



Earth Day

This is a great time to teach young children about sustainability
The message behind sustainability can be explained easily by keeping it simple:

Being sustainable means trying to turn waste into something helpful for the planet.

You can either have discussions about looking after the earth or, even better, teach children to love nature by getting outdoors more and by modelling being sustainable and recycling.
Here are some ideas:

Nature Hunt

Create a list of items found in nature such as leaves, flowers, rocks, or sticks. Take the children on a walk to find these items in a nearby park or garden.

Natural Art

Use your natural materials found in the outdoor area or on a nature walk to create wonderful art.

Our Earth Active Story

Educate children about taking care of the earth through an interactive story.

Nature's Obstacle Course

Set up an obstacle course using natural objects and materials such as rocks, logs, or tree stumps and sandpits. Children can practice their balance by walking over the stump, hop from rock to rock, crawl under bushes, etc.

Sensory Nature Walk

Encourage children to use their senses on a guided nature walk
Smell the flowers, listen out for different sounds, such as birds, discuss the colours of the different plants, feel the different textures of plants, feathers, pebbles, etc.

Be a Bee

Pretend to be a bee by playing music, either classical music or something that is bee-sound inspired.

Pretend to fly around like a bee with fast moving wings.
Next move around wiggling your bottom like a bee communicating with others.
Alternate through these movements, linking them to different parts of the music.
Next, allow children to move freely as a bee.

Recycled Instruments

Using boxes, bottles, buttons, ice-cream sticks, tin cans, straws, etc. work with children to create their own instruments.

Outdoor Music and Dance

Children can use their recycled instruments or find sticks to hit different natural objects, or move them along different surfaces to make different noises.

Play nature-inspired music outside for children to move and dance freely to.

Outdoor Yoga

As so much of yoga is connected to nature, what better activity than this to celebrate Earth Day. Either find a soft area (grass, mats, etc.) or explore yoga moves that are appropriate for outdoor surfaces. Remember that children may be much happier to crawl on the ground than you are!

Home-link

Share your ideas with parents and carers to encourage them to explore taking care of the earth with their children.

Further ideas to do at home:

Litter Pickup Relay:

Either with siblings or friends, set up a relay race where children pick up trash (using gloves) and race to properly dispose of it in recycling or trash bins.

Planting Seeds:

Share your plant growing ideas with parents/carers that they can also do at home.