

# Take-Home Activity Packet

**Week of  
April 20<sup>th</sup> – April 24<sup>th</sup>**



**Send us photos of your projects!**

**[VP@BGCCLIFTON.ORG](mailto:VP@BGCCLIFTON.ORG)**

**For more fun activities, visit our  
Virtual Clubhouse: [www.BGCCLifton.org](http://www.BGCCLifton.org)**

# Earth Day

April 22<sup>nd</sup>

Earth Day was started in the 1960's. It was one of the first attempts to make people aware of the earth as their environment and of their responsibility to take care of it. When Earth Day started, it focused on pollution, particularly of the air and water. Young people were often frustrated and sometimes frightened by pollution because they felt powerless to improve the situation. They heard so much about air and water pollution that they were afraid to breathe the air or drink the water.

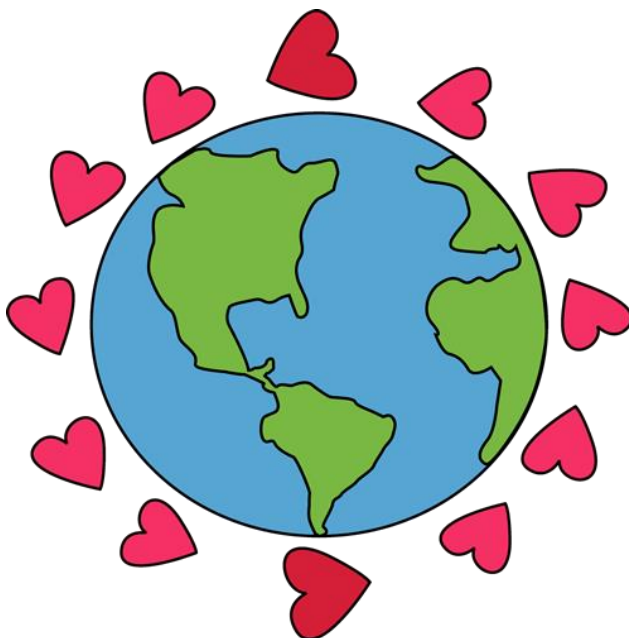
Although the whole subject is still controversial, a lot has been done to improve the condition of the air and water since the beginning of Earth Day. Also, our approach to the improvement of our environment has become more positive, more responsive to the efforts of young people.

We are concerned with preserving our natural resources, and scientists are busily looking for alternative fuels and other materials. However, our natural resources can also be preserved by recycling materials, and this is something that students can do just as efficiently as can scientists.

We are still concerned with the quality of the air we breathe, but a lot has been done by requiring certain limits to be met for harmful emissions from both vehicles and factories. We have also remembered that air quality is affected by the number of trees and other green plants in an area, and young people can help here by doing everything from paying for the preservation of a piece of rainforest to planting trees in their own backyards, schools, and neighborhood parks.

We are concerned with the condition of the earth's oceans, and people are still arguing about how much garbage we can dump in these oceans without upsetting their ability to clean themselves. In the meantime, however, young people have learned not to disturb the sea animals in tidepools and have joined in the effort to keep our beaches clean.

The celebration of Earth Day in 1992 was made memorable by an international conference held in Rio de Janeiro, Brazil. The leaders of most of earth's nations attended this conference. Many people feel that not much was accomplished there. However, the attention of the world's people has been drawn to the problems of the environment, and this should make future progress easier.



