

———— Birch Aquarium at Scripps ————

EARTH DAY *Challenge*

50 Challenges in honor of the 50th Annual Earth Day

WHAT DOES THE OCEAN PROVIDE TO OUR EARTH?

- Take two deep breaths - the ocean provided the oxygen in one of those breaths!
- Turn off the thermostat - the ocean is the air-conditioning for the planet.
- Search for Alginate or Carrageenan in your food or medicine cabinet.
Tip: They are common ingredients derived from seaweed!
- Drink 6 glasses of water. Only 2% of water on Earth is freshwater!
- Eat the seafood already in your fridge: 20% of our protein comes from the ocean.

WASTE REDUCTION

- Turn trash into treasure: *Use paper towel rolls, egg cartons, etc. into art or repurpose.*
- Choose reduced packaging for online orders.
- Look up the proper recycling guidelines in your county.
- Sort and wash your recyclables.
- Reuse your plastic bags.
- Declutter your closet and find a new home for unused clothing.
- Look up your local farmer's market.
- Organize your fridge and pantry (*helps prevent food waste*).

WATER CONSERVATION

- Turn off your tap while brushing your teeth/shaving.
- Limit your shower time to 5 minutes! *Set a timer or choose three songs to play.*
- Water your plants in the early morning or late afternoon.
- Don't let the water run while washing dishes.
- Skip meat for the day: *One pound of beef takes 1,799 gallons of water to produce.*

ENERGY CONSERVATION

- Use less electricity between 4 - 9 p.m. (*Don't run your washing machines or dishwasher!*).
- Turn off the TV and read a book or play a game.
- Turn off the light when you leave the room.
- Unplug all unused electronics.
- Calculate your carbon footprint using this calculator.
- Post reminders around the home. *Ex: "remember to turn off the lights!"*

SOCIAL MEDIA

- Take a Birch Aquarium *'Moment of Zen'* from our [YouTube channel](#).
- Learn about the [Giant Pacific Octopus](#).
- Turn on our [Kelp Cam](#) and find the bright orange fish.
- Make a video or post encouraging others to make a difference.
- Post one of our Earth Day Pledges on Instagram @BirchAquarium.
- Explore other [Earth Day live events](#)
- Share Birch Aquarium's Earth Day [webpage](#) with friends and family
- Clear your digital junk! Sort emails, documents, and photos.
- Show us how you're celebrating Earth Day by tagging us @BirchAquarium!

GO OUTSIDE!

- Take a walk around your neighborhood.
- Watch sunrise or sunset.
- Write down three sounds from nature you hear.
- Press a flower or a leaf.
- Draw an animal you see.
- Create a sidewalk chalk Earth Day message.
- Create a utensil bubble wand

EARTH FRIENDLY FUN AND GAMES

- The floor is lava!
- Write a thank-you note to the Earth
- Complete one of our ocean animal coloring pages.
- Paint a rock - make it Earth themed!
- Create a pots-and-pans drum band.
- Use blankets and pillows to make an indoor campsite.
- Rainbow scavenger hunt: find something in each color of the rainbow.
- Tell a silly ocean joke to a friend or family member.
- Call someone you haven't heard from in a while and wish them a happy Earth Day.
- Write a haiku about the Earth or ocean.