

EarthCare Unit

Unit Overview

Unit Focus:

- The focus of this unit is to explore ways to care for the Earth and how even a small change can make a difference.

Unit Outcomes: By the end of the Unit learners will be able to:

- Consider our role in being stewards of the Earth
- Notice the beauty of the Earth
- See value in the diversity of life on Earth
- Develop a personal plan to make a difference

Unit Weekly Themes:

- Appreciating the Beauty of Mother Earth
- All Life is Precious
- We All Must Do Our Part
- I Can Make a Difference

Affirmations

- I see the sacred Life of God in all that is around me.
- Every day, I make choices to take care of the Earth.
- I love the diversity that I see in everything that is around me.
- I listen to the wisdom of the Earth and do my part to take care of it and the life that calls it home.

Bible Quotes

- But ask the beasts, and they will teach you; the birds of the heavens, and they will tell you; or the bushes of the earth, and they will teach you; and the fish of the sea will declare to you. Who among all these does not know that the hand of the Lord has done this? In his hand is the life of every living thing and the breath of all mankind. Job 12:7-10
- Moreover, it is required of stewards that they be found trustworthy. 1 Corinthians 4:2
- Then the Lord God took the man and put him into the garden of Eden to cultivate it and keep it. Genesis 2:15
- Then God said, "Behold, I have given you every plant yielding seed that is on the surface of all the earth, and every tree which has fruit yielding seed; it shall be food for you. Genesis 1:29

Unity/Fillmore Quotes

- **Dynamics for Living p292**
Now that men are opening up the hidden resources of nature, in earth and in air, possibilities of achievement are dawning on them, and they see that human endeavor will yet make the earth a paradise.

- **Unity Statement of Faith #28**
We believe that all life is sacred
- **Mysteries of John p125**
Jesus gave His very life in service to the world, and He left us an example that we should follow. We should be eager to become as unselfishly humble and willing to minister to others for their eternal good as He was.
- **Myrtle Fillmore's Healing Letters p25**
Yielding self means giving up the old concepts of the past; forgetting ourselves and our human desire to come forth, and just rejoicing that all God's creation constantly springs forth in newness of life and light and joy and service.

Children's Lessons

#1 - "Appreciating the Beauty of Mother Earth"

Opening Experience

Welcome to the first Unit on Earthcare where we will focus on appreciating the beauty of Mother Earth. The earth is a sacred place and it is everyone's responsibility to care for her because it is home to us all. We - humans, plants, animals, all living things – are all God's creations. Our first Unity Principle says, There Is Only One Power And One Presence In The Universe, God, Who Is All Good And Active In Everything, Everywhere.

The more we focus on the beauty of Mother Earth, the more we will see the need to keep her safe and healthy for all.

Activity Choices

- Prayer for Protection:
 - Help the children learn the Prayer for Protection
 - The Light of God surrounds me
 - The Love of God enfolds me
 - The Power of God protects me
 - The Presence of God watches over me
 - Wherever I Am, God is and all is well
- God is Love
 - *God's love surrounds me. In this love, I safely dwell.*
Think about what the affirmation means to you.
Think about how how what it means to take care of the Earth.
Consider how the one Presence and Power shows up on Earth as what you hold sacred.
 - Name Five Ways You Show Care to the Earth

- Draw the Earth: <https://aggie.io/>
 - Invite the children to draw a circle of the earth and continents. The children can pick which color they would like.
 - Have each person add a fingerprint of blue paint to represent the water, brown, green, or yellow, the land until the paper is filled.
 - Just like there are different continents and bodies of water that work together, there are different people who do like you and me.
 - Each is unique. The earth can grow and stay alive because of them.
 - Consider the places you've visited where there is land or water. Name what was sacred and beautiful there.

- Journal
 - The soil keeps everything in place. Air gives life to plants, animals, and people through our breath. The sun is food for the soil, air, and water because it gives light and warmth. Water feeds the soil so that plants can live.
 - Name a way the one Presence and Power as God the Good shows up on Earth as what you hold sacred. *Download the journal from the online lesson.*

Meditation Zone

Welcome to the Meditation Zone. Let's pause and listen to this meditation that helps us to connect to the peace of the Earth. Also, take some time today to set up your sacred circle. Fill it with things that are important to you and include an electric candle. The candle represents the light of God within you! There is also an opportunity to visualize yourself down by a lazy river.

- Peaceful Earth
 - <https://www.youtube.com/watch?v=RwCVEaXjZnE>

- Down by the River
 - Invite the children to lie on their backs with eyes closed. Ask them to breathe slowly.
 - They may choose an animal that lives in the water such as a beaver or frog. As they are guided into this space they can concentrate on parts of their own body.
 - Pay attention to the details you see around you as this animal, such as rocks, grass, and land. Think about the temperature of the water, and whether it is sunny or not.
 - Share how this animal is held sacred and beautiful by its care of the Earth.

- Sacred Table
 - Light a candle to remind you of the light of the Christ within you.

Media Room

Welcome to the Media Room. Dive beneath the oceans and soar above the clouds in this exploration of Earth. Click on the yellow stars to watch the video. Then, think about what happened in the story... Who was the world created for? I hope the story reminds you that every living thing on Earth is important.

Today we will watch the video:

- *Our Earth* by Anne Rockwell <https://www.youtube.com/watch?v=ieOo5jHj3Jg>

Reflection Questions

- What is this story about?
- How was the Earth created?
- Who lives on the Earth?
- Why is it important to take care of the Earth?
What is one thing you can do to take care of the earth?

Creation Station Activities

The rainbow scavenger hunt invites us to explore the world around us. The yellow stars will lead you to all the activities including one that invites you to see how Math shoes up in nature. Math! Can you believe that! Enjoy the hunt.

