



Celebrate Earth...Something simple you can do on Earth Day - or every day!!

If you've a window in your room...open it if you can or, perhaps go out onto a patio

Breathe in the outside air...Are there any smells you can identify

Notice that air. What does it feel like on your skin?

What's the weather like?

What outside sounds do you hear?

Look up. What's in the sky?

What colors do you see in the Nature before you?

Are there beings (animals, flowers, trees, other growing things) in your view?

Is anything moving?

What's the most beautiful thing you see?

What, if anything reminds you of something from your childhood?

Weather permitting, ask someone to go with you for a stroll or roll outdoors.

On a nice day ask someone to take you to visit a municipal garden or nearby park to enjoy Nature's beauty and, perhaps, share a picnic lunch in the midst of it all .

Journal this time spent in celebrating EARTH or write an ode ...to a bird, to the wind or to something else of your choosing

Praying With the Earth

On this day
the blessing of heaven.

On this day
the blessing of sea and sky.

To open us to life
to ground us in life,
to fill us with life
and with wonder.

On those we love this day
and on every human family:

the blessings of heaven
the blessings of Earth
the blessings of sea and of sky.

~ John Philip Newell