



# EARTH WEEK

## ADVENTURES:

Ideas to help celebrate our love and appreciation for our Magical Planet

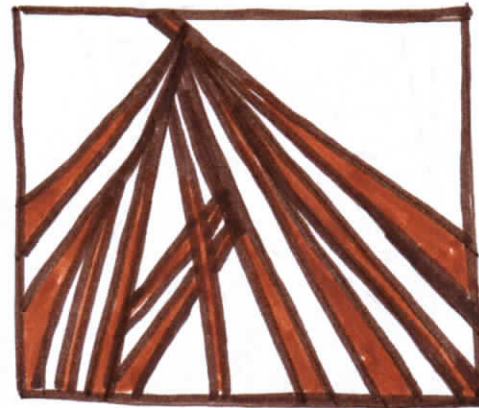


### MONDAY: Make a Rainbow of Wildflowers



- collect Red, Orange, Yellow, Green, Blue and purple wildflowers on a walk or bike ride
- carefully bring home flowers in a basket or hold in a bouquet
- gently remove stems and leaves and arrange petals on drawing paper in a rainbow shape.
- Glue petals on paper, let dry, put on your nature table to enjoy.

### TUESDAY: Make a Gnome-Home or a child sized FORT in the Forest



- Take a walk in your favorite forest
- collect small branches to build a gnome-home or LARGE branches to build a child's fort.
- Gnome-homes can be up against the base of a tree trunk
- children's forts can be built leaning against trees.

### WEDNESDAY: Earth Day!



Spend your day in your favorite outdoor place sing, "This pretty planet" song to the Earth.

#### EARTH DAY FEAST MENU:

To honor the sea: Miso Soup w/ Seaweed or Sushi Roll

To honor the rivers: cool glass of water w/ lemon

To honor the soil and plants:

Black bean bowls: black beans + rice, warmed with broccoli "trees" and micro-green sprouts standing up in the beans

To honor the sun: SUN BREAD!

- using bread recipe, divide dough in 1/2, make a round ball and roll sun rays coming off center. Decorate w/ sunflower seeds



# THURSDAY: Make Your Own Flower Press



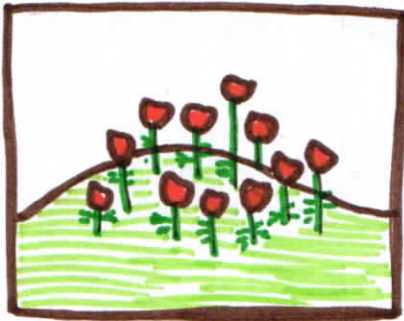
- Bring a hardcover book and blank sheets of paper on your morning walk
- Gently place wildflowers you find between folded paper (the thicker the paper, the better, as it will absorb moisture from flowers) 1 or 2 flowers per sheet of paper
- Put folded paper w/ flowers into pages of book (not all in same section)
- When you get home, take out folded papers and place under a heavy stack of books
- Leave for 2 weeks - just in time to use for Mother's Day cards!

# FRIDAY: Fairy Houses!



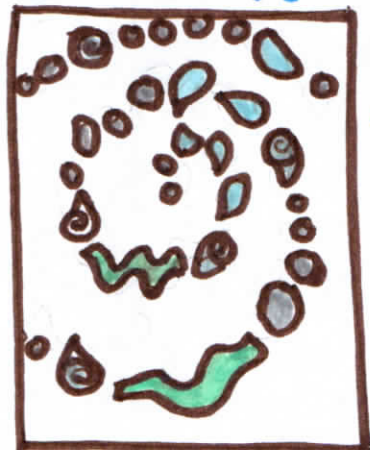
- Look for a spot in your yard where you can feel the presence of Faeries.
- Collect bark, stones, moss, lichen, sticks, blossoms, leaves, flowers (always ask the plant before you pick, and listen in your heart for the answer.)
- Make a sweet little house for the Springtime Faeries

# SATURDAY: Sing the "Spring is Here" song for the California Poppy Flowers.



- Find a meadow, field, or patch of hillside where California poppies are growing
- Sing "Spring is here, said the bumblebee, How do you know asked the old oak tree, I just saw the poppies, dancing with the faeries on the windy hill."

# SUNDAY: Make a Spiral or Heart Shape in the Sand out of Seashells, stones, and seaweed



- Go to your favorite spot to look at the ocean and collect treasures from the sea
- Make a spiral or heart shape with your treasures
- Leave for the mermaids to find at night

