



# Activity Book



# 50 Ways to Love the Earth

## for Earth Day's 50th Birthday

April 22nd, 2020 marks the 50th anniversary of Earth Day, an event that has grown globally in scale! This year we look at how far we've come in the past 50 years and what we can achieve together over the next 50!

### At Home

1. Shop for local and seasonal food.
2. Cover pots and pans while cooking.
3. Unplug appliances when not in use or plug into a power strip that can be turned off.
4. Reduce the temperature on your hot water heater.
5. Keep your dryer vent lint free.
6. Turn off lights when you leave the room and try to use natural daylight when possible.
7. Seal drafts around doors and windows or sew a draft stopper.
8. Run your washing machine with cold water instead of hot.
9. Run consecutive loads in your dryer to take advantage of the heat or, better yet, use the sun's energy to line dry your laundry.
10. Completely turn off electronics overnight rather than put in sleep mode.
11. Say no to junk mail.
12. Go paperless with your bills.
13. Find ways to use leftovers rather than throw them out.
14. Use natural or D.I.Y. cleaners.
15. Meal plan to avoid food waste.
16. Conserve water by turning the water off when you brush your teeth, taking shorter showers, running full loads in the dishwasher and fixing leaky faucets.
17. Replace light bulbs with energy saving LED or compact fluorescents once your old bulbs burn out.
18. Print double-sided.



### In the Garden

19. Grow your own produce, using leftovers to start some plants.
20. Start your own compost bin.
21. Create a wildlife friendly yard by adding native plants and flowers to your yard.
22. Do a bird count in your backyard. How many species did you see?
23. Watch the clouds pass by. What shapes do you see?
24. Add a bird feeder or bee drinker to your yard.  
You can make your own with recycled materials.
25. Avoid using pesticides, herbicides and fertilizers in the garden.
26. Collect rainwater and use as a non-potable option.





## Reuse/Recycle

- 27. Recycle your old electronics.
- 28. Use reusable shopping bags, produce bags and snack bags.
- 29. Use reusable water bottles and straws.
- 30. Do a clothes-swap with friends or shop secondhand.
- 31. Recycle cans, plastics, cardboard and any other accepted materials.
- 32. Use reusable makeup removing cloths.
- 33. Donate your old running shoes to give them new life as a running track or field.
- 34. Bring a reusable mug to get coffee or tea, some places even offer discounts.



## Out & About

- 35. Reduce emissions by carpooling and grouping trips together.
- 36. Visit your local library rather than buying books new. Most even have digital books for loan.
- 37. Visit the Zoo! Fresno Chaffee Zoo contributes to over a dozen wildlife conservation programs around the globe. By visiting you are helping to support these important organizations.
- 38. Adopt a furry friend! Stray animals can have big impacts on local wildlife through predation and disease spread. Adopting from a rescue helps to reduce the stray population. Keeping cats indoors also helps protect wildlife as well as your pet.
- 39. Visit national and state parks. Get your camera out and snap some Instagram worthy nature shots, or just enjoy the moment!
- 40. Take a stroll or ride your bike to nearby destinations.
- 41. Talk to people you know about conservation and the importance of protecting the Earth.
- 42. Purchase sustainable palm oil products using the free Cheyenne Mountain Zoo Palm Oil app for information on different products.
- 43. Purchase sustainable seafood using the free Seafood Watch app.
- 44. Pick up any trash and litter.
- 45. When enjoying your visit to your local park to feed the ducks, bring bird seed or greens for them instead of bread. Bread does not provide any nutritional value and can actually make them sick.
- 46. Skip the next day shipping and group your packages together. Multiple small deliveries means more vehicles on the road and more carbon emissions.
- 47. Next time you go out for ice cream, treat yourself by getting the cone instead of the cup and spoon.
- 48. Join a citizen science project.
- 49. Take notice of natural beauty around you every day.
- 50. Encourage friends and family to participate in these actions as well.



**This is a big list, but take your pick and add them in slowly! Our Earth doesn't need 5 people living a perfectly sustainable life, we need 5,000 people doing it imperfectly! Every little bit counts!**

# My Earth Day Pledge

I, \_\_\_\_\_, promise to do my best to conserve Earth's resources. I can take the following actions in my life to help protect our world.



**Turn off lights when I leave the room**



**Turn off the water when I brush my teeth**



**Take shorter showers**



**Pick up trash and put it in the right receptacle**



**Recycle**



**Plant flowers and trees with my family**



**Talk to my friends and family about conservation**

\_\_\_\_\_  
My Signature

\_\_\_\_\_  
Date





# Native California Animal Appreciation



You don't have to travel far to see wildlife! California is home to some amazing animals and plants we often overlook. Take a moment today to step outside or look out a window and see what you can find.

Watch for crawling ants, listen for raucous mockingbirds and sniff for clover. Keep a safe and respectful distance from animals and share photos of your discoveries with us. Remember, no matter where you live, nature is waiting right outside your door.

Some species of plants and animals are only found in one specific area of the world. These are called endemic species, and many can be found only in California! Some, like the California mule deer, can be found throughout the state. Others may only be found in a single body of water like the Shoshone pup fish. It's important to keep habitats intact and healthy so all of California's unique endemic plants and animals can thrive for generations to come.

You may know that California has a State Bird (the California quail) and a State Flower (the California poppy), but it doesn't stop there! For example, you may have seen the State Animal on our flag: the extinct California grizzly bear. If you venture into the ocean, you may find garibaldi, grey whales, and leatherback sea turtles, the State's Marine Fish, Marine Mammal, and Marine Reptile, respectively. Head to the Mojave Desert to find our State Reptile, the desert tortoise. Don't forget about our State Insect, the California dogface butterfly! Even prehistoric animals share in the California pride: our State Fossil is the mighty saber-toothed cat!



