

# Stuck indoors?

## HELP THE EARTH FROM YOUR LIVING ROOM!

Did you know that April is Earth Month? While your friends at ecomaine celebrate the earth every day, here are some suggestions for how each and every one of us can help give the earth a little love while we're spending time inside our homes!

### Skip the Stores

Make homemade laundry detergent, hand sanitizer, facial scrubs -- skip the chemicals and add in your favorite essential oils to make them uniquely yours!

Spring cleaning is here! Go through drawers and closets and set aside unwanted items to donate to others. Be kind this season!

### Science on the Brain

Test soil to see how things decompose: try a banana peel, a piece of foam, a plastic toy, and some paper to start!

Learn about electricity and energy use at home and join the Light Brigade! Turn off lights and electronics that aren't being used

### Get Crafty

Make a greenhouse out of a 2-liter soda bottle.

Build a fort out of cardboard boxes.

Cut up old egg cartons and turn them into friendly caterpillars!

Use scraps of paper or fabric from around the house and weave them into a unique pattern

### Plug In!

Fan of Facebook? Join your local "Buy Nothing Project" group online to share and swap resources online with your neighbors!

What's your environmental impact? Use online tools to find out your Carbon Footprint and set three goals to be better in 2020!

Connect with **ecomaine**

### Audit your waste.

Use an old tarp and investigate what you and your family throw away -- just skip the bathroom trash, please!

### Create upcycled art.

Pull out that old blender and make recycled paper! Find lesson plans and DIY instructions on our website!

### Find us online!

Go to [ecomaine.org/learn](http://ecomaine.org/learn) for activity pages and play our "Wicked Smaht Recycler" game to quiz you and your family on what items can/cannot be recycled! While your at it, take a virtual tour of ecomaine!

Find more activities on our website!  
Visit [ecomaine.org/learn](http://ecomaine.org/learn) for more resources for families, teachers, and earth-lovers everywhere.

Scan  
to  
Here!



# Getting Outdoors

## Explore your neighborhood

Many of us are finding ourselves at home a lot more than usual.

Outdoor activities can keep us all connected to each other, and to the beauty of nature around us. Can't make it to the beach or park? You don't need to go far to explore the outdoors - see how many of these activities you can do just outside your front door!

### THANK YOUR TREES

Reflect on all the wonderful things that trees provide to us every day. Without trees, we would not have clean air, fruits, wood, paper, syrup, or shade. Find a special way to say thank you for all the gifts we have because of trees!

15 minutes



### HELP KEEP EARTH CLEAN

Look around your neighborhood for trash and recycling littered on the ground. Grab gloves or use a pair of tongs to make your outdoor spaces clean and healthy for all the people and animals who live nearby.

30

minutes



### SCAVENGER HUNT

Challenge yourself to collect things you can only find in nature. For example:

5 pine cones

3 different kinds of birds

5 different kinds of leaves

3 acorns

2 squirrels



60 minutes

### LET IT GROW



Plant some seedlings! April is a good time to start seeds for lettuce, peppers, tomatoes, spinach, and herbs. Growing your own food cuts down on unnecessary packaging, too!

30 minutes

### SAVE YOUR SCRAPS



Now's the time to start your compost pile! Start collecting food scraps and as the weather gets warmer, create a pile in your yard to add to your garden, or start a worm bin in your house to make nutrient-rich soil.

3 months



### TAKE A WALK

Practice social distancing on walking trails or on the sidewalks in your neighborhoods. Explore new areas and enjoy the fresh air!

45 minutes

### CHALK IT UP TO GOOD ART

Decorate your driveway or neighborhood sidewalks with beautiful chalk creations and watch them wash away on a rainy day.

20

minutes



### NATURAL SWEETS



Find a maple tree (any variety will do) and cut a small branch to release some delicious sap!

Find instructions online or look for videos on YouTube for help!

20 minutes

### DO IT FOR THE BIRDS

Using discarded items from your trash and recycling bins, make a bird house or bee hotel -- get creative with materials and give our winged friends a place to rest.

60 minutes



### RIDE IN STYLE

Decorate your bike with hand-picked flowers or uncovered leaves and go on a bike (or scooter) ride -- just be sure to wear a helmet!



20 minutes

### THE ABC'S OF OUTDOORS

Get your camera ready and look for the alphabet in everyday things. Can you see that rake shaped like a W or the cloud that looks like a Y? Find all 26 letters and challenge your friends to do the same!



90

minutes



### ECOSYSTEM IN A JAR

Check out a natural space with access to fresh water and collect soil, water, moss, twigs and other natural elements for your ecosystem jar (using internet tutorials to help) and observe over a few days.



7-30 days



## WE CHALLENGE YOU

Do some, or all, of these activities (by yourself or with your families)

and post photos to our Facebook event to win a prize

from ecomaine as our way of saying

THANK YOU for helping protect our earth!

**ecomaine**

Find more activities on our website!

Visit [ecomaine.org/learn](https://ecomaine.org/learn) for more resources for families, teachers, and earth-lovers everywhere.

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