- Rainbow Scavenger Hunt (*Handout*)
 - <https://themanylittlejoys.com/rainbow-color-scavenger-hunt-for-preschoolers/>
 - Go on a rainbow scavenger hunt!
 - Look around the room, what colors do you see?
 - What is your favorite color?
 - Download the scavenger hunt sheet by clicking on the resource tab on the top right
 - Head outside or even just hunt around your home. Look for something that matches each color on the page and DRAW it!
 - Pay attention to which shade of a given color you see and pick a colored pencil/marker that matches the best. Think about all the hues of a color. For example, is it royal blue? Sky blue? Teal?
 - Also, scribbles instead of drawing are totally acceptable.
- Math in Nature (*Handout*)
 - <https://mathgeekmama.com/math-in-nature/>
 - Print the Math posters that feature different shapes and patterns.
 - Invite the children to consider those shapes such as the fractal, hexagon, or concentric circle found in the beehive, spiral shell, or pinecone.
 - These shapes and patterns lead to the life forms growth.
 - Asking questions such as,
 - What makes these shapes and patterns beautiful?
 - How do they connect to the Earth?
 - How can you hold each sacred?



RAINBOW SCAVENGER HUNT

RED	ORANGE	YELLOW
GREEN	BLUE	PURPLE
PINK	GRAY	BROWN
BLACK	WHITE	TAN

Math in Nature: Classroom Poster Set for Wall or Bulletin Board



Created by Bethany @ MathGeekMama.com

Download the rest of the posters from the online lesson under the resource tab.

#2 - “All Life is Precious”

Opening Experience

There are many ways to honor Mother Earth! There is a website filled with activities to choose from, as well as an invitation to sink your feet into the earth and be grateful for all there is.

Activity Choices

- Make the Earth a Better Place
 - <https://www.gogreendistrict.com/earthcare-actions>
 - Go through the website and explore all it has to offer.
 - Select one to three items to complete this week

- Honoring Mother Earth
 - <https://www.gaia.com/article/rituals-for-honoring-mother-earth>
 - The most straightforward way to participate in grounding is to simply make contact with the ground on either the dirt or concrete, which is also conductive. Here are ways you can ritualize your experience:
 - Take your shoes off in your backyard each day after work
 - Say a mantra: I am grounded. My spirit is grounded deep in the earth. I am calm, strong, centered and peaceful. I am able to let go of fear and trust that I am eternally safe. I am worthy of all things beautiful. -Carly Marie
 - Meditate. Find a comfortable seat on the earth. Close your eyes and breath deeply. Feel the supporting soil underneath. Imagine roots stemming out from the base of your spine and into the core of the earth. Feel the reciprocal current of energy moving through you and the roots.

Meditation Zone

Welcome to the meditation zone! Have you ever experienced a tree house meditation? I wonder what that is like. You can also add to your own sacred space and go on a gratitude scavenger hunt.

- Tree House Meditation
 - <https://youtu.be/DWOHcGF1Tmc>

- Gratitude Scavenger Hunt
 - *Handout Below*

- Sacred Table Activity
 - Add an item from nature

Gratitude Scavenger Hunt



1. Find something that makes you happy.
2. Something to give someone else to make them smile.
3. Find one thing that you love to smell.
4. Find one thing you enjoy looking at.
5. Find something that's your favorite color.
6. Find something you are thankful for in nature.
7. Find something that you can use to make a gift for someone.
8. Find something that is useful for you.



www.simpleacresblog.com

Media Room

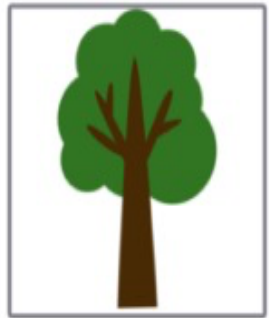
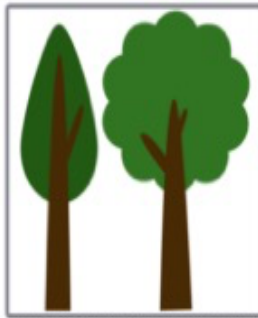
Have you ever wondered why you should help to save the Earth? In the video today, the children were not very interested in nature. Watch the video to find out what changed their minds. Then you can create a circle map on which you can write or draw all the good things you can do to support the Earth.

- Why I Should Protect Nature?/Jen Green
 - <https://www.youtube.com/watch?v=A68NH81RHQM>
- Reflection Questions
 - What is nature?
 - How did the children treat nature?
 - What did the teacher tell the children about nature?
 - How did they respond?
 - How did they start to help nature?
 - What are some things you can do to help nature?
- Circle Map
 - <https://adayinthelifeofakteacher.blogspot.com/2011/06/earth-week-activities.html>
 - Supplies
 - Construction paper
 - Colored pencil or marker
 - Scissors
 - Draw the outline of a circle on construction paper. Write in, “Ways to Help the Earth.”
 - Think about the good and bad choices you can make on Earth.
 - There are many forms of life and they all play their part.
 - In the circle, write down the good things that you can do that will hold life sacred.
 - Afterward you can cut this and place where you like.

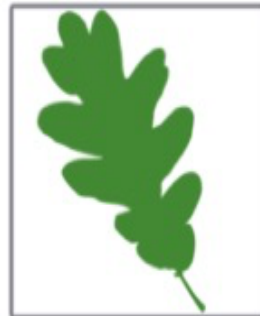
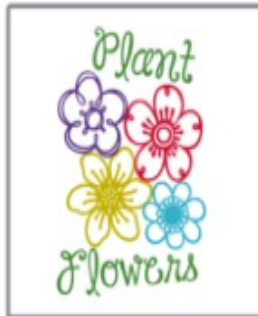
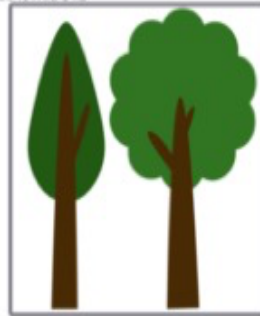
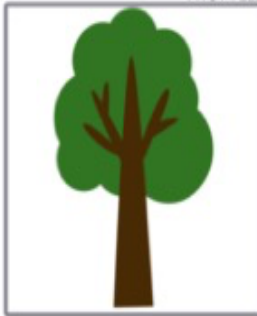
Creation Station Activities

Sometimes we spend so much time inside focused on our screens that we forget how beautiful the world is, step away from this screen and go outside! There is an Earth Memory game in this room. Play the game and see how much you can remember.

