves green
- the sun yellow
- 3 apples red

- the water spout gray
- the Earth green
- 5 flowers orange



EARTH DAY MEMORY GAME

<u>Directions:</u> Study the picture above for 30 seconds. Fold the paper along the dotted line or cover up the picture above with cardboard. Can you remember all of the objects in the picture? Write your answers below.

1.	7.
2.	8.
3.	9.
4.	10.
5.	11.
6.	12.

EARTH DAY EXERCISES

Exercise with leg lifts for 10 seconds

rm circles for 30 seconds

Run in place for 30 seconds



op on each foot 10 times



Dance in place for 20 seconds

rm circles backwards for 30 seconds

awn and take 10 deep breaths