

# EARTH DAY

## THEMED PROGRAMME



### AIM

Earth Day is a celebration of our beautiful planet, whilst also considering what we can do to better protect it. Take on our themed programme and consider how you can play your role. Earth Day falls on 22<sup>nd</sup> April each year.

### ACTIVITIES

-  Earth Day Quiz
-  Planet Earth FC
-  Earth Biscuits
-  Earth Seed Bombs
-  Protect the Earth
-  A World Full of Thanks

# EARTH DAY

## » INTRODUCTION

Earth Day is an annual event held on 22<sup>nd</sup> April each year, to celebrate our planet and demonstrate support for environmental protection. The first Earth Day was held in 1970 and has been running ever since.

With protecting the environment becoming ever more important, Earth Day is becoming a bigger event each year. For more information on Earth Day visit [www.earthday.org](http://www.earthday.org)


## ? DID YOU KNOW?

- Earth Day is 22<sup>nd</sup> April.
- The first Earth Day took place in 1970.
- It was the idea of an American politician who was worried environmental issues weren't being taken seriously.
- On the very first Earth Day in 1970 over 20 million people in America got involved. That's roughly 10% of the US population at that time!
- Around 1 billion people take part in Earth Day activities each year, from across 190 countries.



## GET LEARNING: ME & MY WORLD EARTH DAY QUIZ

A multiple choice quiz aimed at helping children to explore just how precious our Earth is and the impact humans are having on it.

- 1  A leader will need a copy of the 'Earth Day Quiz' question sheet.
- 2 Allocate the four corners of the meeting space as 'A', 'B', 'C' & 'D'. To help children identify which corner is which, consider creating signs to place in each corner.
- 3 Read out a question from the quiz sheet and the four options. Ask children to go and stand in the corner they believe to be correct.
- 4 Reveal the answer and then share the fact that goes with it. You could also have a discussion after some of the answers, particularly if the answer or fact has surprised the group.



## GET INVOLVED: PROTECTING OUR WORLD PLANET EARTH FC

Protecting Earth is going to involve us all. Bring together your dream team as you create a football team destined to win something far greater than the World Cup – the future of the planet itself!

**Design 'Planet Earth FC's' Football Kit:** If the team is going to battle to save the future of the planet, then it better look good doing it! Design the perfect football kit for 'Planet Earth FC' to play in.

**Planet Earth FC Team:** Planet Earth FC needs 11 of the best players to be successful in saving the planet. For each of the 11 'players' children should come up with an act they can do to help make a difference. This might be cycling more, recycling, eating less meat, showering for less time, turning the tap off when brushing teeth, wearing a jumper instead of turning the heating on etc.

Afterwards let children share their 11 acts. Encourage them to take their sheets home to help remind them of the promises they have made to help make a difference and do their part to help 'Planet Earth FC' to victory.



#### GET CREATIVE



30 MINUTES



PREPARATION  
NEEDED

## GET CREATIVE: IN THE KITCHEN

# EARTH BISCUITS

Bake some tasty biscuits designed to look just like our green and blue planet, Earth. The below recipe makes 12 biscuits.

- 1 In a bowl beat together the butter, sugar and vanilla until the mixture is pale and fluffy. Add the egg and beat again.
- 2 Tip in the flour and bicarb and mix together.
- 3 Split the mixture into two bowls. In one bowl add the blue colouring and in the other bowl add the green. Mix well until the dough in each bowl is evenly coloured.
- 4 Pull out pieces from each coloured mixture and start shaping into small balls, patching if necessary to create an Earth effect.
- 5 Place the balls onto a lined baking tray, leaving plenty of space between each one. You may need to use multiple baking trays or cook them in batches.
- 6 Bake for 15-18 minutes at 190c / 170c Fan / Gas 5. Place on a wire rack to cool before eating.

#### What you'll need:

- 175g Butter
- 1 Large Egg
- 200g Brown Sugar
- 250g Plain Flour
- 100g Caster Sugar
- ½tsp Bicarbonate of Soda
- 1 tbsp Vanilla Extract
- Green & Blue Food Colouring / Gel



#### GET INVOLVED



20 MINUTES



PREPARATION  
NEEDED

## GET INVOLVED: PROTECTING OUR WORLD

# EARTH SEED BOMBS

Create some seed bombs made to look like the Earth, to help grow flowers – perfect to increase biodiversity and fill the world with colour.

