



TODAY'S TOPIC:

Earth Day

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

How does a caterpillar become a butterfly?

Lesson

Earth Day

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> Real worms or images 	<ul style="list-style-type: none"> 	Educate about ways to honor and care for our earth

ASK: Who takes care of you?

Examples: Parents, grandparents, sisters, brothers, teachers, God.

ASK: What are some ways they take care of you?

Examples: Place to live, food, clothes, love, etc.

ASK: Why do they take care of you?

SAY: They care about you! We take care of the things we care about. Let's say that together: “We take care of the things we care about!”

ASK: Do you know what “Earth Day” is?

SAY: Earth Day is the day we celebrate the things we do all year/every day to take care of the earth. It is always on April 22. Because we care about the earth we take care of it.

PICTURE THIS: Imagine your room. Think about how you feel when your room is a mess. Picture socks and dirty clothes piled on the floor. An old banana peel sits on the dresser and juice from a tipped over juice box drips down the side. How does your room feel? Do you like spending time there? Probably not. You might feel frustrated and annoyed. But when your room is clean, it feels peaceful, happy and safe.

SAY: The [Earth](#) is your home too. And when it's clean and healthy, the people, plants and animals that live on it are clean, healthy and happy. We get everything we need from the Earth: food, clothing, shelter and even medicines. Earth is a fragile place that can be damaged easily by people. The good news is that people can also clean it up and take care of it.

ASK: What are some ways that we take care of the earth?

Examples:

- Recycling
- Use a reusable bag to carry your lunch or groceries or stuff.
- Alternative energy – sun, wind, chemical reactions
- Cars that don't run on traditional gasoline
- Walk or ride your bike instead of using the car
- Planting trees
- Pick up litter
- Turn off the lights when you leave the room
- Gardens/compost - **Show worms** and talk about how they keep the soil healthy.

SAY: One way we said we can take care of the earth is to plant gardens. Do any of you have gardens at home? Wonderful! Planting seeds gives us a really great opportunity to bless the earth. When I plant seeds I like to

imagine I am also planting my wishes and prayers. I plant seeds of love, and joy and compassion with my carrots and peas. And then at harvest time I think about all the ways love has grown in my life and in the world around me.

AFFIRMATION – I am always the best me I can be. Repeat 4x

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .