

INTRODUCTION

Welcome to Save the Earth week of Virtual Summer Camp! Each day of the week we will focus on a different topic related to the Earth. The activities for the day will be associated with these topics. If you are looking for more information or some of the scientific terms used during camp, see the Additional Resources at the bottom of this document.

KINDNESS THEME OF THE WEEK

This week our kindness activities will be focused on kindness to the Earth. Record your kindness activities in your Nature Journal and log them into [OCDE's One Billion Acts of Kindness](#) page. You can use some of these [ideas](#) or come up with your own!

MONDAY - Pollution

Nature Journal Topic and Kindness

Draw a picture of your favorite place in nature and write about what you can do to help keep it clean and protected. Why is this your favorite place? What are examples of pollution? How do you help our pollution problem? Pick a way you will be kind to the Earth today. You can use the [list provided](#) or come up with your own! Write or draw what you did in your Nature Journal.

Get Moving!

Walk or ride your bike! This is a great way to get from one place to another and get some exercise without using a car. This helps cut back on pollution and conserve natural resources.

Craft/Experiment

Oil Spill Experiment

Materials:

- At least four items to represent plants and animals (leaves, stick, feather, cardboard, plastic lid, pipe cleaner, or other craft supplies that can get messy or ruined)
- Small bowl
- Water
- One tablespoons of oil
- Soap
- Spoon
- Paper towel or paper napkin

Instructions:

- Fill a bowl with water. Is it a lake? An ocean? Use your imagination!
- Add one tablespoon of oil to the water. This would be like an oil spill.
- Place your items in the oil. Do “plants” and “animals” in the water end up getting dirty when oil spills happen?
- After two minutes, remove the item and try to clean it with clean water. If the animals and plants try to clean up in water, are they truly clean?
- Now, try cleaning the items with both soap and water. Write down your observations. Does the item feel cleaner now? Can animals in nature clean themselves with soap and water, or do they need help from humans?

Craft/Experiment (continued)

- Next, try to clean up the oil in the water. First, use a paper towel or napkin to absorb the oil in the water. Does this work very well? Is there still oil in the water? Write down your observations in your Nature Journal.
- Try getting the oil out of the water using a spoon. Report your observations again.
- Can you come up with other ideas for cleaning up the water? How can we clean up the water when oil spills happen in real life? What will happen to the animals and plants in the water if we can't clean up the oil?
- When you are done with your experiment, clean up your oil spill and properly dispose of your items if necessary.

Family Activity

A great way to help keep pollution out of the environment is to throw your trash in the proper place. A family trash assessment or the waste reduction challenge is a great place to start reducing pollution. At Inside the Outdoors, we like to call this trash talking Garbology: the study of garbage.

[Family Waste Reduction Challenge](#)

[Family Trash Assessment](#)

TUESDAY - Native Habitats

Nature Journal Topic and Kindness

What types of plants and animals are native to habitats in your area? What conditions are in your native habitats (what's the temperature like, how much rain do you get, when does it rain)? You can look up past weather data in the [almanac](#). Pick your kindness activity for the day and note it in your Nature Journal.

Get Moving!

Let's see where in your house you can find water! You can take a survey of the water in your house in your Nature Journal or using this [Home Water Survey](#).

Craft/Experiment

Create a Plant

Materials:

- Paper/Cardboard
- Pen/Pencil
- Legos, building blocks, Play-Doh or clay, if you would like
- Rocks and sticks, if you have them
- Crayons/Markers/Paint (optional)

Instructions:

- Using material you have in your house, you are going to create your own plant.
- Think about the different parts of the plant that you would like to have.
- Also, think about what habitat your plant would live in. Is it hot or cold?
- How much water does your plant need to survive?

Family Activity

Calculate your families [Water Footprint](#). A water footprint is an estimate of how much water it takes to run the appliances in your house, grow your food, for your clothes and everything else that is a part of everyday life. How small is your family's water footprint? Is there anything your can do to make your footprint smaller?

WEDNESDAY - Endangered Species

Nature Journal Topic and Kindness

Make a list or draw some endangered species. A few examples are sea otters, California Condor, California tiger salamander, and grey wolf. What are some ways we can all help endangered species? If you want some more suggestions for endangered species, you can use one of the following articles or check out the video resources at the end of this document. How are you going to be kind to the Earth today? Don't forget to add to your Natural Journal and log on the billion acts of kindness website.

Get Moving!

Endangered species race. How many different endangered species can you race like? Challenge a family member or time yourself and try to beat your times.

Craft/Experiment

Egg Carton Sea Turtle

Materials:

- Egg carton
- Construction paper/color paper/white paper
- Markers or paint
- Glue
- Googly eyes (optional)

Instructions:

- Cut out an individual "shell" from an egg carton.
- Color the "shell" green or other color.
- Cut four flippers and a small tail from green construction paper, or white paper that you have colored green.
- Glue the flippers and tail to the "shell."
- Use crayons or markers to add eyes to your turtle and don't forget to give it a name!

Family Activity

Watch a movie or short YouTube show with endangered species such as *Rio*, *The Lorax*, *Born in China*, or *Chimpanzee*. Discuss with family some of the reasons why animals and plants are endangered.

YouTube Videos:

- [Endangered Animals!](#)
- [Endangered Species: Worth Saving from Extinction?](#)

THURSDAY - Rethink Trash

Nature Journal Topic and Kindness

Look at your trash from one or two of your meals today. Which pieces of trash could be Reduced, Reused, Repurposed, considered Rot, or Recycled? What items would go to the landfill? Record your answers in your Nature Journal. Write in your journal how you are going to be kind to the Earth today.

Get Moving!

