



How to...

WOW!

More than one billion people celebrate Earth Day each year, making it the largest non-religious annual event in the world.



4 ways to celebrate Earth Day this year

Earth Day is on April 22! Try these ideas for taking part.

Walk or bike

Instead of going by bus or car, ask a parent if you can walk or ride your bike to school on certain days this spring. This cuts down on pollution and is a nice way to spend time outdoors.



Set goals

Spend some time thinking about ways you'd like to help the Earth, like picking up



litter once a week or pledging not to use disposable water bottles. Write your goals in a notebook or create a plan using our form at theweekjunior.com/activities. Revisit your goals every few months to see how you're doing.

Plant vegetables

Consider helping to reduce your family's trips to the grocery store by growing food in a vegetable garden. You can start with a few pots. Cherry tomatoes, peas, and potatoes all do well in small gardening containers.



Create art from nature

Honor the beauty of the outdoors by making art with natural objects. For example, you could paint kind messages onto rocks or collect fallen leaves and flowers and make a collage with them.



Learn about eco-anxiety

If you feel stressed or worried about the environment, these steps can help.

There are many challenges facing the Earth right now, and studies have shown that kids are concerned about them. In a recent poll of thousands of young people from around the world, 60% said they were either very or extremely worried about the environment. These concerns are leading some people, including kids, to have eco-anxiety. Here's what you need to know.

Understand eco-anxiety

Eco-anxiety is when someone feels stressed, nervous, or anxious about climate change (the long-term changes in weather patterns, including temperature, largely caused by human activity). If someone feels occasionally upset by what's reported in the news, that's not eco-anxiety. Rather, eco-anxiety is a constant worry about environmental threats. While there is no quick cure for it, there are steps people can take to feel better, Kailey Spina Horan, a psychologist in New York, told *The Week Junior*.



Spend time outside.

Recognize the symptoms

Some signs to watch for are having trouble sleeping or concentrating or getting headaches or stomachaches. Spina Horan advises telling a trusted adult if you notice that your worries are beginning to interfere with your daily activities. Start the conversation by talking about the information that concerns you. For example, "Hey,

Dad, today in science we talked about the need to conserve water." Explain why this information made you feel anxious. Talking about your feelings with an adult can help you cope with your feelings and feel empowered to take action against climate change.

Seek out good news

Some anxiety can be a good thing when it comes to creating positive change, says Spina Horan. Concern over the environment has inspired many people to advocate for important climate solutions. If you want to stay knowledgeable about climate change without getting overwhelmed, focus on positive news that's happening. Ask an adult to help you search for good news, such as on sites like ecowatch.com and happyeconews.com. *The Week Junior* also strives to include articles about positive changes taking place to protect the environment.

Make a difference

The challenges facing the Earth might feel daunting, but small steps can make a big difference. This means that you can feel good about any eco-friendly steps you already take at home, like turning off lights and recycling. You can also host a fundraiser in your community and donate the money you make to an environmental charity you believe in.