

# Earth Day Challenge



United Nations  
Educational, Scientific and  
Cultural Organization



**MOUNT  
ARROWSMITH**  
BIOSPHERE REGION

Earth Day began on April 22, 1970 and has been an important day ever since. It's a day to reflect on our planet, our environment, and what we can do to help keep them healthy. Here are some challenges for you to do at home to help keep them this way!

## Today's Challenges:



Find 2 things you can do at home to conserve energy.



Plant a seed. Growing your own food reduces carbon emissions as your food doesn't have to travel across the world to get to you!



Make a trash collage. You can make something beautiful with items that would otherwise be thrown away!



Repurpose something. You would be surprised with what you can make from things like jars, cans, cardboard, or egg cartons!



Be water smart. Shower instead of bath to use less water. If you shower already, try reducing the time you are in there for!

*Send us feedback on how this activity went and we'll enter you into our weekly draw!*

Show us your results! Snap a picture and share it with us on social media, or email it to the MABR Coordinator, at [mandy.hobkirk@viu.ca](mailto:mandy.hobkirk@viu.ca)



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