# Recycled Bird Feeders

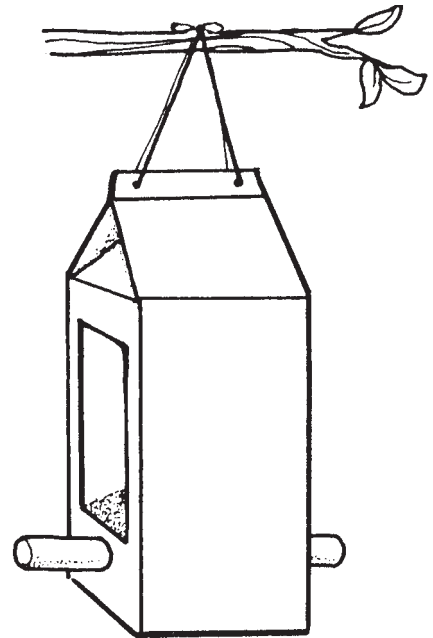
In some cities there aren't enough trees or grasses for all the birds to build their nests. Help protect these fine-feathered friends by building a bird feeder. Not only will you be providing housing for birds, you'll be recycling too! That's called "killing two birds with one stone" (you may need an adult to help you with the meaning of this saying).

## Milk Carton Birdhouse

**Materials:** Empty, clean half-gallon milk carton; scissors; wood dowels or tree branches; string or yarn; birdseed

**Directions:**

- With the scissors cut a window in one or two sides of the carton.
- Cut a hole on each side of the carton about  $\frac{3}{4}$  of the way down.
- Slide a dowel or tree branch through the holes.
- Punch two holes through the top roof of the carton.
- Thread string or yarn through the holes; tie a knot.
- Put bird seed in the bottom of the feeder and hang it up outdoors.

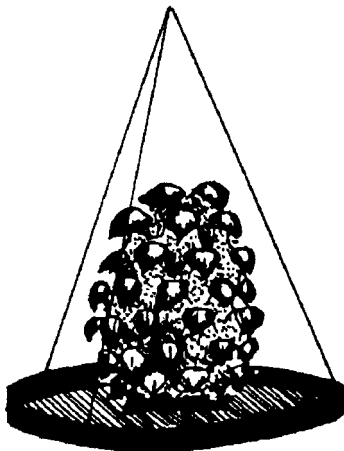


## Pine Cone Bird Feeders

**Materials:** Pine cones; peanut butter; bird seed; plastic lids from margarine cups; foam meat trays or aluminum pie plates; clay; string or twine; scissors

**Directions:**

- Use the scissors to punch three evenly spaced holes in the plastic lids or pie plates (punch four holes in the foam tray).
- Attach a piece of string to each hole. Gather the strings at the top and tie a knot.
- Flatten a piece of clay and place it on the lid, pie plate or meat tray.
- Roll a pine cone in peanut butter and bird seed until it is well-covered.
- Press the pine cone onto the clay.
- Hang up the bird feeder from a tree branch outdoors.



# EARTH DAY CRITTER CUPS



**1** GREENWARE 4 OZ. PORTION CUPS



**2** CHOCOLATE PUDDING



**3** CRUSHED COOKIES



**4** GUMMI WORMS



**5** MINT



**6** ENJOY



# Taking Care of Our Earth



The Katie Kazoo, Switcheroo books have several stories where we see how much Katie cares about the environment—our Earth, our home.

For example, when the kids in Mr. Guthrie’s class find out that they have to clean up the field behind the school, they complain (*Be Nice to Mice!*).

*“What does cleaning the field have to do with science?” Mandy Banks asked.*

*“It’s environmental science,” Mr. G. explained. “We’re helping to protect the squirrels, chipmunks, birds, and mice who live in the field.”*

*Katie would do just about anything to help animals...*

And, in third grade, Katie and her classmates go to Pine Hill Science Camp (*Get Lost!*), where they get a good taste of living in nature. Some of it is fun and some of it is scary.

*“I hate the dark. I hate it,” Suzanne blubbered. . . .*

*“What if there really is a Science Camp Monster out there? He could get us.” George’s eyes grew big.*

It’s Katie who calms everyone down and helps the kids find their way back to camp when they are lost.

It’s clear that Katie will do whatever she can to protect the environment, and there’s no better time for you and your crew to do the same than on Earth Day, April 22<sup>nd</sup>.

