



Counselor's Corner

April 19th – 23rd, 2021

Fun Ways to Celebrate Earth Day

Earth Day is celebrated every year on April 22nd, the day many consider the birth of the modern environmental movement. Currently over 1 billion people participate in Earth Day activities each year, making it the largest civic observance in the world.

Earth Day is a great time to teach children about our environment, nature and ways to preserve our planet. Here are some fun ways to celebrate Earth Day with your kids:

- **Plant a Tree:** Have kids help you plant a tree in the yard. While planting you can explain how trees help the environment and play a significant role in cleaning our air.
- **Learn the 3 R's** – Reduce, Reuse & Recycle: Teach kids the 3 R's (Reduce, Reuse & Recycle), and how implementing this mentality can help cut down on water usage, landfills, energy and other natural resources.
- **Set Up a Recycling System:** If you don't have one already, Earth Day is the perfect time to set up a recycling system at home. Set up a bin that you can place your cans, plastic bottles and glass in, and explain that these items should be placed in the designated bin rather than the trash can.
- **Read Earth Day Books:** Use children's books to illustrate the importance of protecting the environment. Dr Seuss' *The Lorax*, Phylliss Gershator's *Listen Listen*, and Peter Brown's *The Curious Garden* all show how recycling, reducing and reusing can make an impact on the environment.
- **Challenge Kids to a Nature Scavenger Hunt:** The best way to build appreciation for nature is getting out there and experiencing it. All you need for an outdoor scavenger hunt is paper, pencil and a clipboard. Leave room for kids to sketch their findings if they'd like. Bonus: Enjoying nature comes with built-in social distancing.
- **Create a Miniature World:** Making a diorama or shadowbox is the perfect project for kids who love to tell stories. They can dream up a magical tiny world, all contained in a little box. Start with a shoebox-sized container and found natural objects. Scout your backyard or go on a nature walk to source your materials. They might be dried leaves, twigs or round stones, and you can add tiny toys to your scene.

Mrs. Jocelyn Cavallo
School Counselor

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St. Mary's Program

The next delivery date for St. Mary's food bags will be **Thursday, April 30th**. If you would like more information on this food assistance program or if you would like to enroll in this program, please email Mrs. Cavallo.

Kyrene Family Resource Center (Food. Clothing. Hygiene. Connections)

For support with immediate needs, including: food, gently used school clothing, hygiene supplies, school supplies, and connections to outside agencies/resources visit:

<https://www.kyrene.org/domain/575>

Southwest Behavioral & Health Services

<https://www.sbhservices.org/>

Outpatient counseling services for students are available through our school-based provider, Southwest Behavioral Health. For information and referrals, please contact Mrs. Cavallo