

EARTH DAY & EDIBLE NASTURTIUMS: DAILY PROGRAMMING

Here are more activities, games, movies and poems to help strengthen memories and to connect to our Earth Day Lesson throughout the month!

Earth Day Themed Art & Printables:

- **Make fingerprint flowers** (noted in Lesson Materials- for gift cards, use orange, red, yellow & green to match nasturtium colors! [Link here](#) (Print photos of nasturtiums for inspiration! [Link here](#))
- **Earth Day Crossword Puzzle:** [Link here](#)
- **Earth Day Jokes:** [Link here](#)
- Adult **coloring pages** to remind folks of this important day: [Link here](#)
- **Earth Day Bingo:** [Link here](#)
- **Coloring Pages** for Earth Day: [Link here](#)

Learn More about Earth Day and Preserving the Planet:

- **"Kiss the Ground" documentary with Woody Harrelson:** Science experts and celebrity activists unpack how the earth's soil may help to combating climate change: [Link Here](#)
- **10 Netflix Films and Documentaries About the Environment:** [Link here](#)
- **The History of Earth Day:** [Link here](#)

Soothing Music for Folks of All Ages

- According to the Alzheimer's Foundation of America, **music can “shift mood, manage stress-induced agitation, stimulate positive interactions, facilitate cognitive function and coordinate motor movements.”** Here's a list familiar old-timey music: [Link here](#)
- **Nature Symphony – Earth Day:** [Link here](#)

Activities to Celebrate and Learn About Earth Day

- **Plant a Tree!** When people plant trees they are doing more than just beautifying an area. Trees are beneficial to the environment in numerous ways.
- **Make Wildflower Seed Bombs:** [Link here](#)
- **Make Sun Prints on Fabric:** [Link here](#)
- If you had fun making fingerprint nasturtiums, turn them into **flower magnets:** [Link here](#)
- Earth Day's 2025 theme focuses on tripling renewable energy by 2030: **“Invest In Our Planet.”** Article [Link here](#)
- Learn about **Sustainable Fashion:** [Link here](#)
- Reassess your wardrobe and see if there are any **clothes you can donate to people in need.**
- Try the Earthday.org. plastics calculator and **learn simple ways to lower your impact:** [Link here](#)

Edible Nasturtium Recipes

- **Nasturtium fingerprint cookies:** [Link here](#)
- **Nasturtium Recipes:** Food, drinks, remedies and more! [Link Here](#)