



# Earth Week Challenge

How many activities can you do to help the earth this week? Or what cool ideas do you have?  
See what you can complete as a family. [Share a picture or tell us what you did!](#)

Most of all have fun!

## E A R T H WEEK

Reduce <b>ENERGY</b>	Enjoy nature. Make <b>EARTH</b> Art!	Reuse, reduce, or recycle	Learn More!	Make <b>HEALTHY</b> choices!
Help your family by turning off the lights in an empty room and uncoupling chargers and electronics that are not being used!	Taking care of the <a href="#">birds</a> coming through as they migrate back to North America for the summer.	Spend 15 minutes outside in nature and take a photo, record some sounds or make a journal of a what you observe. Enjoy nature!	Read/Listen to Stories together About the <a href="#">Earth and Nature!</a> (Ages 2-10)	Try eating more <a href="#">vegetables</a> . Plan a vegetarian family meal.
Try cooking a snack with the sun instead of electricity. <a href="#">Try this!</a>	Take a photo of a bird in your own backyard. Try to identify some birds with this <a href="#">free app</a>	What can you reuse by working with your family to consider donating clothes, books, furniture, or toys.	Try building your own <a href="#">virtual farm</a> Can you figure out how to make a sustainable farm? What do plants need? (Ages 12+)	What's your <a href="#">water footprint</a> ? How much water do you and your family use? How can you do better at home?
Try no electronics for one day! All day! What will you do instead?	Draw a picture or make a collage of an endangered marine species from <a href="#">Mid Atlantic states</a>	Find materials from your yard and home to help the birds make <a href="#">nests</a> as they start to settle in for the summer.	<a href="#">History of Earth Day!</a> How did it get started? (Ages 12+)	Learn some ways we can work together to <a href="#">stop wasting food</a> . What can you do? (Ages 4-10)