**Clover**



**Dogface Butterfly**



**California Quail**



**California Poppy**

# Nature Scavenger Hunt

Nature isn't just wild places. You can find nature right outside your door! Look in your yard or go for a walk and use this page as a guide on your very own nature scavenger hunt!

**Take something to write and draw with and a clipboard if you have one. Explore the outdoors and see what interesting things you can find in your own neighborhood.**



Look for a leaf with an interesting shape and draw it below.	Find something that feels smooth.	Look for something yellow.
Listen for a singing bird.	Spot a spot! Can you find a plant or animal with spots?	Find a flower and draw it here.
Find a bug! Draw what it looks like.	Smell a plant. What does it smell like?	Fill in this square with a bark rubbing.



# Bird Feeder

## Supplies

- Toilet paper or paper towel tube
- Yarn, string or pipe cleaners
- Hole punch or pencil
- Nut butter or shortening
- Bird seed, unsalted sunflower seeds, unsalted peanuts or plain uncooked oats

## Steps

1. Gather materials.
2. Use a hole punch or pencil to poke two holes in cardboard tube.
3. Use a butter knife, spoon, or your fingers to cover the tube with the peanut butter or shortening.
4. Roll the tube in bird seed or other food to coat.
5. Tie the yarn, string or pipe cleaners through the holes to make a hanger.
6. Hang your new bird feeder outside and watch!





# Gardening Ideas & Activities

## Grow Food From Scraps!

- Need more green onions but don't want to go to the store? Save the ends of your previous batch and place them in a jar of water. You'll have more green onions in no time and you can just snip off what you need!
- All finished with your romaine lettuce? Place the end of the lettuce in a tray of water or a pot of soil and watch new leaves emerge! There's more than just plastics and cans that can be recycled!
- Have an extra garlic clove leftover from dinner? Take off the outer peel and place the clove in a pot of soil. Soon you'll have a whole new bulb!



## Wildlife Friendly Garden

You can help the native species that call our region home by making your yard wildlife friendly!

- Plant California native plants: Not only does planting native plants help wildlife, it can also mean less yard work for you! These plants are adapted to our region meaning they are usually drought tolerant and resistant to native pests.
- Leave the leaves: Piles of leaves, sticks, and other brush provide shelter for a variety of species!
- Add additional shelter: You can help encourage species to visit your yard by adding extra shelter. You may know about bird houses, but you can also find directions on how to make bee hotels, bat houses, or butterfly houses to invite these animals into your yard.
- Add water sources: All species need water to survive. Add a bee drinker or birdbath to your yard and watch what species begin to appear! Get creative with your water sources but remember to drain and clean them once per week to prevent mosquitos.
- Keep it safe: Avoid using pesticides, herbicides, and fertilizers as these products can be toxic to beneficial species. Using native plants can reduce the need for fertilizers and herbicides while native wildlife can help to control pest species populations. Limiting the use of these products also helps to keep our waterways clean by limiting chemical runoffs from the yard!





# DIY Terrarium

Looking to bring a little more nature into your life? Here's a terrarium you can build at home! While you can purchase plants and other materials for this project, you can also do it using what you have on hand and re-using materials from home.

## Supplies

- One clear glass or plastic container: a jar, fishbowl, soda bottle or other items work well. Make sure it is clean and any labels are removed.
- Small rocks or gravel
- Dirt from outdoors
- Plants from outdoors

## Optional Supplies

- Garden trowel or small shovel
- Charcoal (lump or aquarium charcoal, not briquettes)
- Store-bought plants or seeds
- A small section of netting or window screen
- Decorations

Place your small rocks or gravel in the bottom of your container. You need a layer about one inch deep. This is to help drainage and keep the roots of your plants from getting too wet.

**Optional:** If you have charcoal, place some on top of your drainage layer. This helps to clean the water. Break up lump charcoal into smaller bits or use charcoal made for aquariums.

**Optional:** If you have narrow netting like window screen material, shade cloth, etc, you can cut out a section to cover your drainage layer. This will help keep your dirt or soil separate.

Next, add a small layer of dirt or soil. This will be the base for your plants. You can build the soil up into different levels, add in little dips or keep it flat. This is where you start to put your own flair on your terrarium!

Now, it's time to add in your plants. Whether you are using plants found outdoors or plants purchased from a store, keep in mind how big they'll grow and what conditions they prefer. Some plants may need larger space, or prefer dry or wet conditions. **If you are gathering plants from outdoors:** make sure you have permission to take the plants, get permission to gather plants if they are not on your property and be sure you know they are safe and non-toxic to the touch.

Take time to arrange your plants how you like them. Play with placement! Get plants with different colors and textures bunched together! Group them closely or leave lots of open space for them to fill in! A terrarium is your own little world, and you can build it how you like.

**Optional:** Once your plants are in place, add in any decorations. Colorful stones, animal figurines, sticks, dried leaves and other things can add interest and flair in a terrarium.

Once your plants and optional decorations are settled, it's time to water your terrarium. If you chose plants like cacti or succulents, water lightly. Water-loving plants like moss will prefer more water. You can always allow the soil to dry out by leaving your terrarium open or add a lid to keep moisture locked in.

Keep your terrarium in a place where it gets indirect sunlight and keep an eye on the water level, adding water when needed. Try experimenting with different containers and plants, reuse materials when you can and enjoy this little piece of nature in your own home!

