

Stay at Home Activities April 22, 2020  DAY

## Education Awareness of Earth Day

Earth day is celebrated around the world to bring awareness to best practices to support our environment by decreasing pollution, littering and knowing how each of us can contribute to the Earth's Best Possible Health which BTW also supports our health as individuals.

1. Three (3) Word Search Games attached which focus on increasing awareness for supporting our planet's health. They vary in degree of difficulty.
2. Suggested Earth Day Activities - <https://www.travelandleisure.com/travel-tips/responsible-travel/earth-day-activities-at-home>
3. Plant a seed, watch it grow and bloom. Easy most reliable seeds for beginners are Zinnias, Marigolds, Sunflowers to name a few. Growing cucumbers is also fun but they to require a space!

## Move it, MOVE IT!

1. Breathing Exercises Promotes Relaxation and Increase Lung Capacity – Sort of funny too! <https://www.youtube.com/watch?v=-7-CAFhJn78>

## Entertainment!

1. Zoo Virtual experiences <https://www.popsugar.com/pets/virtual-zoo-tours-47362760>

## **Let's Make ART! Got a Camera and Want to Use It?**

**How about a 30-Day Photo Challenge** – Obviously this is for people who have cameras or cells with cameras

Directions: See *Challenge Sheet of Photo Challenge Ideas* below.

Benefits: The major benefit of this particular activity is that it requires discipline to focus on it each day, requires planning, and it can be a valuable to commit to a daily practice. This is not an activity for everyone so offer it based on who you are supporting!

# 30 DAY PHOTO CHALLENGE

- DAY 1: YOURSELF
- DAY 2: WHAT YOU WORE TODAY
- DAY 3: YOUR FAVORITE PLACE TO BE
- DAY 4: FROM A HIGH ANGLE
- DAY 5: WHATEVER YOU WANT
- DAY 6: FROM A LOW ANGLE
- DAY 7: SILHOUETTE
- DAY 8: SOMETHING CLOSE UP
- DAY 9: SOMETHING FROM A DISTANCE
- DAY 10: WHATEVER YOU WANT
- DAY 11: BLACK AND WHITE
- DAY 12: SAME SHOT, DIFFERENT LIGHT
- DAY 13: PHOTO EDIT YOU LIKE
- DAY 14: FOCUSING ON EYES
- DAY 15: WHATEVER YOU WANT
- DAY 16: EXPERIMENTING WITH LIGHT
- DAY 17: STREET LIGHTS
- DAY 18: DEPICTING EMOTION
- DAY 19: LANDSCAPE
- DAY 20: WHATEVER YOU WANT
- DAY 21: SUNSET
- DAY 22: SOMEONE YOU LOVE
- DAY 23: CHILDHOOD MEMORY
- DAY 24: FAVORITE COLOR SCHEME
- DAY 25: WHATEVER YOU WANT
- DAY 26: PLAYING WITH SHADOWS
- DAY 27: NATURAL LIGHT
- DAY 28: INCORPORATE MOTION
- DAY 29: CLOUDS
- DAY 30: YOURSELF...30 DAYS LATER

Any specific requests for activities focused on particular interests let me know I will do my best.  
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# EARTH DAY WORD SEARCH

After finding all the words, the leftover letters will spell a hidden message starting from the top row, left to right.

G	B	O	X	E	S	U	B	R	O	W	N	S	C
R	S	E	L	F	L	O	W	E	R	S	E	A	A
A	P	P	O	L	L	U	T	E	D	S	P	V	R
S	L	G	W	O	R	M	S	M	S	A	L	E	D
S	A	R	E	A	R	T	H	E	N	R	A	D	B
T	N	E	S	H	B	O	T	T	L	E	S	E	O
R	E	E	P	L	P	N	R	A	A	C	T	G	A
E	T	N	R	P	R	A	A	L	K	Y	I	L	R
E	C	L	I	G	H	T	S	O	E	C	C	A	D
P	L	A	N	T	S	U	H	C	T	L	E	S	R
A	E	C	G	G	A	R	B	A	G	E	W	S	E
P	A	L	I	T	T	E	R	N	L	T	A	O	D
E	N	O	W	A	S	T	E	S	A	U	T	I	U
R	R	E	A	C	O	M	P	O	S	T	E	L	C
D	I	R	T	R	T	R	E	U	S	E	R	H	E

- |         |         |         |          |           |
|---------|---------|---------|----------|-----------|
| BOXES   | CANS    | BOTTLES | BROWN    | CARDBOARD |
| FLOWERS | GLASS   | CLEAN   | GARBAGE  | COMPOST   |
| GRASS   | LIGHTS  | NATURE  | LAKE     | DIRT      |
| GREEN   | METAL   | PLASTIC | LITTER   | EARTH     |
| PLANTS  | PAPER   | REUSE   | POLLUTED | PLANET    |
| SPRING  | RECYCLE | SAVE    | TRASH    | SOIL      |
| TREE    | REDUCE  | WATER   | WASTE    | WORMS     |

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# Earth Day Every Day

Find all of the Earth Day related words from the list below. The words can be up, down, forward, backward, or diagonal.

W O G A P R I L R I A E T C  
R A G W E L P O E P N C N T  
R E T T I L A O U L O O A T  
C G E E T L C N S N I M E D  
F L N R R P D Y E T T P C L  
E O E T A M I L C T A O O A  
Z B R A E D T N I E V S M A  
T A G E N W I P L F R T I R  
O L Y A S T E C U D E R O R  
O E L A X T R A S H S L G S  
Z T N E M N O R I V N E O E  
O S I P O L L U T I O N M E  
N A T U R E S O U R C E S R  
E W E L T R E R T E R L N T

AIR  
APRIL  
CLEAN  
CLIMATE  
COMPOST  
CONSERVATION  
ENERGY

ENVIRONMENT  
EXTINCTION  
FOREST  
GLOBAL  
LAND  
LITTER  
NATURE

OCEAN  
OZONE  
PEOPLE  
PLANET  
POLLUTION  
RECYCLE  
REDUCE

RESOURCES  
REUSE  
SMOG  
TRASH  
TREES  
WASTE  
WATER  
WILDLIFE

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# Recycling Word Search

Can you find the hidden words?  
Words may be forward, backward or diagonal.



ALUMINUM BIN BIODEGRADABLE BOTTLES CANS CARDBOARD  
EARTH ENERGY ENVIRONMENT GLASS GREEN METAL NEWSPAPER  
PAPER PLASTIC RECYCLE REDUCE RENEW REUSE

[www.jugglingfamilylife.com](http://www.jugglingfamilylife.com)