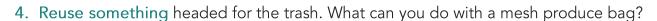
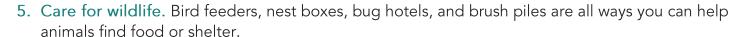
16 WAYS TO HONOR Mother Mature

- 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.





- 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.