- Earth Memory Game
 - <http://learncreatelove.com/printable-earth-day-memory-game/>
 - Handout
 - Cut out the cards. Lay them flat and choose a pair of each.
 - Invite the children to match these in consecutive games.
 - Look at each image and explain how it is sacred to life.
 - How is choosing to plant a flower, better than plucking it.
 - The ocean is beautiful. Consider the ways you can keep the oceans clean such as by not throwing trash in the water.
- Discover the Forest: <https://discovertheforest.org/>
 - Enter your zip code and discover a park near you.
- Go Outside! <https://www.youtube.com/watch?v=TOoCvTMypgk>



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#3 - “We Must All Do Our Part”

Opening Experience

Welcome to week 3! Do you know what a carbon footprint is? Your carbon footprint is the total amount of carbon dioxide you create. The goal is to have a smallest footprint as possible, because too much carbon dioxide hurts our planet. It will also help you create a plan to make your footprint smaller. Then, do a little daydreaming about what it might be like to be an awesome gardener.

Activity Choices

- Figure out your Carbon Footprint (*Handout Below*)
 - <https://www.raddishkids.com/blogs/bonus-bites/carbon-footprint-quiz>

- Gardener Role Play : Choose a role you would like to be: Gardener, Soil, Seed, Water or Sun.
 - Think about a scene where a seed is planted and grows into a plant/flower.
 - Imagine what each will do and/or experience.
 - What does the gardener do?
 - What might the soil experience?
 - How about the water and the sun?
 - What stages does the seed go through as it grows?
 - How do all these things support one another?
 - What happens if you leave the seed alone?
 - What happens when you water it?
 - Think about the effect of growing a plant or flower on all forms of life.

Carbon Footprint Calculator

Calculate your environmental impact on Earth.

Examine your lifestyle and engineer a plan to reduce your carbon footprint!

What's a Carbon Footprint?

Carbon dioxide (CO₂) is a type of greenhouse gas. Many scientists believe that greenhouse gases make the earth warmer. Your carbon footprint represents the total amount of carbon dioxide you create. Reducing your carbon footprint benefits the earth.



Sources of CO₂

Carbon dioxide is created when you use energy produced by fossil fuels such as coal, oil, or natural gas. Power plants, factories, heaters, and automobiles produce CO₂. Over time, household trash also emits CO₂.

Carbon Footprint Quiz

Circle your answers below and tally your score.

- How do you get to school?
 - car (4 points)
 - carpool (3 points)
 - bus (2 points)
 - walk or bike (1 point)
- Do you eat mostly...
 - fast food (2 points)
 - home cooked food (1 point)
- Do you eat mostly...
 - meat (3 points)
 - bread (2 points)
 - vegetables (1 point)
- Do you turn off the lights/TV when you leave the room?
 - never (3 points)
 - sometimes (2 points)
 - always (1 point)
- Do you turn off the water when brushing your teeth?
 - never (3 points)
 - sometimes (2 points)
 - always (1 point)
- How many bags of garbage does your family produce each week?
 - more than 3 (3 points)
 - 2-3 (2 points)
 - 1 bag (1 point)
- Do you recycle paper, plastic, glass, and aluminum?
 - no, we don't recycle (3 points)
 - yes, we recycle some of those items (2 points)
 - yes, we recycle all of those items (1 point)
- What type of bags do you use at the grocery store?
 - plastic (3 points)
 - paper (2 points)
 - reusable tote (1 point)

My Score: _____

Carbon Footprint Challenge:

Design a plan to reduce your score! What actions can you take to change your answers?



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Meditation Zone

Welcome to the Meditation Zone! Take some time to explore the mediation options. This week there are two and one of them focuses on breathing like a flower! I wonder how that works. Then, add a flower to the sacred table.

- Just Like Me
 - <https://www.youtube.com/watch?v=xlNLIstIl1Y>
- Flower Breathing
 - Find a space to relax.
 - Imagine your favorite flower.
 - Think of the color and shape in your mind.
 - Inhale a deep breath and smell what the flower is like. You can think of what images come.
 - Slowly exhale your breath.
 - There are many flowers in the world. They are each beautiful and unique.
 - Instead of picking one to give to someone, think of another way you can show care for another who is not exactly like you.
- Sacred Table Activity
 - Add a flower to your table to remind you to use your breath to relax

Media Room

Today you will meet Max the Little Green Monster. Max didn't pay much attention to how his actions affected others but something happened that caused a change to come over Max! Watch the video to find out what it was and how Max changed. Then review the reflection questions to explore your thoughts about the story.

- *I Can Save the Earth!*
 - <https://www.youtube.com/watch?v=2Mkwhe6LOBo>
- Reflection Questions
 - In the beginning of the story what was Max the Little Monster like?
 - What happened once the blackout started?
 - What did Max the Little Monster notice when he stepped outside?
 - What happened next?
 - What change came over Max?
 - What was Max the Little Monster like at the end of the story?
 - When have you been like the Max that was at the beginning of the story?
 - What things might you been wasting?
 - What can you do to change how you treat the Earth?
 - How will this help us all?

Creation Station Activities

We are powerful people and our actions speak louder than our words! Our 5th Unity Principle invites us to know only know that Truth but to also put it into action. One thing we know is that we all must do our part to care for the planet. So what are you going to do?

