



# REGENERATIVE ACTIVITIES FOR KIDS

CRAFTS · MUSIC · EXPERIMENTS · CHALLENGES



# GARDENING



## PLANT ONE SEED

Start your garden, even if it's one plant inside a coffee mug. Watching something grow from seed to sprout to food can ignite a love for gardening early on in life. Sunflowers and snap peas germinate quickly for short attention spans.



## PLANT A FAMILY TREE

Support your local nursery, research the types of trees to fit into the ecosystem of your area, plant the tree as a family, give it a name and let it be a symbol of growth and connection to nature for your family



## GET DIRTY! IDENTIFY YOUR BACKYARD SOIL

The composition of the earth crust at any location determines how successful plants can grow there. Visit [this site](#) to determine what soil is in your backyard!





# BIODIVERSITY

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## TWEET! TWEET! INCREASE BIODIVERSITY IN YOUR BACKYARD

Make a bird feeder with peanut butter, birdseed and an empty toilet paper roll. Here is a quick [How To](#).



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## DOODLE! WALK, OBSERVE, DOCUMENT

Start a biodiversity journal! Walk outside and observe with new eyes! Look for plants, insects & animals. Draw all the different species you see along the way.



# 6

## MAKE A PET ROCK WITH NATURAL MATERIALS

Take a stroll in your neighborhood and pick up leaves, sticks, moss, grass, flowers and anything else you can find to make your own natural pet rock.





## START A COMPOST PILE

It's never too early to start composting. Give your kiddo their own compost container so they can take ownership of the transformation they create. Follow this quick [How To](#) to get started!



## DO A SOIL EXPERIMENT

Try any of these five different soil experiments your kiddos can try!

[Soil Science Experiments](#)

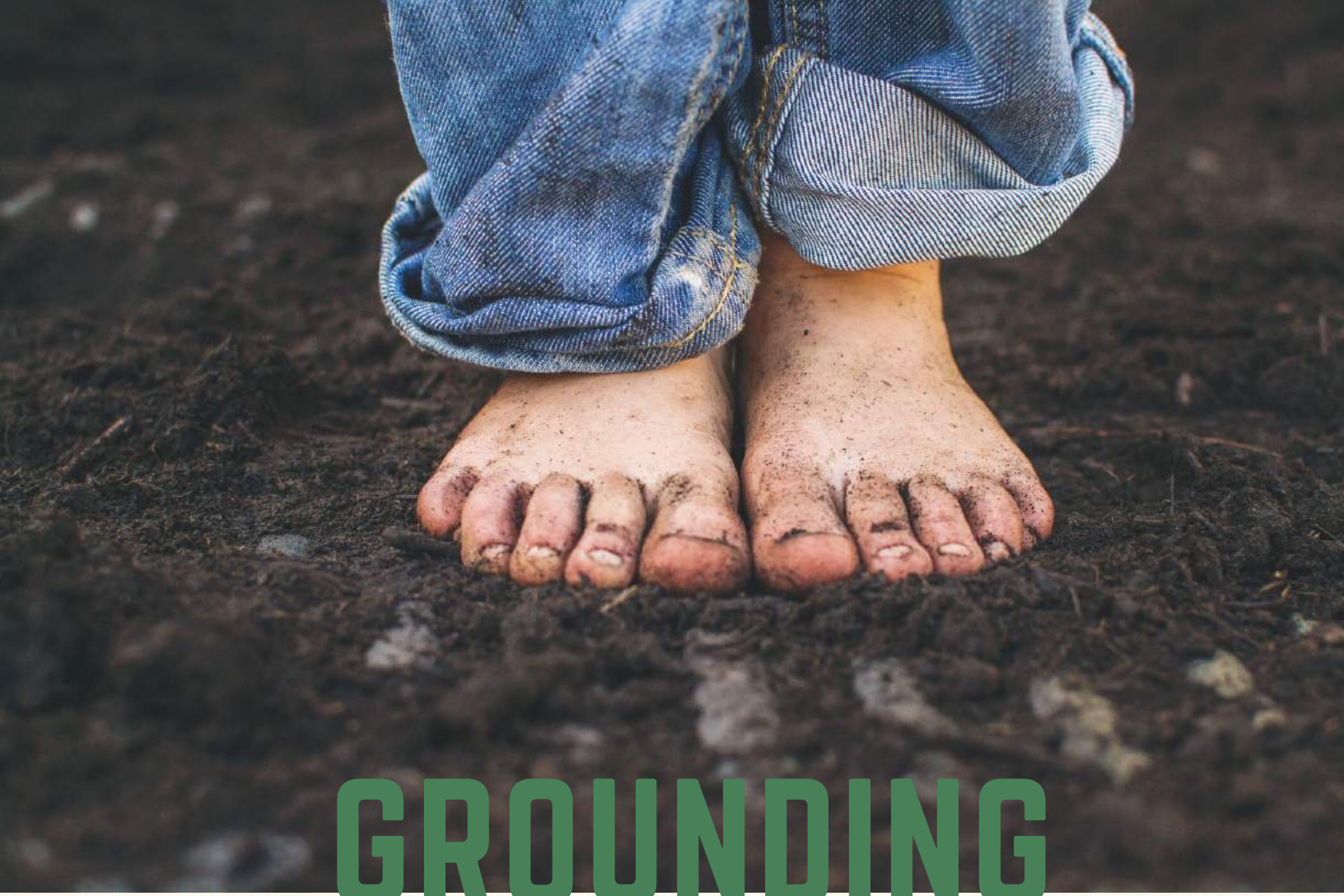


## LEARN MORE ABOUT SOIL

Watch [this video](#) from PBS on soil and learn the basics of this incredible natural resource.

# SOIL CONNECTION





# GROUNDING

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**WHEN KIDDOS CAN'T  
REGULATE OR CALM DOWN...  
HAVE THEM TAKE OFF THEIR  
SHOES, TOSS THE SOCKS,  
HEAD OUTSIDE AND GET  
GROUNDED...**

Put barefoot to the soil, grassy lawn or concrete. Earthing is when your body connects with the earth and an electron transfer occurs. The Earth's energy neutralizes the free radicals in your body and allows neutrality to take place. Your body can then self regulate, self heal and rejuvenate itself with aid of the earth's healing power.

**AND WHILE YOU'VE GOT  
BARE FEET ON THE SOIL  
LISTEN TO [THIS](#) JAM**