We’ve provided you with a project to create unique recycling bins that will not only help save the Earth, but make the whole process a lot more fun.



illustrations © by John and Wendy

# Monster Bins

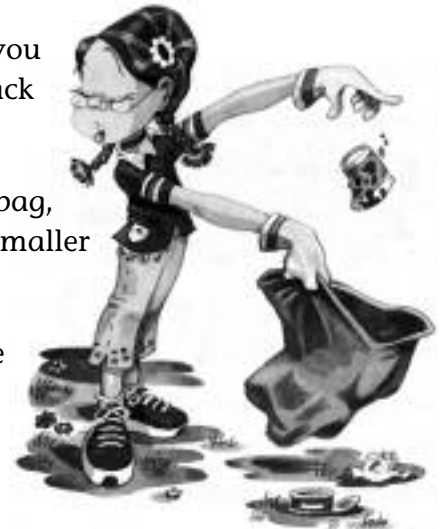
Just like Katie and her friends, we can each do our part to help the environment. Work with the members of your crew to create monster recycling bins, with recycled items for your homes and classrooms.

## Materials you'll need for each bin:

- 1 large cardboard carton at least 12 inches x 12 inches x 18 inches
- 1 small carton approximately 10 inches x 10 inches that can fit inside the larger one
- Supermarket plastic bags
- Paint and brushes
- Scissors
- White glue
- Colored construction paper
- Package sealing tape
- Paper towel tubes, aluminum foil, empty cereal boxes, empty milk cartons, and any other recyclable materials you find that can be used to make your monster.

## Directions:

1. Take the large carton and seal up any open areas with the package sealing tape.
2. Either on the top or on the side of the carton use a pencil and draw a circle about 5 inches in diameter or a square 5 inches x 5 inches. This will be the mouth of the monster where the recycled trash will be placed.
3. Use a pair of scissors to cut out the mouth.
4. You're now ready to use the materials you've gathered to decorate your monster. Be creative. Don't forget to include the recycling logo on the side of the bin.
5. When you are finished decorating, ask an adult to help you draw and cut out an 11 inch x 11 inch square out of the back of your monster bin.
6. Now take the smaller box, line it with a supermarket plastic bag, and place the box inside your monster bin. Make sure the smaller box is placed securely under the "mouth" of the monster.
7. When the plastic bag is full, have an adult help you remove it and add the recycled items to your home's or school's larger recycle bin. Then re-insert the plastic bag.



illustrations © by John and Wendy

# Earth Day Wordsearch

Find these words in the wordsearch below.

animals

conservation

environment

organic

Arbor Day

Earth Day

garden

pollution

birds

ecology

litter

soil erosion

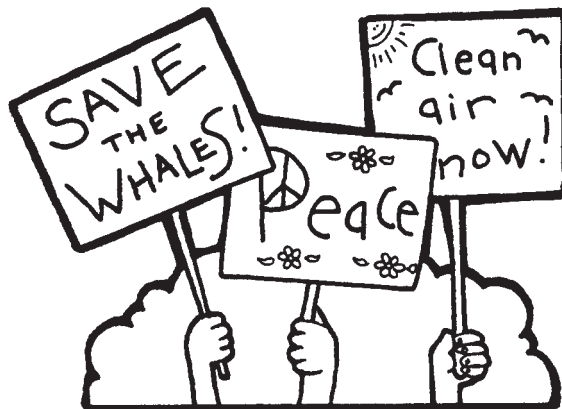
compost

endangered

nature

spring

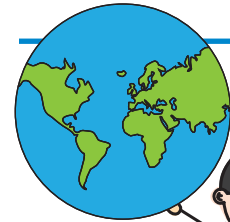
S O I L E R O S I O N E Q C T A A  
P X L D R Y R B N B V N M K O N F  
R Z I A Q W G I U T Y V P L K I F  
I J T F H G A R D E N I I U N M M  
N A T U R E N D E E A R T H D A Y  
G R E R D S I S X C V O A S D L E  
Q B R W E Y C O I J V N Q W E S C  
C O C O M P O S T C O M Q E D C O  
O R D G J E N D A N G E R E D E L  
I D E R T Y U I O P K N L N B C O  
A A E T Y U P O L L U T I O N E G  
S Y C O N S E R V A T I O N E R Y





# Earth Day Quiz

Do you know how to save the Earth? Circle true or false.



