

Fitness STARS

by Stretch-n-Grow

EARTH DAY



16 Fun Activities to Celebrate Earth Day

Celebrating our planet can be just that—a celebration. Here are some fun and easy ways to honor Mother Earth on April 22.



Pick up litter around your favorite public place.

Check out green-themed library books to read to your children.

Enjoy a picnic.

Make a dinner with food from local farms.

See who in the family can take the shortest shower.

Forgo driving if possible.

Donate \$25 to an environmental organization.

Whip up some eco-playdough.

Plant a tree.

Wake up and take a walk.

Go seed shopping for native plants.

Take your kids to the park.

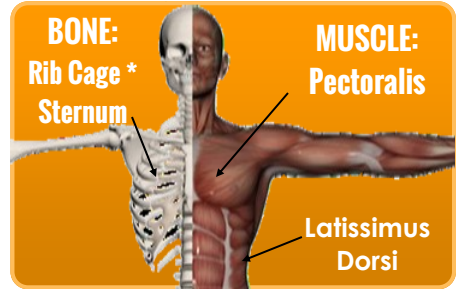
Go shopping at a consignment shop.

Donate old children's books to your local library.

Toss wildflower seeds into an area of your yard.

Skip the gym and go for a run or bike ride.

Brought to you by: [NATURAL VITALITY](#) [tasteforlife.com](#)



MOTOR SKILL FOCUS

Push Up (Non-Locomotor)

YOGA POSE

Cow



ADVENTURE OF THE WEEK: Reduce! Reuse! Recycle

This week, we will celebrate Earth Day! We will learn how to do our part to take care of the world that has been entrusted to our care. Our Stretch-n-Grow Stars can help keep our earth clean by: Reducing trash, Reusing anything that we can, & Recycling every day!