- Mini Plant Pots
 - https://www.projectswithkids.com/mini-plant-pots/?fbclid=IwAR2EUu7h0FOt1DI0Kw3PdMIMBZX6BS89oOvju_2zaacqnT1drfuyzWtmVNQ
 - Supplies
 - Empty Play Dough containers
 - Washi tape
 - Scissors
 - Dirt
 - Plants
 - Invite the children to decorate the play dough container with tape.
 - When finished, add soil and a plant. Talk about the life cycle of the plant and how it grows.
 - Discuss what varieties of flowers and plants there are.
 - How does is each unique and helpful?
 - How does each take care of the Earth?
 - Just like flowers and plants aren't the same, people aren't. That's what makes the Earth beautiful.
 - Give this plant to someone who might not be like you.

- Recycling Posters
 - <https://www.weareteachers.com/anchor-charts-recycling/>
 - Supplies
 - Paper
 - Colored Markers
 - Colored Pencils
 - Use the ideas found by clicking the link above to create your own recycling posters.

#4 - "I Can Make a Difference"

Opening Experience

We can all make a choice to do our best! What is your best? I can be more than one thing. Right now I am doing my best hoola hoop! But, seriously, let's think about what it means to do our best.

Activity Choices

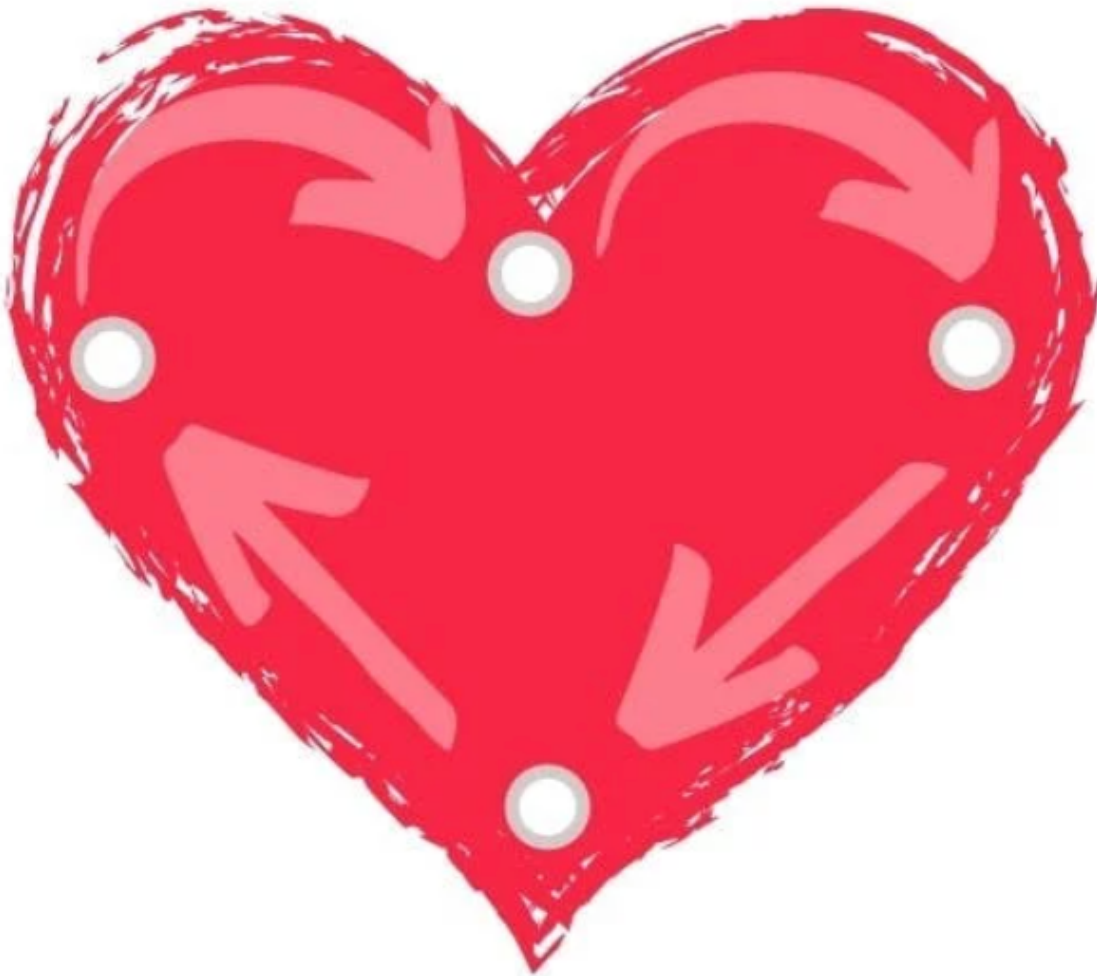
- Watch the *Mother Earth* Video
 - <https://www.youtube.com/watch?v=WmVLcj-XXnM>
- Earth Care Checklist
 - *Get the Handout from the lesson webpage by clicking the Resource Tab*
 - Use the check list to measure how you are doing the best to heal the earth.

Meditation Zone

Welcome to the Meditation Zone! Let's focus on trees! Trees are everywhere, they help us in so many different ways. Let's meditate on the power of trees. Don't forget to add something to your sacred table.

- Tree Guided Meditation
 - <https://www.youtube.com/watch?v=iplZGpP2VO0>
- Heart Breathing Meditation
 - <https://www.theottoolbox.com/heart-deep-breathing-exercise/>
 - Print the handout below*
 - Invite the children to visualize a heart and trace the outline on paper or in your mind.
 - Breath in and think about how you can show care to the Earth.
 - Exhaling, think about how this will change what's around you and make things better.
 - Asking such questions as,
 - How will the plants be affected?
 - Or the animals and people?
- Sacred Table Activity:
 - Find an object that reminds you to let go and go with the flow.