- 1 Cut green, blue and white construction paper into squares of roughly 2-3cm each. Place each colour in separate bowls.
- 2 Fill each bowl with water so the paper is fully covered and leave to soak for 20 minutes. (Do these first two stages at the beginning of the session, complete a different activity whilst the soaking takes place and then come back to it later on).
- 3 Remove the paper from the bowl and squeeze the excess water out of the paper. Now place the paper in the food processor / blender and pulse until the paper becomes pulp. (Note: This stage will require additional leader support and supervision)
- 4 Remove from the blender and put the pulp back into an empty bowl. Repeat this process for all three colours, keeping the colours separate throughout.
- 5 Open the packet of seeds and add seeds to each of the bowls. Gently mix them into the pulp.
- 6 Take a bit of each coloured pulp and form it into a ball. You want to try and make the ball look like Earth, so try not to mix the colours up too much.
- 7 Place the balls onto a paper plate and leave them to dry. You could press some more seeds into the ball(s) if you think they need some more.
- 8 Ask children to take their seed bombs home and leave them to dry overnight, before throwing them into a flower bed or plant pot at home. Make sure to add plenty of water to the bomb when it comes to planting them.

#### What you'll need:

- Green, Blue & White Construction Paper
- Scissors
- Bowls
- Water
- Food Blender / Processor
- Wild Flower Seeds
- Paper Plates



## GET ACTIVE: PLAYING GAMES

# PROTECT THE EARTH

A game designed to highlight all the different ways we cause damage to our world and how it is our job to protect it.

- 1 At one end of the room place 6 skittles (or 2L plastic bottles, with a bit of water inside to add weight). These skittles represent the Earth.
- 2 1 or 2 children should be nominated to be Earth's protectors. They should stand near the skittles. Everyone else should stand at the other end of the meeting space.
- 3 Explain that Earth's protectors must try and stop the pins from falling over, by blocking anything that is thrown at them. The rest of the group have the job of throwing sponge balls at the pins, trying to knock them over.
- 4 Before starting the game, ask the group to suggest ideas for what each of the balls could represent. For example, if you have 6 balls then the group will need to think of 6 different ways we harm the planet. This might include dropping litter, not recycling, driving to school instead of walking, not turning lights off after using them, using single use plastics etc. Only once the group have come up with 6 different ideas, can then 'earn' all 6 balls for the game.
- 5 Play the game and time how long Earth's protectors can keep all the pins standing for. After all the pins have fallen, nominate 1 or 2 new children to be the new protectors and reset the game. Make sure to ask the group for 6 new ways we harm the planet before each round.
- 6 The protectors who keep the pins (Earth) standing for the longest period of time win.

**Top Tip:** Have some leaders stood behind the pins to throw the balls back to the group, so they have a continuous supply of balls to be throwing at the pins (Earth).



## GET INTO THE BIBLE: PRAYER

# A WORLD FULL OF THANKS

Earth Day is about celebrating the wonderful planet we live on. Spend some time giving thanks to God for all he has given us. Have an inflatable globe, a large picture of Earth or something similar to help focus the prayers.

- 1 Explain to the group that they are going to spend a short while reflecting on all the good things about Earth. This can include anything the group love about Earth from our incredible animals, beautiful scenery, favourite places, water that keeps us alive, our homes that keep us safe and so on. Encourage the group to list as many things as possible.
- 2 Ideally you should write these things onto an inflatable globe or a large picture of the Earth. Keep going until the globe / picture is covered with things the group are thankful for.
- 3 Remind the group that everything on the earth has been created and gifted to us by God. Whilst it can be really easy for us to take it for granted, we all need to remember to be thankful to God for what he has given us and to look after it as best we can.
- 4 Finish in prayer, thanking God for all the things the group are thankful for about Earth, as well as asking God to help us to look after his creation too.

 **'Every good action and every perfect gift is from God. These good gifts come down from the Creator of the sun, moon, and stars.'** James 1 v 17



# EARTH DAY QUIZ

## 1) How many people live on earth?

- A) 790,000      B) 7.9 Million      **C) 7.9 Billion**      D) 7.9 Trillion

**Fact:** The world population continues to grow. It increases by roughly 200,000 people every single day. The more people on earth means the more people needing to use the Earth's resources.

## 2) How long does it take disposable nappies to decompose in a landfill?

- A) 500 years**      B) 3 Years      C) 100 years      D) 3 Months

**Fact:** It is estimated that the UK goes through 3 billion nappies every year. All these nappies go to landfills and will still be sitting there in hundreds of years time!

## 3) What item is most frequently found during beach clean-ups?

- A) Drink Cans      B) Paper Products      **C) Plastic Items**      D) Clothing

**Fact:** Plastic makes up the vast majority of rubbish round on the beaches. This includes plastic bags, bottles, wrappers, bottle caps and more. There is roughly 143 pieces of plastic found per 100 metres on a UK beach.

