

# LET'S TALK ABOUT THE EARTH!



Teaching children about the environment is an opportunity to help them appreciate the world around them and make a difference in protecting it. Use this tip sheet to talk, read, and sing with children about the earth and show them ways we can all do our part to keep it healthy.



## EXPLORE THE WORLD TOGETHER

Children are born with a natural sense of awe and curiosity about nature, and Earth Day presents a unique opportunity to teach your littlest one about the world around them. Although it may be difficult for many families to spend time outside these days, there are still ways that you and your child can learn about the world around you while at home. Talk together about the sunshine and the rain, then explain how they work together to help plants grow. Talk about how the fruits and vegetables you eat come from the earth, then let your child use their senses to explore the tastes, textures, and smells of various foods.



## CREATE A FAMILY ENVIRONMENTAL CHALLENGE

Talk with your child about caring for the earth and how there are many easy things that we can all do at home to help protect it. Then, create a family environmental challenge! You can do things like turning off lights and unplugging appliances while they're not in use, turning off the faucet while brushing your teeth, or taking time to recycle items like cardboard or plastic bottles. When your child sees you making choices to help the environment, they'll be excited to do the same.



## LET'S TALK ABOUT WHERE OUR FOOD COMES FROM

We know that dinner time is an important opportunity to spend time together as a family and share mealtime conversations. Talk with your child about where your food comes from. Talk about the farms where your eggs and milk may come from. Many fruits and vegetables have stickers on them that show where they were grown. How many different parts of the world did your produce come from?



## CREATE EARTH-FRIENDLY ART!

Reuse old materials to create earth-friendly art. Provide your little one with age-appropriate materials like paper, crayons, markers, paint, or clay while you work together to make fun crafts. You can make a collage using old magazines or newspapers, or carefully cut out circles from cereal boxes to create colorful masks.



## ENVIRONMENTAL IMAGINATION!

There are many fun activities that you and your child can do together using both your imagination and recycled materials. Look around your home for things that you might normally throw away. If you have old magazines or newspapers, create paper pirate hats, then pretend to be pirates sailing around the world! Or, use an old cardboard box (with tape) to build just about anything. Can you build a castle? A rocket ship? What else?

