



## HELLO PARENTS,

Our beautiful planet Earth has so much to offer: we live and feed on it, relax in its green spaces, and use its rich natural resources to stay alive and prosper. Collectively, we are all responsible for preserving and protecting our environment and take an active role in promoting clean living and a healthy, sustainable habitat for people and wildlife alike. The first Earth Day was celebrated in the USA on April 22, 1970, and Canada joined the movement in 1990. Today, Earth Day is the world's largest environmental movement, recognized by over 193 countries. Its main purpose is to raise people's awareness on the positive impact of our actions on the immediate environment and the entire planet. In this newsletter, we provide activities that will encourage your family to celebrate Earth Day every day.

## ACTIVITIES

### INFANTS (3 -18 MONTHS)

#### PLASTIC BOTTLE CAPS RING

Give your recyclables a second life.

##### MATERIALS:

- Plastic bottle caps
- Yarn or thick string

##### DIRECTIONS:

- Collect recycled bottle caps and make a hole in the middle of each one.
- Put the end of the string through the hole in each cap and tie the ends to make a ring.
- Place the ring in your infant play area, let them explore it.
- Observe your infant as they explore: they may hold it in their hand, shake it to make some sound, pull the caps back and forth on the yarn, etc.
- Comment on what your infant is doing.
- This plastic bottle caps ring is very colourful.

[Click here](#) for DIY baby toys with recycled materials.

### TODDLERS (19 MONTHS – 2.5 YEARS)

#### EARTH DAY I SPY

Learn about your immediate environment.

##### MATERIALS:

- Bucket
- Magnifying glass (optional)

##### DIRECTIONS:

- Go for a walk with your child.
- Bring a bucket with you.
- Point to interesting things in the environment and say: "I spy...". Encourage your child to do the same.
- Talk about what you see. For example: fresh buds, flowers, worms, rocks, birds, a hole in the ground, etc.
- Encourage your child to collect some interesting nature findings and place them in the bucket.
- At home, spread the collected objects on a blanket and inspect them closely. Talk about what they are and their characteristics. Your child can use a magnifying glass to take an even closer look.

[Click here](#) for more ideas.

### PRESCHOOLERS (2.5 – 5 YEARS)

#### GROW MUNG BEAN SPROUTS

Harvest your own food.

##### MATERIALS:

- Mung beans
- Bowl and water
- Paper towel

##### DIRECTIONS:

- Involve your child in each step of the process of growing bean sprouts:
  1. Rinse the beans with water.
  2. Soak them in a bowl filled with water for 8-12 hours.
  3. Drain the beans.
  4. Cover the bottom of the bowl with a thick layer of paper towel.
  5. Pour the rinsed and drained beans into the bowl, spread them evenly at the bottom and add enough water to soak up the paper towel. Drain excess water.
  6. Cover the bowl with a wet cloth and set aside.
  7. Rinse and repeat steps 3-6 once a day for 5 to 6 days or until the sprouting shoots are about 2cm long.
  8. Mung bean sprouts can be added to salads, soups any raw and cooked meal. Enjoy eating your bean sprouts!

[Click here](#) to read "Earth Day Every Day" by Lisa Bullard and Xiao Xin.

### JK/SK (4 – 6 YEARS)

#### LABEL YOUR RECYCLE BINS

Make recycling a habit.

##### MATERIALS:

- Two recycle bins or other containers used for recycling
- Two sheets of thick paper
- Markers
- 2 large Ziploc bags
- Tape

##### DIRECTIONS:

- Discuss with your child what items can be recycled in each container. [Click here](#) to check City of Windsor Recycling Guide.
- Take two sheets of thick paper and help your child write "Paper" and "Containers".
- Ask your child to draw pictures of items that go into each recycling bin.
- Put each paper into a Ziploc bag and tape them to each bin.
- Help your child sort the recycling items into each bin.

[Click here](#) for more ideas.

### SCHOOL-AGERS (6 – 12 YEARS)

#### BIRDING JOURNAL

Learn about the wildlife in your area.

##### MATERIALS:

- Small notebook
- Pencil
- Binoculars (optional)

##### DIRECTIONS:

- Familiarize yourself with different kinds of birds that live in [Windsor area](#).
- Pack a small notebook and a pencil, and go for a walk in your neighbourhood.
- Look around and notice what birds can be found on tree branches, roofs, wires or on the ground.
- If you have binoculars, you can observe up close the details of each bird.
- Make sketches of the birds that you have spotted. Try to include as many characteristics as you remember. For example: was the bird's beak long or short? Thin or stubby? How about the tail? Was it pointing up or down? Did you notice the colours and patterns on the bird's body, wings or head?
- Pay attention to the sounds that the birds make, and the way they fly. Make notes of that, too.
- Make sure to add the date and the sight where you spotted each bird.
- Keep adding your observations to your birding journal. You will find different birds in Windsor area in different seasons.

[Click here](#) to learn more about birds and get help with identifying birds.



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada

#### A TIP FOR TODAY

- Practice with your family the three R's: reduce, reuse and recycle.
- Create art using recycling materials.
- Conserve the energy at home by turning off the lights and electronic devices when not in use.
- Turn off the faucet when you brush your teeth. You can conserve up to 30 litres (or 120 cups) of water a day!
- Bring your own reusable bags to the store to cut down on plastic pollution.
- Find out where in your area you can recycle electronics and batteries. Most of their parts – steel, glass, copper, aluminium, plastics and precious metals – can be recovered and made into new products!
- Support the [Great Global Cleanup](#) and pick up trash while enjoying your outdoor activities.
- Plant a tree. Trees absorb carbon dioxide and release oxygen for people to breathe, provide shade during hot summer months, and shelter and food for animals.
- Plant flowers that attract butterflies, bees and other pollinators.
- Make a bird feeder or a bird house.