## 4) How much of the UK's total greenhouse gasses are produced by cars and lorries?

- A) 3%      B) 13%      **C) 23%**      D) 33%

**Fact:** Road transport is a major contributor to our greenhouse gasses. In the UK there are about 33 million cars. Globally there are over 1.4 billion, and only a tiny percentage of them are electric. That's a lot of cars!

## 5) Which country currently admits the most carbon dioxide?

- A) China**      B) USA      C) India      D) Russia

**Fact:** China is responsible for about 28% of the world's CO2 emissions. That's nearly twice as much as second place, USA (15%). Whilst the UK only produces 1% of the world's emissions, this is still twice as much as the average country.

## 6) What percentage of food produced globally goes to waste?

- A) 5%      B) 10%      C) 20%      **D) 30%**

**Fact:** Producing food requires significant resources (i.e. land, energy and water). Therefore when we waste food, it's a waste of all these resources too. If food waste were a country, it would be the world's third largest emitter after China and the USA.

## 7) Which of the following foods has the largest carbon footprint?

- A) Chicken      **B) Beef**      C) Potatoes      D) Bread

**Fact:** Beef is by far one of the worst items of food for its carbon footprint. This is mostly due to the farming of cows and the fact that a cow's burps and farts produces a harmful gas called methane. Cutting down on meat, but especially beef, can make a big impact on reducing your carbon footprint.

