

Hi all!

Are you looking for ways to entertain your children at home? Are you hoping to find activities that will allow them to learn, grow, and express their creativity in the process? Well then, keep reading, you're in the right place!

The Sunrise Movement is a national youth-led climate justice and awareness group that works to stop the climate crisis and create millions of green jobs in the process. There are hundreds of Sunrise hubs throughout the country, and we are lucky enough to have our very own hub right here, Sunrise Blue Hills!

Leading up to earth day, as a hub, we decided to come up with a list of 50 activities for kids to do to keep themselves entertained while also learning about how to protect the environment and how their voices are powerful and can make a difference! We encourage parents to view this list and share it with their kids. As we live through this time of fear and uncertainty, it is important to reinforce children's perception of their own value, worth, and ability to change the world!

If you are interested in getting more involved with the Sunrise Movement, please email us at sunrisemovementbluehills@gmail.com. We encourage children of all ages to join the movement to fight for a sustainable future! If you would like your child / their art to be featured on our social media, please reach out to us on the following platforms:

Instagram: @sunrisemvmtbluehills

Twitter: @sunbluehills

Facebook: @SunriseMvmtBlueHills

All of the attached resources (instructional videos, example images, word searches, coloring pages, etc.) have been made from the students in our hub! Enjoy! Stay safe and healthy!

Best,
Grace Miller-Trabold
Co-Hub Coordinator

How to Stay Environmentally Aware During Quarantine!!

1. Print out and do some environmentally-aware word searches.
 - a. <https://thewordsearch.com/puzzle/1047911/earth-day-word-search/>
 - b. <https://thewordsearch.com/puzzle/1047927/climate-crisis-word-search/>
 - c. <https://thewordsearch.com/puzzle/1047933/earth-day-word-search-2/>
2. Go on a hike and enjoy nature!
3. Do some earth day themed coloring pages.
 - a. [Sunrise.pdf](#)
 - b. [Love Our Planet.PNG](#)
4. Do an earth day scavenger hunt outside.
 - a. [Earth Day Scavenger Hunt](#)
5. Make something cool out of the items in your recycling bin! Be creative! (Can you make your favorite animal? What about a family member or friend?)
6. Make a sign for earth day and hang it in your window. Below are some ideas for inspiration!
 - a. [Examples Images of Signs for Earth Day](#)
7. Make a rainbow out of trash and recyclables.
8. Make a nature showbox in an old shoe box.
9. Make an ecosystem in a tupperware or jar.
 - a. <https://www.instructables.com/id/Do-It-Yourself-Sustaining-Ecosystem/>
 - b. <http://thescienceclassroom.org/how-to-make-your-own-self-contained-ecosystem-biosphere/>
10. Doodle messages about earth day and our planet with some chalk on your driveway or in a parking lot near you!
11. Make an earth day pledge! Hang it on your fridge to remind yourself every day to help the earth!
 - a. [Earth Day Pledge by Sunrise Blue Hills](#)
12. Cook an earth-friendly meal. Look at some vegetarian or vegan dishes for inspiration!
13. Re-create your favorite place in nature out of play dough or clay!

- a. <https://www.iheartnaptime.net/play-dough-recipe/>
 - b. <https://www.diynatural.com/homemade-playdough-recipe/>
14. Do an earth day baking project.
- a. [Step-By-Step Earth Day Cookies Recipe](#)
15. Make your very own pet rock.
16. Learn how to compost! Here are some great resources (not Sunrise Blue Hill Sourced) that can get you started!
- a. <https://aggie-horticulture.tamu.edu/kindergarden/kidscompost/CompostingForKids.pdf>
 - b. <https://kidsgardening.org/gardening-basics-composting/>
17. Make a container fairy home.
- a. An idea on how to get started
<https://livingwellmom.com/diy-fairy-house-kids/>
18. Make a bird feeder.
- a. <https://www.thesprucecrafts.com/bird-feeders-for-kids-to-make-2764688>
19. Go bird watching. For extra fun, draw and take notes on the prettiest birds you see!
20. Upcycle an egg carton and turn it into something cool! Be creative!
- a. https://docs.google.com/document/d/15sbcE9srBm6O3y_LVhZjqPIi83uHYkCPRWpkr0aA5ps/edit?usp=sharing
21. Start a garden.
22. Go outside and take pictures of the prettiest flowers and plants you can find.
23. Paint some sticks.
24. Buy some seeds at the supermarket and plant some flowers or veggies.
25. Have a picnic with your family outside.
26. Draw some pictures of your favorite spot in nature.
27. Write a story about your favorite animal, plant, or part of nature.
28. Watch the Lorax!

- a. Which you can find on Amazon, Youtube, Google Store, and many others
29. Watch any of these great movies for children about the environment!
- a. Happy Feet (ages 5+)
 - b. A Beautiful Planet (ages 6+)
 - c. Arctic Tale (ages 6+)
 - d. To The Arctic (ages 6+)
 - e. Before The Flood (ages 10+)
30. Go on a bike ride.
31. Sit in the sun and read a book.
32. Write an "earth day thankfulness" list!
- a. <https://docs.google.com/drawings/d/1smSZ04jk3V44ZK9rJ-50pVI-64ziyiWhVMOXqtq43ZM/edit?usp=sharing>
33. Walk around the outside of your house/apartment property and make a list of seven naturally beautiful parts of your home!
34. Draw some earth day chalk outside.
35. Fly a kite in an empty parking lot, field, or in your backyard.
36. Purchase one of these puzzles that appreciate nature from this awesome website.
- a. https://www.nature-watch.com/puzzles-c-142_154.html
37. Paint your favorite spot in nature.
38. Do an earth day science experiment.
- a. <https://leftbraincraftbrain.com/earth-day-science-activities-kids/>
 - b. <https://www.weareteachers.com/meaningful-earth-day-activities/>
39. Hold a trash-free lunch picnic in your backyard.
40. Make up a skit about earth day.
41. Read a book about the importance of protecting the environment (some ideas listed below).
- a. The Watcher - Jeanette Winter
 - b. Don't Let Them Disappear - Chelsea Clinton
 - c. Kenya's Art - Linda Trice
 - d. 10 Things I Can Do To Help My World - Melanie Walsh

e. The Great Kapok Tree - Lynne Cherry

42. Listen to a book (from above) on tape.

43. Make a map of your neighborhood.

44. Make a map of your favorite spot in nature.

45. Go to a pond or lake near your house, and look for fish or other water life!

a. You can even bring a net and a small tupperware with you!

b. Just fill-up the tupperware with water from the pond/lake

c. Once you catch something in your net, put it into the tupperware and look closer at it!

d. Make sure to let the fish go afterward!

46. Go star-spotting.

47. Keep track of the moon phases in a notebook.

48. Build a fort (or den!) outside.

49. Play a pick-up game of your favorite sport outside with your family.

50. Purchase one of these great board games about the climate crisis.

a. <https://www.amazon.com/dp/B07QDRLPYC?tag=sustainabi042-20&linkCode=ogi&th=1&psc=1>

b. <https://games4sustainability.org/gamepedia/climate-poker/>

c. <https://www.amazon.com/dp/B07F94WXOV?tag=sustainabi042-20&linkCode=ogi&th=1&psc=1>