

EARTH DAY ACTIVITIES

Health & Phys. Ed.

REDUCE, REUSE, RECYCLE SONG

Check this out! [Reduce, Reuse, Recycle Song](#)

There are so many great suggestions of how to reduce, reuse and recycle in this catchy song.

Here are some activities you could try:

Dance to the song

Create a fitness routine to the song (think jumping jacks, squats, lunges!)

Create your own video/google slideshow or site demonstrating the information learned.

Make a poster (on recycled paper or in google docs, of course) of something you learned from the video.

RECYCLING RELAY

Set up a Recycling Relay for yourself or your family

Look around your home and find a bunch of recyclables (and maybe non recyclable material too) and place it in a pile.

Here are some materials you may find:

Cereal boxes, juice boxes, pop cans, milk cartons, coffee pods, chip bags, popsicle sticks...

Get out your blue recycling bin, compost bin and garbage bin and place them about 15m from the pile of recyclable items.

Put family members into teams or try this activity by yourself and time it!

One by one, pick up an item and race to the otherside to sort it into the correct bin.

** Consider doing this activity outside or place a sheet of plastic under the pile of materials for easy clean up **

OUTDOOR SCAVENGER HUNT

You can try this activity in your front/back yard or head out into the neighbourhood for a walk.

[English Scavenger Hunt](#) (collection) [English Scavenger Hunt](#) (to draw)

[French Scavenger Hunt](#) (collection) [French Scavenger Hunt](#) (to draw)

Extension: Bring home some of the items you found (sticks, rocks, leaves etc.) and create an Earth Day Art project

BUG OR BIRD EXPLORATION

Nature is full of bugs and birds!

While out for a walk, or playing in your yard, observe these wonderful creatures!

Extensions: Create a bug habitat or bird feeder/bird seed ornament

Draw some of the bugs or birds you see.

Do some research about a cool bug or bird you saw. Create an online google doc, site or slideshow of what you learned.

FITNESS ACTIVITIES - USING EVERYDAY MATERIALS

KEEP IT UP

Fill a large ziplock bag up with air

Play a game of keep it up (solo or with a sibling/parent).

How many times can you keep it up in the air using your hands?

How many times can you keep it up in the air using your feet?

Can you try to keep it up with other body parts?

Reflection Questions:

Is it easier to keep the object in the air when you hit it high or low?

Where should your eyes be looking when you strike the object?

What part of this activity is easy and what part is more challenging? Why?

TARGET PRACTICE

Use materials around the house to create balls (rolled up socks, stuffed animals, balls of aluminum foil from the recycling bin etc.)

Place a basket (laundry basket, garbage can, pots, cardboard box) a distance away.

Try to throw the items into the basket.

After a successful throw, move back and try it again.

Remember to keep aim, look at your target and step with the opposite foot - and don't forget to follow through to your target when you let go!

Challenge: How many can you score in 1 minute?

Reflection questions:

What difference did it make if you were closer or further away from your target bin?

Were some materials easier or harder to throw? Why?

Try underhand and overhand throws. Is the path and speed of the object different with these throws? How is it different?

BUILDING CHALLENGE

Can you create phys. Ed. equipment out of recyclable materials?

I gave you some ideas in the challenge above (balls made out of recycled aluminum foil, laundry baskets for bins for example).

Can you think of some other phys. Ed. equipment you could create at home using everyday materials?

What kinds of fitness activities or games could you play with this equipment?

ZERO WASTE SNACK / LUNCH

Can you create some snack and lunch options (for now or for when we go back to school) that have zero waste?

This means you'll need to eliminate single use items like plastic bags, chip bags, straws, plastic wrap and juice packs.

Extension: Can you create something that will help you lessen or eliminate food wrapping waste? For example, can you make a lunch bag, reusable sandwich wrapper, or homemade yogurt?

Click [HERE](#) for some tips.