Learn your recycling numbers! All items that can be recycled have a triangle with a number in it. The numbers tell you how easy it is to recycle that item. You can learn the codes [here](#). The greater the number, the harder it is to recycle. Take a look at your recycling bins and sort the items by their number. Do you have more of one than others? Do you have a lot that are harder to recycle? If you don't have much recycling, you can look at some of the items in your pantry or refrigerator.

Craft/Experiment

Recycled "Trash" Art Project

Materials:

- Items from your recycling bin (paper, cardboard, plastic, etc.)
- Construction paper, scissors, glue, colored pencils, markers, or crayons

Instructions:

- Go through your recycling bin and collect items such as paper, cardboard, and plastic that you can use for your art project. You can use whatever you want!
- Once you have collected the rest of your materials, brainstorm what kind of art project you want to create. You might want to create a flower, animal, or a sign for a family member.
- Get creative and use all of your recycled materials to create your masterpiece!
- Give it a name and find a place at home to display your art.

Junk Mail/Magazine Mosaics

Materials:

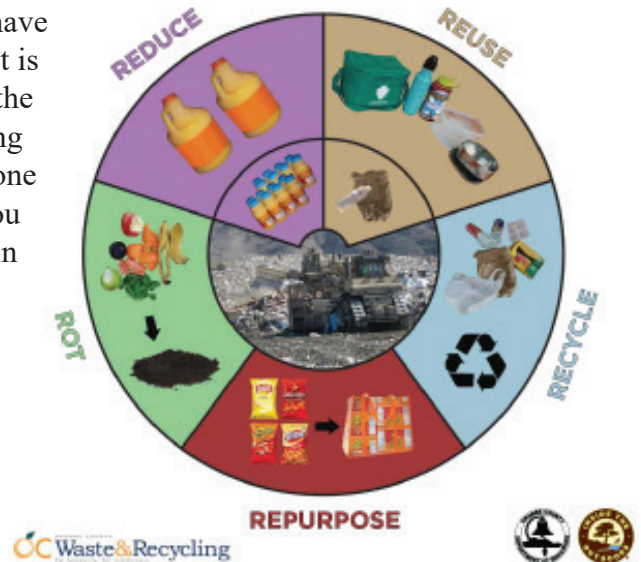
- Junk mail and/or old magazines
- Piece of paper or cardboard

Instructions:

Use colorful junk mail and old magazines to cut different, small shapes (about the size of a nickel). Sort your shapes by color and then glue the shapes onto a piece of construction paper to create a picture or design.

Here is a short video on [Easy Mosaic Art](#). You can substitute the paper with repurposed junk mail and magazines.

PROJECT ZERO WASTE OC



Family Activity

Play the 5 R's Scattergories. Each player needs one piece of paper folded long ways to make five columns. Write the 5 R's at the top (one on each column). Pick an "R" to start with and set a timer for 60 seconds and each player writes down as many ways to do that "R". Then take turns sharing your answers and you get one point for each answer the other players agree with. Play four more rounds with the other "R's". Whoever gets the most point wins!

FRIDAY - Reduce Your Footprint

Nature Journal Topic and Kindness

How can you reduce the number of resources that you use? Write in your journal some ways you can reduce the amount of paper products, water, gas or other natural resources that your family uses. Also, how are you going to be kind to the Earth today?

Get Moving!

Go on a Natural Resources Scavenger Hunt in your house or yard. See how many different items you can find that use natural resource. You can [download the scavenger hunt](#) or write your answers in your Nature Journal.

Craft/Experiment

Reduce Your Footprint Poster

Materials:

- Construction paper/color paper/white paper/recycled paper
- Markers or paint
- Scissors

Instructions:

- Select your paper for your poster. Make sure it isn't too big or too small to hang somewhere in your house.
- Pick five ways you would like to help reduce your eco-footprint. You could focus on any or all of the different natural resources we have discussed this week.
- If you would like, trace a foot to use to decorate your poster.
- Write your five ways you would like to reduce your footprint. If you come up with less, that is okay too. You can always add more later.
- Hang your poster up where you can see it and remember your commitment.

Family Activity

Share with your family the natural resources you found the scavenger hunt. Discuss how you could use less of some of these resources. Challenge your family to pick an Earth saving commitment or cause to support.

ADDITIONAL RESOURCES

Glossary

Vocabulary Word	Definition
Household Hazardous Waste	Waste which can harm people, other living organisms, and the ecosystem and should be separated from household trash
Native	Existing or growing naturally in a region or country
Non-native	Existing or growing in a region or country that is not the area they occur naturally
Recycle	The process of changing waste into new materials, products and packaging
Reduce	To decrease the amount of waste produced
Reuse	Using product or material again and again, instead of throwing away or recycling
Repurpose	The practice of converting waste into items without having to break down the original materials, this is sometimes called upcycling
Rot	Slowly decomposing to create a soil like material, such as compost

Videos

These additional videos can help further your learning:

- [The Survival of the Sea Turtle](#)
- [How to Recycle Right](#)
- [How Recycling Works!](#)
- [From Trash to Toys- Upcycling Projects and DIY Craft Ideas for Kids](#) on Box Yourself
- [Easy Mosaic Art](#)
- [8 Ways Kids Can Help the Environment--](#) NETL Earth Day
- [Endangered Animals!](#)
- [Endangered Species: Worth Saving from Extinction?](#)
- [Compost in a Jar Video](#)

Helpful Websites

- [Almanac](#)
- [OC Guide to hazardous waste](#)
- [Landfill information](#)
- [Water Footprint Calculator](#)
- [Carbon Footprint Calculator](#)
- [Kids DO Ecology](#) - UC Santa Barbara
- [Endangered species](#) - Encyclopedia Britannica

Thank you for joining Inside the Outdoors Virtual Summer Camp!
Visit again next week for Nature Neighbors.

