



APRIL

Earth Day the 5-2-1-0 Way

Celebrate Earth Day on April 22nd!

On April 22, people from around the world will celebrate Earth Day! It's important to recognize the role our environment plays in our physical and mental health: Pollution can lead to poor air and water quality. If we don't take care of our planet, we won't be able to grow the food we need to survive. Celebrating Earth Day not only helps protect our planet, but our health too!



Put 5-2-1-0 into Earth Day Action

- 5** **Plant a Garden** - Reduce your carbon footprint by growing fruits and vegetables in your own background!
- 2** **Volunteer** - Volunteering is a great alternative to screen-time. Pick up trash at a local park or find a volunteer opportunity near you.
- 1** **Go for a Nature Walk** - There's no better way to appreciate the beauty of our planet - and get physical activity! Find a park or trail near you.
- 0** **Buy a Reusable Water Bottle** - Motivate yourself to drink more water and reduce your plastic waste by investing in a reusable water bottle.

Want more ways to celebrate? Try these ideas: Read a book instead of streaming, be plastic free for a day, go for a walk and pick up litter that you see, have a plant based dinner, plant a tree!