Deep Breathing EXERCISE



Place your finger on a white dot. Trace the arrow and take a deep breath in. Pause at the end of the arrow.

Trace the next arrow and breathe out. Continue around the image several times.



Media Room

Welcome to the media room. Our story today is about a green-capes crusader named Michael. Michael saw a mess being made and decided to do something about it. He became a superhero. He was only one person but her make a huge difference. I bet you have some great ideas that will also make a big difference.

- *Michael Recycle*
 - <https://www.youtube.com/watch?v=56HZIuEuDOw>
- Reflection Questions
 - What was happening in the town of Aberdoo-Rimey?
 - Who was the green-caped crusader and what was his plan?
 - How did the people react?
 - What did Michael find when he came back to town?
 - What do you know about recycling?
 - How do you take care of the earth?
 - How is doing something to clean up trash and litter living the Truth we know?
 - Michael was only one person with a great idea. What ideas do you have that would make a difference in the world?

Creation Station Activities

Let's get creative and see what else we can do to help our planet. Find 12 things you can do to honor the earth. There is also an activity that helps you see how much energy you are using in your home. Complete the activity to see how you can be more energy efficient. Even though you are only one person, you can have a huge impact on the world! You just have to decide what you are going to do!

- Earth Day Sequencing Cards
 - <https://busybeespeech.com/earth-day-freebies/>
 - *Download the Earth Day Sequencing Cards from the lesson webpage under the Resource Tab.*
 - Print out the cards and have the children place them in the correct order.
 - Talk about what happens when these tasks are completed in the right way.
 - Is it smarter to do it in the opposite way?
 - Think about how this will help the Earth and keep it alive.
- 12 Things
 - https://karacarrero.com/earth-day-make-a-difference/#_a5y_p=1559629
 - Try out some ideas on this page
- Saving Energy
 - https://karacarrero.com/earth-day-make-a-difference/#_a5y_p=1559629
 - Supplies
 - Paper
 - Crayons/colored pencils
 - Invite the children to draw a picture of their home. They can show where electrical outlets and other places are.
 - Talk about what energy is and how it powers everything.
 - If we don't use it well, what happens?

- Think about what steps you can take to save energy in your home and other places.
- This makes a big difference in the world and is wise.

Tweens & Teens Lessons

#1 - “Appreciating the Beauty of Mother Earth”

Opening Experience

Welcome to the first Unit on Earthcare where we will focus on appreciating the beauty of Mother Earth. The earth is a sacred place and it is everyone’s responsibility to care for her because it is home to us all. We - humans, plants, animals, all living things – are all God’s creations. Our first Unity Principle says, There Is Only One Power And One Presence In The Universe, God, Who Is All Good And Active In Everything, Everywhere.

The more we focus on the beauty of Mother Earth, the more we will see the need to keep her safe and healthy for all.

But ask the beasts, and they will teach you; the birds of the heavens, and they will tell you; or the bushes of the earth, and they will teach you; and the fish of the sea will declare to you. Who among all these does not know that the hand of the Lord has done this? In his hand is the life of every living thing and the breath of all mankind. Job 12:7-10

Activities to Choose From

- Take Care of the Earth Song
 - <https://www.youtube.com/watch?v=5QDAasV0ZkY>
- Are You on Team Earth?
 - <https://www.youtube.com/watch?v=6H3L252wZB0&list=RDCMUC5MDIy3yhWDrx0MyDo4QmYg&index=7>
- Earth Collage
 - Supplies
 - Construction paper or posterboard
 - Magazine clippings
 - Scissors
 - Glue /tape
 - Invite the teens to draw in a circular shape on the paper material. They can cut out pictures from magazines that they like.
 - These they consider beautiful. Discuss how they relate to the Earth.
 - For instance, how are they made?
 - What is its purpose?
 - Share a way these things care for the Earth and hold it sacred.
 - Also share how you can use these so that they support nature and the environment

- Journal
 - *Download the journal from the Tweens lesson area under the Resource Tab.*
 - The soil keeps everything in place. Air gives life to plants, animals, and people through our breath. The sun is food for the soil, air, and water because it gives light and warmth. Water feeds the soil so that plants can live.
 - Name a way the one Presence and Power as God the Good shows up on Earth as what you hold sacred.

Meditation Zone

Welcome to the Meditation Zone. Let's pause a moment and explore some ways to help our mind and heart to bring us into alignment with our planet. When all parts of us are in sync, we can more easily discern what is ours to do to keep the Earth healthy and alive.

- 5 Minute Grounding Meditation: Connect With Earth and Nature Energy For Health and Balance
 - <https://youtu.be/Zs8T9xJX55M>
- 7-Minute Guided Beach Meditation
 - <https://www.youtube.com/watch?v=oeusbGFWPtY>
- The Gratitude Game
 - <https://www.everythingmom.com/activities/mindfulness-activities-for-kids>
 - Sit, relax and close eyes eyes.
 - Think of all the beauty that exists on the Earth.
 - What you hold sacred can be the focus of your mind as you inhale a deep breath.
 - Concentrating on what you hold sacred on Earth, see yourself appreciating its beauty and doing something good for it.
 - Exhaling, envision what effect your appreciation of this thing will have.
- Go Outside
 - The sun is shining and you are free. Forget your screens, forget your phones. Unplug! Plan for an afternoon outside and breathe some fresh air. You can go for a walk, ride your bike, go skateboarding or if you live by the water, go swimming, surfing or kayaking.
- Sacred Table
 - Light a candle to remind you of the light of the Christ within you.

Media Room

Welcome to the Media Room. The world is full of tiny, perfect things! Then, think about all the tiny perfect things that are all around you. Do you notice them or are you distracted by your phone? Do you celebrate them or do you run right past? Taking time to notice the small things allows us to slow down and focus on the beauty of Mother Earth.

Teens: We know the solutions to reversing climate change, yet we take no measurable actions. Greta Thunberg has an important message to share. The message is not enough, we all have the power to make just one positive change. What will yours be?

- *Tiny Perfect Things*
 - <https://www.youtube.com/watch?v=mht1sBHbS6w>
- Reflection Questions
 - What are the tiny perfect things that are seen?
 - When we begin to focus on the tiny perfect things, how does this change our perspective of the world?
 - What do we have to do to see the perfect things in the world?
 - How will this noticing change how we care for the Earth?
- School strike for climate - save the world by changing the rules | Greta Thunberg
 - <https://youtu.be/EAmUIEsN9A>
- Reflection Questions
 - What did Greta learn at a young age?
 - What was she surprised by?
 - What happened when she was 11?
 - If climate change is a huge threat, why are we not changing what we need to change?
 - Why do you think our leaders rarely talk about climate change?
 - What are the consequences of the way we are living now?
 - What do we do to solve the climate crisis?
 - What is one action you can take to contribute to the solution?

Creation Station

Now, let's make an earth care pledge! What are some things you can do to maintain the health of our environment? You will be able to access this activity as well as one that shows you how to do an energy audit of your home. Any little thing we can do for the Earth can make a big difference.

- EarthCare Pledge (Tweens)
 - Since kids love to draw and doodle, put those talents to good use by creating an Earth Day pledge.
 - Make a list of the things kids would like to do to maintain the health of our environment:
 - Plant trees
 - Go paperless
 - Turn off lights that don't need to be on
 - Use cloth grocery bags instead of plastic ones
 - Try shampoo bars instead of the bottled variety
 - Make cleaning products using lemon and vinegar
 - Stick to the three Rs: Reduce, Reuse and Recycle
 - Lower your carbon footprint by reducing trash output
 - Spend more time outside than playing video games indoors
 - Use energy-efficient LED bulbs -- they last much longer than traditional bulbs
 - Or anything else you can think of!
 - Feed kids' imagination with a shortlist of ideas they can use today for their Earth Day pledge. Encourage them to come up with ways to minimize their carbon footprint, then write them down on a colorfully decorated paper.

- There are 13 pledge options – select one. (Teens)
 - <https://www.earthday.org/pledge/>
- Do An Energy Audit
 - <https://www.plt.org/family-activity/save-energy>
 - Make a list of all the appliances and light bulbs in your house.
 - How much energy does your house use if all the lights are on for 4 hours per day?
 - If your appliances are on for 2 hours per day? How much energy could you save if you switched to energy-efficient appliances or lightbulbs?

#2 - “All Life is Precious”

Opening Experience

Sometimes we might forget that all life is precious. Not just humans, but all life including the most exotic plant to the smallest bug. We are the stewards of the Earth and we must take care of everyone and everything. Check out the activities to see what other kids are doing to save the Earth. It might inspire you!

Activity Choices

- Honoring Mother Earth
 - <https://www.gaia.com/article/rituals-for-honoring-mother-earth>
 - The most straightforward way to participate in grounding is to simply make contact with the ground on either the dirt or concrete, which is also conductive. Here are ways you can ritualize your experience:
 - Take your shoes off in your backyard each day after work
 - Say a mantra: I am grounded. My spirit is grounded deep in the earth. I am calm, strong, centered and peaceful. I am able to let go of fear and trust that I am eternally safe. I am worthy of all things beautiful. -Carly Marie
 - Meditate. Find a comfortable seat on the earth. Close your eyes and breath deeply. Feel the supporting soil underneath. Imagine roots stemming out from the base of your spine and into the core of the earth. Feel the reciprocal current of energy moving through you and the roots.
- Enjoy the song: *Mother Earth*
 - <https://www.youtube.com/watch?v=caIo1UGSDgw>
- Kids for saving earth promise song
 - <https://www.youtube.com/watch?v=UbnRANz4nT0>
- Earth Day Questions (*Handout is below*)
 - <https://www.squirrelsofafaether.com/earth-day-activities/>
 - Invite the children to select one question to answer from the list.
 - Think about why this question is important to you.
 - Share how this thing takes care of the Earth and supports life.
 - For example, if you chose to consider the color Earth from space,
 - Consider how people can use technology properly to take care of what is here.
 - The future will be a certain way when we take think of all life.

EARTH DAY QUESTIONS TO ASK KIDS OF ALL AGES

- 1 - What's your favorite place on the earth to visit?
- 2 - What's one thing you can recycle?
What's something you shouldn't recycle?
- 3 - What's your favorite thing to do outside?
- 4 - What's your favorite way to celebrate Earth Day?
- 5 - What day do we celebrate Earth Day?
- 6 - What's one thing we can do as a family to have less trash?
- 7 - Do you prefer the beach, the mountains, or being in a city?
- 8 - What's something we can do as a family
to make the earth more beautiful?
- 9 - What kind of plant would you most like to plant?
- 10 - What are some foods that come directly from the earth?
- 11 - What color is the recycling symbol?
- 12 - What's a song that talks about the Earth or world?
- 13 - What is your favorite kind of animal?
- 14 - What color is the earth from space?
- 15 - Why is it important to care about our Earth?
- 16 - What is your favorite thing to do in the water?
- 17 - If you could have one animal as a pet,
what animal would you have?
- 18 - What's your favorite kind of flower?
- 19 - What's something we can do to waste less water?
- 20 - Which season is your favorite and why?

Meditation Zone

Welcome to the Meditation Zone. Let's pause a moment and connect with Mother Earth. This week our meditations invites you to picture a figure 8 or infinity symbol and trace it over and over. The infinity symbol has no beginning and no end. It is continuous, just as life on earth is continuous moving through cycles and changes.

