



Subject: SEL, Science

Key Concepts: compassion, environment

Helping Hands: Help the Environment!

Watch the Wonderama [Helping Hands](#) videos on YouTube to get inspired by kids who are doing some amazing things to help others. Then, do the activity below so you can help others too.

(If needed, use the phrases "Wonderama" and "helping hands" to search for the videos.)

How You Can Help!

Choose at least one of the activities below to help the Earth. Circle the activity(ies) you choose to do

- **Power off!** Turn off lights when you leave a room, and make signs to put by light switches reminding family members to do the same.
- **Plant something!** Plant indoors: put a seed in a container, cover it with soil and add some water. Keep it in a windowsill and keep it watered. Or plant something outside.
- **Unplug!** Unplug things when you're not using them because even if they're off, they're using up energy just from being plugged in.
- **Go 2 sided!** Whether you're printing something, writing or drawing, use two sides of your paper.

Which activity (or activities) did you choose and why?

Try to do the activity(ies) you chose for one week. Put a check in the chart below each time you do them.

How I Helped the Earth the Week of _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Check out more videos on the Wonderama YouTube channel. Watch full episodes of Wonderama on Amazon Prime.