

# You and Your Family Can Help Heal the Earth



Teaching children to care for the earth is a job more and more parents are taking seriously. It can also be an enjoyable way to spend time with your family, whether you plant a garden together, take hikes in a nearby wilderness area or clean up your local park. Talking about excess packaging and the ABCs of recycling can be paths to greener living, too.

For more ideas and further instructions visit [www.doinggoodtogether.org/bhf/heal-the-earth](http://www.doinggoodtogether.org/bhf/heal-the-earth)

## **Pledge to clean up your neighborhood.**

Picking up litter is a fun, simple, free activity that can have instant results for your child and your community.

- Pack trash bags and garden gloves during your next walk in the park.
- Clear out litter from a section of park, beach, vacant lot, or your own neighborhood. Take all necessary precautions.
- Dispose of all trash properly.

## **Pledge to make small changes with a big impact.**

Plant the idea of environmental stewardship in your children all year – not only on Earth Day – by making little changes in your daily life.

- Visit [www.50waystohelp.com](http://www.50waystohelp.com). Read the list together and decide which changes your family will implement.

## **Pledge to support citizen science.**

Become the eyes and ears of environmental researchers and contribute to scientific research projects that make a difference.

- Visit [www.SciStarter.com](http://www.SciStarter.com) and chose a research project to support.

## **Take the 31-day, zero-waste challenge.**

Start some new, green habits as a family with this unique – and doable – zero-waste challenge.

- Visit [www.goingzerowaste.com/blog/31-day-zero-waste-challenge](http://www.goingzerowaste.com/blog/31-day-zero-waste-challenge), listing daily, small changes your family can make.

Dear \_\_\_\_\_

Please do what you can to help protect the earth's resources for generations to come. Here is a poster I created to celebrate our one, precious planet.

From climate change to plastic pollution to water contamination, complicated problems are threatening our world. My family and I want to help heal the earth. We pledge to:

---

---

---

**What will you do to help?**

\_\_\_\_\_  
Name, Age