- Figure Eight Meditation (*Handout Below*)
 - https://www.pngitem.com/middle/ioJhxRo_deep-breathing-lazy-eight-poster-printable-breathing-exercise/
 - Invite the tweens to gather in a space and relax.
 - Imagine the shape of the number eight or infinity.
 - Think of the color and shape in your mind.
 - Inhale a deep breath and see how it connects to everything as a circle. You can think of what images come.
 - Slowly exhale your breath.
 - There are many life forms in the world. They move through cycles and stages.
 - See those and how they support each other.
 - Think of a way you can give life to what is around you each day.
- Connect to the World Around You | Mother Earth Meditation with Rituals
 - <https://www.youtube.com/watch?v=yihShYXXUcE>
- Earth Rites – Create Your Own Ceremony
 - <https://www.natureevolutionaries.com/earth-rites>
- Sacred Table
 - Find a bowl in which you can add blessings that you want to share with the world.



Media Room

This week our story is about the Great Kapok Tree, home to many creatures. It reminds us that every action we take has a consequence and when we act without thinking about them, we may hurt others.

- The Great Kapok Tree (*Tweens*)
 - <https://www.youtube.com/watch?v=FcKHD4uTLR4>
- Reflection Questions
 - What is happening in the story?
 - What did the men start to do?
 - What happen to the man while he was sleeping?
 - What are some of the things the inhabitants of the tree told him?
 - What happened when the man woke up?
 - How does this story relate to stewardship?
 - Why is it important to consider the effects our actions will have on others?
- The Seed (*Teens*)
 - <https://www.youtube.com/watch?v=sVPYIRF9RCQ>
- Reflection Questions
 - What does the seed represent?
 - In what way does the jar represent our body?
 - What happens as we nurture our "seed"?
 - What happens when the storms of life surround us? What helps us to weather these storms?
 - How does valuing all life help us to grow and evolve?
 - Rumi said, "Once the seed of faith takes root, it cannot be blown away, even by the strongest wind – Now that's a blessing." What does this statement mean to you?
 - What do you want to take root in you?
 - How can we take better care of our world?

Creation Station

This week in the Creativity Station, we can go on a mission to save the Earth! Will you accept this mission or let it pass you by? Then go outside and follow the instructions for a nature scavenger hunt. Who knows what you might find!

- Mission: Save Earth - Earth Day Run and Brain Break - GoNoodle Inspired
 - <https://www.youtube.com/watch?v=9SNlv8E17Q4>
- Nature Scavenger Hunt
 - <https://www.doinggoodtogether.org/projects/category/Heal+the+Earth>
 - Invite the teens to explore the outdoors or other nature space.
 - Talk about the sights that are detailed and what it is in nature.
 - You can mention what they do and where they live.
 - Nature and people are alike and not the same.
 - Share what similarities and differences exist between all forms of life.
 - Think about how you can do your part to care for the Earth.

- Epic Message – save the earth
 - <https://www.youtube.com/watch?v=B-nEYsyRIYo>
- What will you do to make it to the 4th Second?
 - <https://frogmom.com/earth-day-activities-for-teens/>
 - Select something to try from the website above.

#3 - “We Must All Do Our Part”

Opening Experience

This is our third unit on “EarthCare”. We must all do our part! Myrtle Fillmore said: "Yielding self means giving up the old concepts of the past; forgetting ourselves and our human desire to come forth, and just rejoicing that all God's creation constantly springs forth in newness of life and light and joy and service." Wow, that was a lot of words! What do you think it means?

Activity Choices

- Take Care of the Earth
 - https://www.youtube.com/watch?v=X2YgM1Zw4_E
- How do we save our planet?
 - <https://www.youtube.com/watch?v=0Puv0Pss33M>
- Protect forests
 - <https://www.youtube.com/watch?v=c3GerbZMRWA>

Meditation Zone

Welcome to the Meditation Zone. Let’s pause a moment and ground ourselves...as we follow our breath, we connect with the healing powers of Mother Earth and our concerns float away... Then, we can do some power yoga that helps move our energy through our body. When we feel grounded and connected, we are better able to see the opportunities to help Mother Earth.

- Guided Meditation for Children | LAND OF GRATITUDE | Kids Meditation for Happiness
 - <https://www.youtube.com/watch?v=6FycErkBETA>
- 20 Minute Beginners Grounding Meditation for Teens or Any Age
 - <https://www.youtube.com/watch?v=psyExnCkcXU>
- Create a sacred space
 - <https://www.gaiam.com/blogs/discover/make-your-space-sacred>
- Power Yoga (*Handout Below*)
 - <https://www.kidsyogastories.com/breathing-exercises-for-kids/>

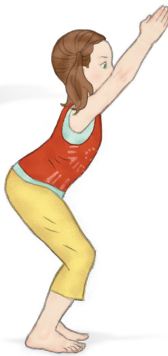
GROWTH MINDSET YOGA



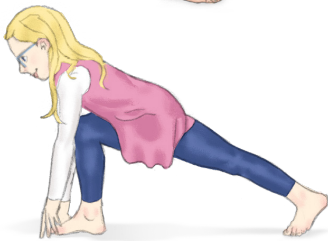
I am hard working.
WARRIOR I POSE



I am creative.
DANCER'S POSE



I am focused.
CHAIR POSE



I am open-minded.
LUNGE POSE



I am curious.
DOWNWARD-FACING DOG POSE

Media Room

Our story today is about a Whale's tale. I wonder what the whale has to say? Do you think she might be concerned about the ocean and the creatures living it?

