

Earth Day Guide

For Kids: Fun & Educational

Fitness Finders

What Is Earth Day?

Earth Day started in 1970 as a way to raise awareness about protecting the environment. Today, over 1 billion people celebrate Earth Day in more than 190 countries!

Why Is Earth Day Important?

- Fresh air to breathe.
- Clean water to drink.
- Plants and trees that give us food and shade.
- Animals that make our world beautiful.

Earth Day Activities

Use Fitness Finders tokens to motivate kids to take action for the environment while promoting healthy habits.

1. Plant a Tree

Tree Planting Relay

Organize a race where kids plant small trees or flowers, earning a token for participation.

2. Reduce, Reuse, Recycle

Upcycling Contest

Kids create something useful from recyclables and receive tokens for creativity.

A glass of water with a globe of Earth inside it, symbolizing water conservation.

3. Save Water & Electricity

Energy Saver Star

Reward kids with tokens who turn off lights, unplug devices, or reduce water waste.

4. Help Clean Up Your Community

Recycling Champion

Reward kids who collect and properly dispose of a certain number of littered items.

Trash Pick-Up Hero

Reward kids who collect and properly dispose of a certain number of littered items.

5. Walk, Bike, or Carpool

Eco-Friendly Transportation Challenge

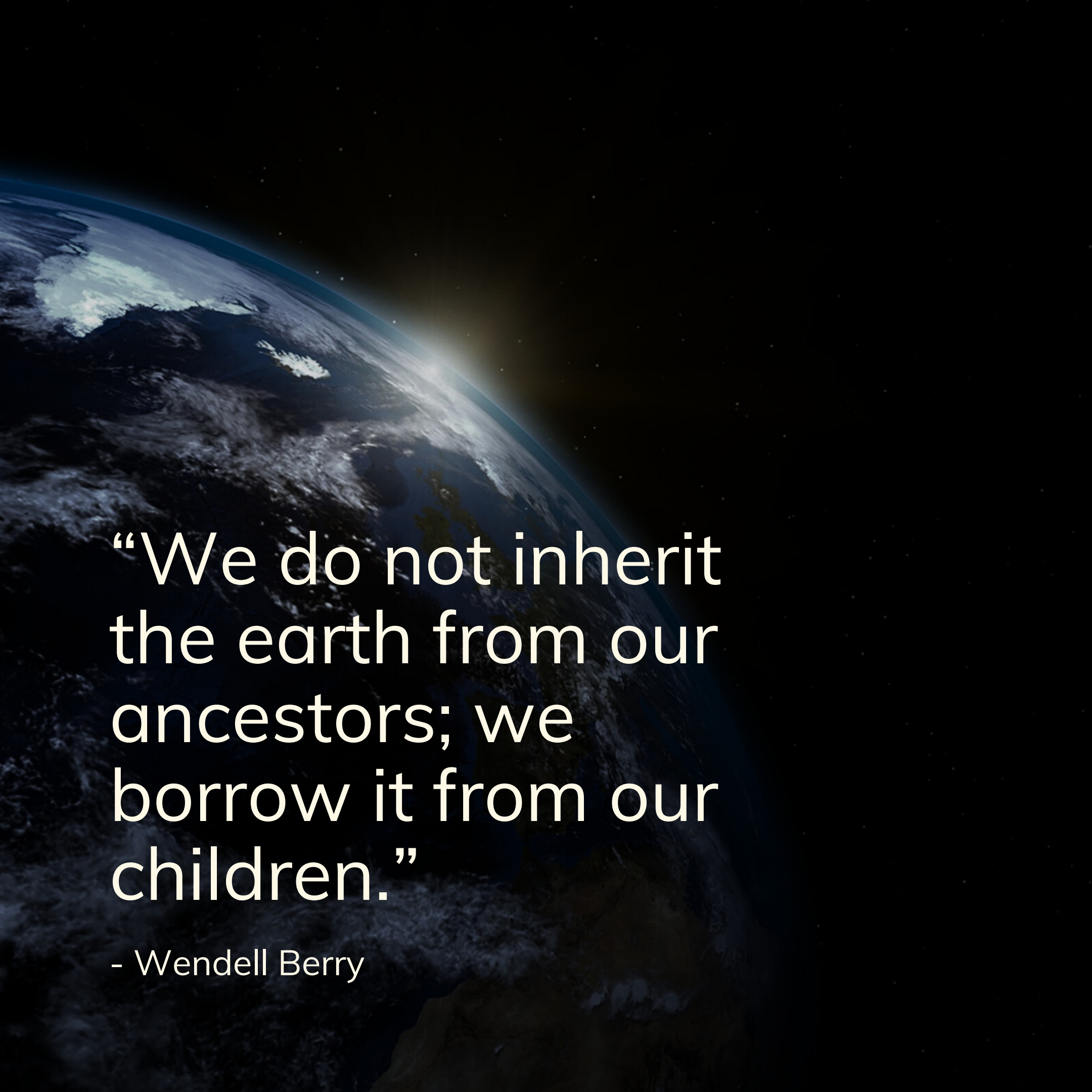
Kids earn a token for choosing an eco-friendly transportation method multiple times in a week or a month.

A photograph of a globe being held by several hands of different skin tones against a dark, textured background. The globe is centered on the African continent. The hands are positioned around the globe, with some fingers resting on the top and others supporting it from below. The lighting is soft, highlighting the texture of the globe and the skin of the hands.

6. Spread the Word

Green Team Rewards

If a whole class reaches a goal (e.g. using reusable bottles for a week), everyone earns a token.

A photograph of Earth from space, showing the curvature of the planet and a bright light source on the horizon. The image is dark, with the Earth's surface appearing as a mix of blue and white, and the sky as a deep black. The text is overlaid on the left side of the image.

“We do not inherit
the earth from our
ancestors; we
borrow it from our
children.”

- Wendell Berry

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