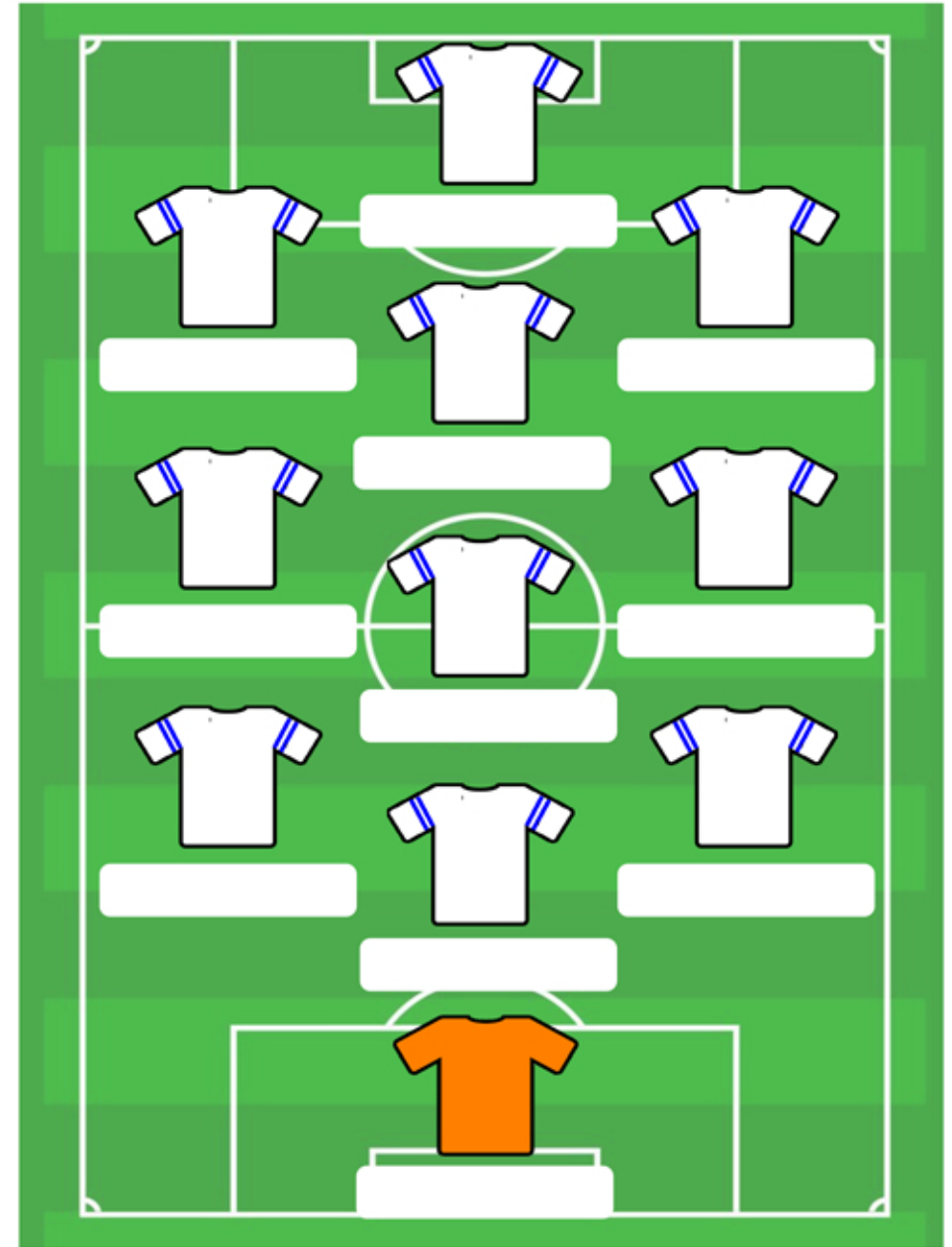
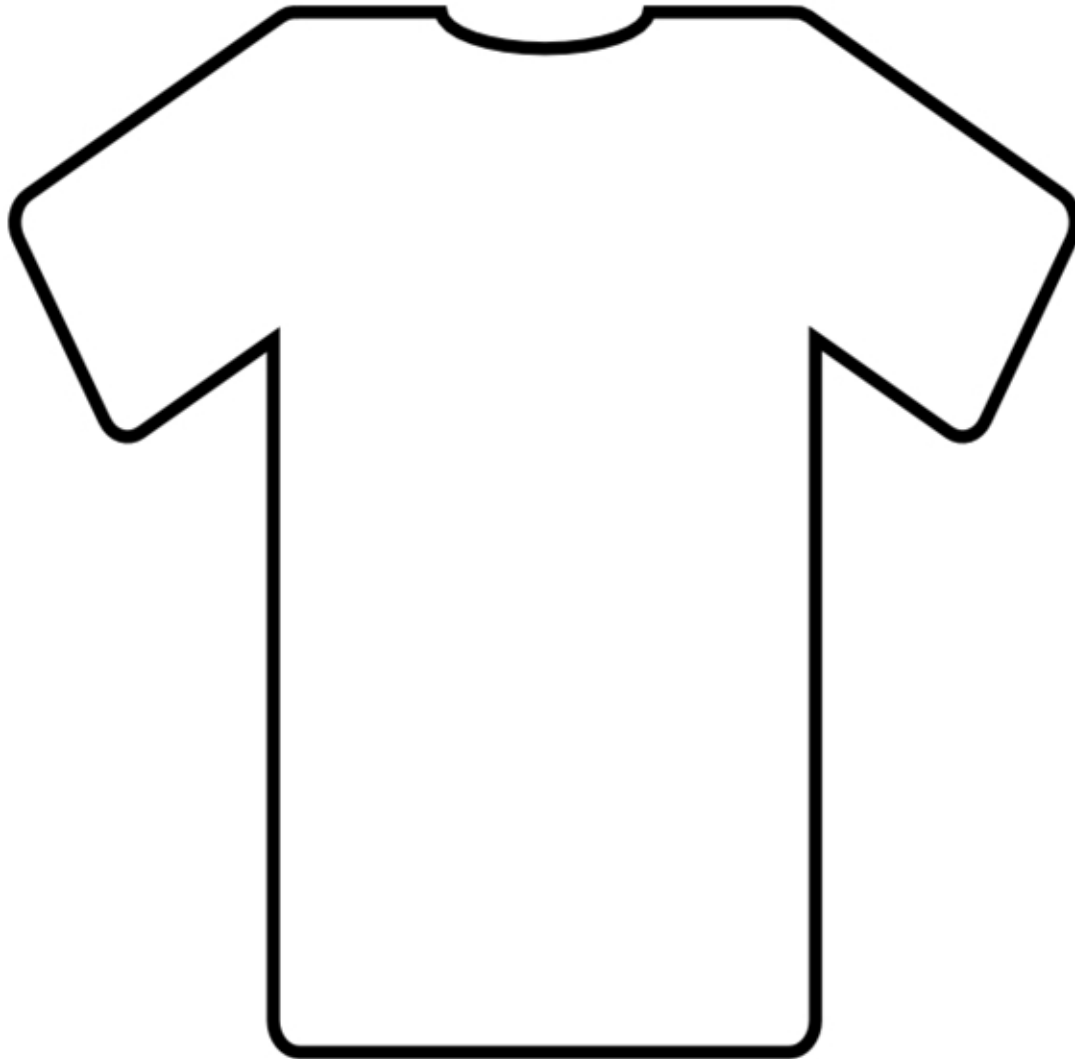
## 8) The richest half of the world's population is responsible for which percentage of the world's carbon emissions?

- A) 50%      B) 65%      C) 75%      **D) 90%**

**Fact:** While the poorest people live in areas most vulnerable to climate change, the poorest half of the global population are responsible for only around 10% of total global emissions. It's therefore the responsibility of the richer countries to play their part in solving the problem (that they are mostly causing) to ensure the poorest people in the world aren't the ones paying the price.

# PLANET EARTH FC

Create a football team designed to save Earth from global warming.  
Design the shirt for your planet saving team and then decide which 11 acts  
for saving the planet will make your first team.



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