

Hey Rebels, April is Earth Month—the perfect time to celebrate the planet and use your creativity and ingenuity to come up with ways to honor and protect the environment.

LIVE CONSCIOUSLY

When Greta Thunberg began her journey as an environmental activist, she knew it was important to make changes in her life. What changes will you make?

- Knowing that raising livestock for food is a huge contributor to greenhouse gas emissions, Greta became a vegan. What are some vegan or vegetarian dishes you like to eat? Brainstorm recipes you know, look up new ones in cookbooks, or experiment in the kitchen to create your own! Write down your recipes and make your own environmentally-conscious cookbook. Don't forget to draw or take pictures of your meals!
- Airplanes release a lot of greenhouse gasses. So Greta travels by boat instead of plane. Think about how you get around and how you could cut down on plane or car travel. Plan a fun day for your whole family, where you don't need the car at all. Use bikes, skateboards, scooters—and your feet. Maybe you can plan one car-free day a week (or a month) going forward.

BE CONSCIOUS IN NATURE AND WRITE FROM THE HEART

A talented journalist, Marjory Stoneman Douglas was a champion of the Everglades. In her book, *Everglades: River of Grass*, she described why the region is so special. She wrote: "There are no other Everglades in the world. . . . their vast glittering openness, wider than the enormous visible round of the horizon, the racing free saltiness and sweetness of their massive winds, under the dazzling blue heights of space." Bring a notebook as you spend some time outside. Notice the movement of the trees or grass in the wind. Listen to the sounds of the wildlife. Channel your inner Marjory and write about the things you see, smell, touch, and hear.



PLANT THE RIGHT PLANTS

Wangari Maathai knew that to plant trees that will survive and thrive, they must be right for the habitat. Do some research about the trees, flowers, or shrubs that are native to your area. Find out which ones can be the most beneficial to pollinators or other helpful wildlife. Then work with your grown-up to plant some. You could also research which houseplants are best for reducing indoor air pollution and get some for your home.



WATER POWER

As a water protector, Autumn Peltier works hard to make sure the water is safe and clean for First Nations communities around the world. With Autumn in mind, try out these watery activities.

- Think about how you use water in your everyday life. Make a list. Then, keep a record for a week—write down all of the water you use and what you use it for. Compare your two lists. How were they different? What are some ways you can conserve water in your own life?
- Pick one of these watery words and research it: aquaponics, aquifer, desalination, effluent, greywater systems, hydropower, hydrotherapy. Create a short presentation—with illustrations—and share it with your family.
- Hikers on long treks often give and get nicknames—and mother-daughter hiking team, Briana and Cambyr Sullivan were no different. Briana's trail name was Chickweed and Cambyr went by Kaleidoscope. Come up with your own trail name as you explore.