- |   |      |       |
|---|------|-------|
| 1. Organic farmers use chemical fertilizers.  | True | False |
| 2. If something is biodegradable, it will break down easily and become part of the earth. | True | False |
| 3. Planting a tree is a good idea, because trees absorb carbon dioxide.                   | True | False |
| 4. Growing a lawn is a better environmental choice than growing a vegetable garden.       | True | False |
| 5. Recycling paper does not save trees.   | True | False |
| 6. Making aluminum cans from recycled ones is cheaper than making them from scratch.      | True | False |
| 7. A shower uses more water than a bath.  | True | False |
| 8. Putting a brick in the toilet tank saves water each time you flush.                    | True | False |
| 9. Hanging your clothes outside to dry instead of using a dryer conserves energy.         | True | False |
| 10. Eating less meat each week conserves water.   | True | False |

ANSWERS									
1. F	2. T	3. T	4. F	5. F	6. T	7. F	8. T	9. T	10. T

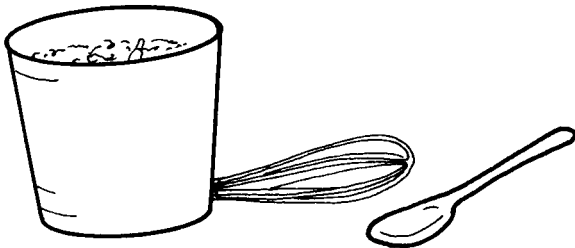


# Making Your Own Recycled Paper

There are many different ways to make recycled paper. An easy method follows. Pairs can work together to make their own paper.

## Ingredients

- newspaper torn into small pieces
- water wire whisk
- plastic or metal bucket
- cornstarch
- $\frac{1}{4}$  cup measuring cup
- piece of window screen to fit inside the bucket
- rolling pin
- wooden spoon
- blotting paper (or more newspaper)



- With the rolling pin, press out excess water. (Do this on a flat surface.)
- Remove the blotting paper (or newspaper).
- Allow to dry overnight or longer, then gently peel the recycled paper from the screen.

## Directions

- Fill the bucket half full with the torn newspaper pieces.
- Pour enough water into the bucket to completely cover the paper; then add about two more inches of water.
- Allow the paper to soak overnight.
- Add one-fourth cup of cornstarch to the contents of the bucket.
- With the wire whisk, beat the mixture until thoroughly mixed.
- Bend the wire screen to fit inside the bucket.
- Scoop up some pulp onto the screen.
- Lift up the screen and hold over the bucket while spreading the mixture to an  $\frac{1}{8}$ " thickness over the screen (use the wooden spoon).
- Place the screen and wet pulp between two sheets of blotting paper (or newspaper).

## Extensions

- Find out how paper is made. Visit a paper mill if possible.
- Research what people used before paper was invented. Find out when paper was invented.
- Learn how to do calligraphy. Special calligraphy pens and instruction booklets are available in art supply stores. Look for examples of calligraphy in books and magazines.



# Recycle

Recycling is using old things and making them into new ones.  
Plastic bottles, paper, and soda cans can be recycled.

Help Eco find his way through the recycle symbol and put the bottle in the recycle bin!



Name \_\_\_\_\_

Date \_\_\_\_\_

Yoga for Kids

# PUPPY POSE

Puppy Pose helps you to feel safe and peaceful. Start on your hands and knees. Slowly walk your hands forward and lower your chest to the floor. Keeping your knees on the mat, gently raise your lower back to the ceiling. Take a deep breath in and out.



