



## Green Children's House

### Earth Month Activities 2010

Celebrate Earth Day, April 22<sup>nd</sup> all month long with Green Children's House. We have many great activities planned throughout the month. We hope you can be a part of the fun in bringing awareness to preserving and protecting our Earth.

#### April Ongoing

- **Mural** – GCH Staff and children are creating a large mural on the wall at the playground. It will represent our commitment to planet Earth and remind us of our mission.



- **Groceries Bag decorating** – The Earth Day Groceries Project is one the largest organized projects for Earth Day on the internet. Our Students will decorate brown grocery bags with Earth Day messages and images. On Earth Day, Publix will distribute these bags to shoppers.
- **Gardening** – We will continue to garden throughout the month. We want to plant a butterfly, flower and vegetable garden.

**April 15<sup>th</sup> - Ocean Adventures Field Trip** – Our Preschool and Kindergarteners will attend a field trip to the ocean to learn about the our underwater world and also snorkel, boogie board and create a tie die t-shirt!!

**April 17<sup>th</sup> - Family Hike Day** – 10-12pm at Birch State park – Join GCH Community for a Family Hike lead by Christy Schultz, an environmental educator and Florida Master Naturalist. Activities will include a nature walk/hike, games activities, stories and songs. Visit [www.thenatureteacher.com](http://www.thenatureteacher.com) to learn more about her program. \$10 family donation suggested.

**April 18<sup>th</sup> – Yoga** - 10am on the Lawn across from GCH. 400 NE 2<sup>nd</sup> Street, Pompano Beach. Bring your own mat, blocks, strap, towel and water. Join us for Yoga flow for the mind, body and soul. Class will be lead by Paige Held, an experienced Yoga instructor and owner of The Yoga Joint. \$15 donation suggested.

**April 19<sup>th</sup> – June 1<sup>st</sup> – Jen's Training Challenge** – Join the Get Fit Challenge to jump start your exercise regime before summer. All participants will be weighed and measured on April 19<sup>th</sup> and June 1<sup>st</sup>. The participant with the largest weight loss or inches wins. \$25 donation to enter this challenge. Walking and Running Groups will be formed for all Participants.

**April 21<sup>st</sup> - Yummy in my Tummy Tasting**, 4-6pm – Taste the organic and natural food being served at GCH. No preservatives or Trans Fat. Karen and Michael are available to talk to you about creating nutritional, healthy recipes that your child will enjoy. Visit [www.YummyInMyTummy.com](http://www.YummyInMyTummy.com) for more information about this Eco-friendly company.

**April 22<sup>nd</sup> - Earth Month Celebration**, 10-11am. Our mural and Garden will be revealed. We will celebrate this month's events with a party!

Sign up for the Earth Day Events here: <http://greenchildrenshouse.org/tinc?key=4s1BMjiw&formname=Earth>. Call for more Information at 954-946-7215.