

## APRIL IS EARTH MONTH



April is a month to raise environmental awareness. Did you know many researchers agree that children who play outside are happier, better at paying attention and less anxious than kids that spend more time indoors? Spending time outdoors has also been proven to help build confidence for kiddos.

### 5 WAYS TO TEACH KIDS ABOUT THE ENVIRONMENT

1. **Do a scavenger hunt - find different trees, plants or insects.**
2. **Make art projects with things you find in nature such as leaves, twigs, flowers or pebbles.**
3. **Teach children about animals - what animals can they find outside? Squirrels, rabbits, birds, dogs?**
4. **Take kids to a park to pick up trash and talk about why littering hurts the environment.**
5. **Simply get them in the fresh air!**



**BRIANA HOLLIS**  
NUTRITION SERVICES COORDINATOR

**How long have you been with Reach-Up?** 4 years  
**Fun Fact about you:** I enjoy gardening, I freeze/can/pickle all the produce from my garden.  
**Most exciting part of your job?** Getting out of my office & interacting with staff, children & families!  
**Least favorite chore around the house:** Cleaning toilets  
**If you could take three items on a deserted island with you, what would they be:** Sparkling water, chapstick & books



@reachupheadstart



Reach-Up Head Start

UPCOMING  
EVENTS

**Earth Day Run - 1/2 Marathon, 1/2 Relay, 5k & Kids 1K**  
 Friday - Saturday, April 21-22, 2023  
 For more information and to register go to:  
[www.activecentralmn.org/events/earth-day-run/](http://www.activecentralmn.org/events/earth-day-run/)

CentraCare  PHYSICIANS  
ORTHOPEDICS

 **EARTH DAY RUN**  
 HALF MARATHON, RELAY, 5K & KIDS 1K  
 APRIL 21-22, 2023 | ST. CLOUD, MN