Birdee in Puppy Pose

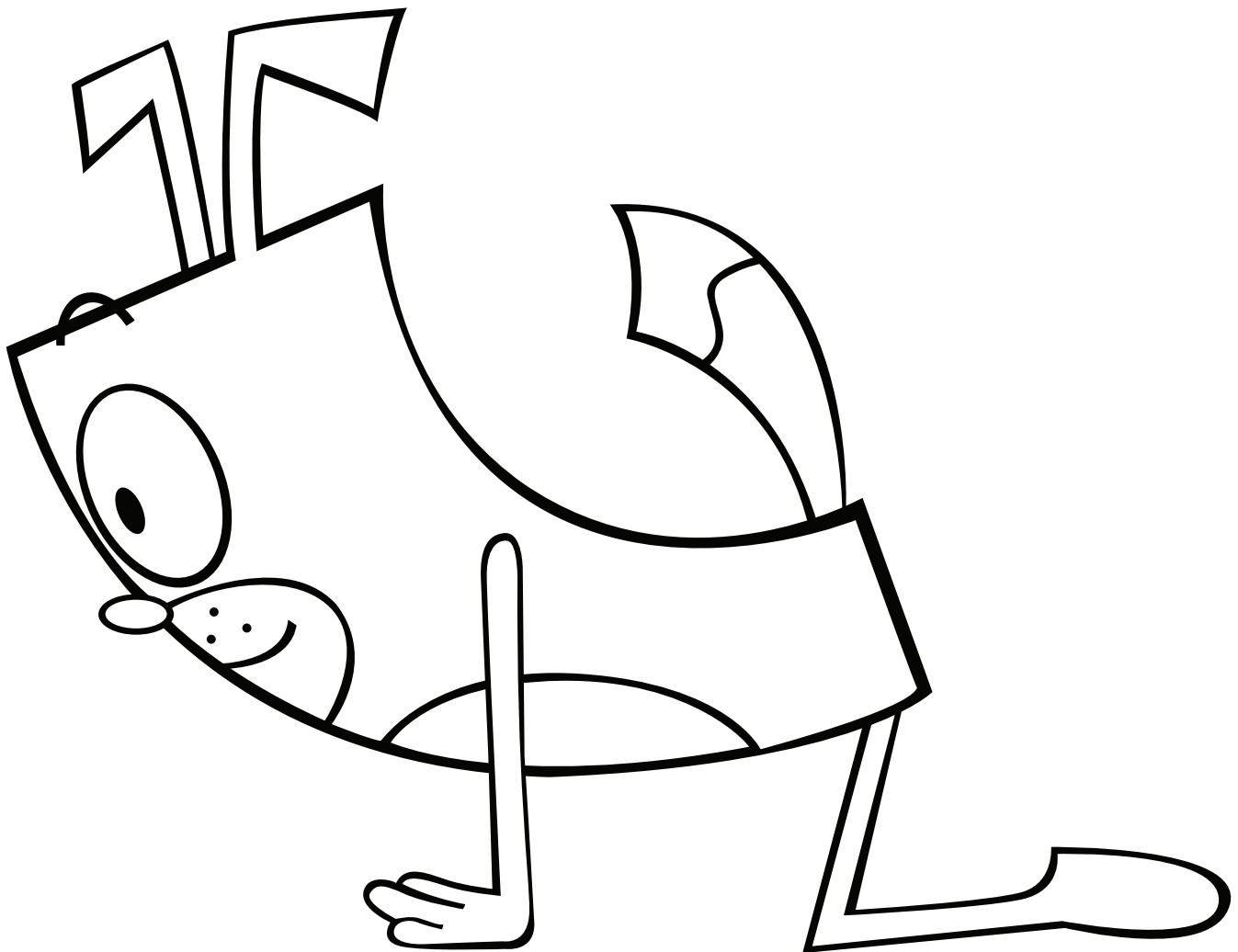
Name \_\_\_\_\_

Date \_\_\_\_\_

Yoga for Kids

# COW POSE

Cow Pose helps you feel peaceful and alert. Start on your hands and knees, with your arms straight, fingers outstretched. Take a deep breath and lift your chest toward the ceiling, letting your belly relax toward the floor. Lift your head so that you are looking to the horizon.



Floyd in Cow Pose

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