

16 WAYS TO HONOR Mother Nature

1. **Play and explore outdoors.** The more time you spend outdoors, the more you will come to understand the ways we are all part of nature.
2. **Grow and tend plants.** They can provide nourishment for people and other animals such as bees, birds, and butterflies.
3. **Express gratitude.** This might be a poem you tell a tree, thanks you whisper under the moon, or land art offered as a gift of leaves and seeds.
4. **Reuse something** headed for the trash. What can you do with a mesh produce bag?
5. **Care for wildlife.** Bird feeders, nest boxes, bug hotels, and brush piles are all ways you can help animals find food or shelter.
6. **Get to know what grows beneath your feet.** Learn about a plant or weed near you.
7. **Climb a tree.**
8. **Find out what can be recycled near you.** Besides paper, plastic, glass, and aluminum, can you safely recycle batteries? Light bulbs? Paint? What else?
9. **Listen.** Become aware of life that surrounds us. Breathe deeply. Feel the wind and sun. Feel your toes on soft grass or moss. What do you hear in your stillness?
10. **Taste nature.** Respectfully harvest leaves, flowers, or berries for tea, salad, or a healthful snack. This reminds us of our direct connection with the Earth.
11. **Build a shelter.**
12. **Start a compost pile.** Food scraps like apple cores, peanut shells, and carrot peels break down to become nutrient-rich soil for your garden.
13. **Learn about indigenous people where you live.** How do they honor the Earth?
14. **Follow your nose.** Smell leaves, flowers, trees, and bark. You can make scent memories in every season.
15. **Make nature art.** Nature is full of beautiful, sometimes strange surprises. Use natural materials to create a nature crown, gnome home, or other outdoor art.
16. **Read about the history** of Earth Day, the Clean Air and Clean Water Acts, and other legislation that helps protect our shared natural resources.