- A Whale's Tale
 - <https://www.youtube.com/watch?v=xFPoIU5iiYQ>
- Reflection Questions
 - What are they discovering in the ocean?
 - What happens to the net?
 - What are the animals encountering?
 - What does the whale do next?
 - What is the boy doing?
 - How are these actions making a difference to those who live in the ocean?
 - What happens next?
 - What did it take to save the whale?
 - What small thing are you willing to do to protect the world?
 - What can you do to get others involved?
- Zero waste Life
 - <https://www.youtube.com/watch?v=pF72px2R3Hg>
- Reflection Questions
 - What does she mean by Zero waste?
 - Notice how much plastic is part of your everyday life. Write about it in your journal.
 - Lauren gave examples of how she transitioned to a Zero waste life. What had the biggest impact on you?
 - What are your main sources of trash?
 - What is one thing you can do to begin to lower how much trash you produce?
 - What are the benefits of living a zero-waste life?
- This class can save the planet
 - <https://www.youtube.com/watch?v=2iB23uVKHVw>

Creation Station

How would you like to be a climate action hero! Do you think you want to be a "Truth Talker" or a "Recycle Ranger"? How about a "Water Wizard"? Check out the activities to see what the missions will be.

- Which Super Hero will you be?
 - <https://www.un.org/sustainabledevelopment/climate-action-superheroes-info/>
- Tree planting
 - https://www.youtube.com/watch?v=PQwuog7_wmg
- Plastic Bottle Journey
 - <https://www.youtube.com/watch?v=6xlNyWpPB8>
- Here's how plastic bags impact the environment
 - <https://www.youtube.com/watch?v=CubtcwIZEWc>

- Make a plastic mat
 - <https://www.tomsofmaine.com/good-matters/thinking-sustainably/how-upcycle-plastic-bags-4-easy-craft-ideas>
 - <https://www.thespruce.com/ways-to-repurpose-plastic-bags-4584967>

#4 - “I Can Make a Difference”

Opening Experience

This is our fourth unit on “EarthCare” and it centers on the idea that we can all make a difference. Even one small act of caring for the Earth and all its inhabitants can have a positive impact. The more we do the more positive impacts we create. What is yours to do?

Activity Choices

- Climate Change - We are the PROBLEM & the SOLUTION
 - https://www.youtube.com/watch?v=-D_Np-3dVBQ
- Earth Day “Would You Rather” Questions (*Handout Below*)
 - <https://www.kitchencounterchronicle.com/earth-day-would-you-rather-questions-for-kids/>
 - Invite the teens to read the questions on page and select one to answer.
 - They can think about how choosing one over the other will influence them.
 - What change will it have on you?
 - What will it do for you personally?
 - Think about how choosing this thing over the other is smart or helpful
- Nature Positive
 - https://www.youtube.com/watch?v=3QUP_E-iNb0&list=RDCMUC5MDIy3yhWDrx0MyDo4QmYg&index=45
 - Nature is in crisis, placing human and planetary health at risk. This decade must be the turning point where we recognize the value of nature, place it on the path to recovery and transform our world to one where people, economies and nature thrive for a nature-positive world by 2030!
 - What can you do?
- Mother Earth – Julia Roberts
 - <https://www.youtube.com/watch?v=WmVLcj-XXnM>
- Journal
 - The Earth doesn’t need us but we need the Earth
 - Journal about how each day where you regard and/or disregard the Earth.
 - “I’m ready to evolve. Are you?”

Meditation Zone

Welcome to the Meditation Zone! Feeling anxious? Grounding exercises can help to calm anxious thoughts and keep you focused and mindful in your environment. The 5-4-3-2-1 method is a grounding exercise that can be done almost any where and it doesn't require any equipment or materials- just your brain! Take a few minutes to learn how to complete the exercise and then try it for yourself.

- 5-4-3-2-1 Meditation
 - <https://www.youtube.com/watch?v=30VMIEmA114>
- Loving Kindness Meditation
 - https://www.youtube.com/watch?v=uKytADx_OQc
- Be Inspired
 - <https://www.plt.org/story/young-environmentalists-examples/>
- Earth Breathing
 - <https://www.youtube.com/watch?v=U6thaIqO28I>
- Sacred Table
 - Add a living item to your table to represent the fact that all living things are sacred.

Media Room

Welcome to the media room. Our story today is about how nature speaks to us. Are we listening? Our Earth is our home and our refuge. If we listen to nature, it will guide us into actions that are good for all.

- Nature is Speaking
 - <https://www.youtube.com/watch?v=mkjwxmcdB0E>
- Reflection Questions
 - The Earth is our home. In what ways is this true?
 - How is the Earth our refuge?
 - How does it support us?
 - What is nature asking us to do?
 - What might happen if we continue to neglect the Earth?
 - What are ways we can care for the Earth?
- Michael Meade
 - <https://www.mosaicvoices.org/episode-318-the-dance-of-life>
 - On this episode of Living Myth, Michael Meade considers the current threats to nature and the earth from the perspective of an ancient re-creation myth from the Mantaco people of the Amazon. After the entire world has been burned to ashes, the only survivors of the catastrophe struggle to revive life on earth. Surprisingly, they are able to resuscitate life by drumming upon a piece of charcoal and dancing until a green tendril emerges from the charred remains of a tree. The tendril turns out to be the “original ancestor” or Tree of Life from which the forests quickly grow back and eventually all of life returns.
 - Reflect on what is most important to you.

Creation Station

Let's get creative and see what else we can do to help our planet. Follow the yellow circles to find out how to create an Earthcare tool kit! That sounds super helpful! Then watch a video that shows how others care for the earth. We are all responsible for the earth and when we take care of it, it takes care of us.

- Earth Day Video
 - <https://www.youtube.com/watch?v=RMhfNOHGQnQ>
- Earth Day Tool Kit
 - *Download the Tool Kit from the online lesson and select items to complete*
- The First Earth Day
 - <https://wgvu.pbslearningmedia.org/resource/ush22-soc-earthday/earth-day-and-the-beginning-of-environmental-politics-american-experience/#.WMlea28rKj0>
 - <https://www.pbs.org/wgbh/americanexperience/features/earthdays/>
- Literati
 - https://www.ted.com/talks/jeff_kirschner_this_app_makes_it_fun_to_pick_up_litter