



Earth Restoration Bingo Card

E A R T H

<p>Take a walk or go for a run outside</p> <p>Or -</p> <p>Compost your food scraps all week</p>	<p>Germinate or plant a seed</p> <p>Or -</p> <p>Follow Anthesis on social media</p>	<p>Use the official Earth Day Citizen Science mobile app to help gather environmental data and mitigate threats to environmental and human health in your local area</p>	<p>Bike, skateboard, scooter, or rollerblade outside</p> <p>Or -</p> <p>Repair an item of clothing</p>	<p>Write down a list of 5 reasons you love and appreciate the earth</p>
<p>Do an individual or small group litter clean-up (adhering to local COVID guidelines)</p> <p>Or -</p> <p>Join a clean up organised by a local charity or volunteering organisation</p>	<p>Find conservation/ restoration volunteering opportunities - planting trees, biking or hiking trail restoration, invasive species removal, etc.</p>	<p>Listen to an episode of the Anthesis "Women in Waste" podcast, or an episode of an environmental podcast. (Examples: How to Save a Planet, Hot Take, A Matter of Degrees)</p>	<p>Watch a nature documentary such as 'Kiss the Ground', 'My Octopus Teacher' or another of your choosing</p>	<p>Learn more about a local environmental organisation in your community (why not sign up to their newsletter, follow them on social media or get in contact)</p>
<p>Build a bat box</p> <p>Or -</p> <p>A pollinator garden</p>	<p>Read about an intersectional environmental issue (e.g. environmental racism, disability rights in nature, etc.)</p>	<p>Free Space (take three deep breaths  or do an Earth Restoration activity of your choosing)</p>	<p>Write an Earth Week haiku</p> <p>Or -</p> <p>Read a nature poem</p>	<p>Find a quiet place in nature and spend 15 minutes observing the sounds and movements around you. Write down how you feel!</p>
<p>Start a book set in or about nature (Braiding Sweetgrass, Where the Crawdads Sing, All We Can Save, The Future We Choose, etc.)</p>	<p>Eat vegetarian all week</p> <p>Or -</p> <p>Plant a native tree in your back yard</p>	<p>Teach someone else something about the earth. It could be your kids, a friend, a neighbor, or a social media post!</p>	<p>Pick up trash in your neighborhood (perhaps invite your household bubble or local colleagues to join you)</p> <p>Or -</p> <p>Join your local BuyNothing Facebook group</p>	<p>Build a nest box for birds</p> <p>Or -</p> <p>Build a bee hotel</p>
<p>Write an Earth Week themed joke!</p>	<p>Create your own natural cleaning products</p> <p>Or -</p> <p>Plant seeds for a garden (indoor or outdoor)</p>	<p>Donate to a local environmental organisation</p>	<p>Buy zero waste/plastic groceries for Earth Week</p>	<p>Commit to attending a virtual learning event such as the official Earth Day Live event</p> <p>Or -</p> <p>Recycle or resell old clothes</p>