



*Celebrating
the Earth – the
only planet we
have!*



On 22 April people around the world celebrated Earth Day.

All over the world, we have an effect on the environment through all our actions or even by simply living as we do. We use electricity and water, use of transport such as cars, taxis, buses and aeroplanes to go to school or work.

Remember that also by eating the food we need for surviving we all affect our environment, as that food is planted and harvested, transported to a store near you by big trucks who also pollute the environment. The waste we produce and the way we dispose of our waste is creating many problems.

Earth Day reminds us that we need to take care of the planet we call home. It is a day to reflect on our planet, our environment and what we can do to help keep them healthy. In 1970, an

American politician from Wisconsin created this national day in the USA to raise awareness of the environment and how we treat nature. Today, this day is celebrated as an international event in nearly 200 countries. This year marked the 50th anniversary of Earth Day.

How can you help celebrate Earth Day?

Plant a tree

People are building up excess carbon dioxide in the atmosphere through all their industrial and agricultural activities. Harmful carbon dioxide or CO₂ contributes to climate change. Trees help fight it. They absorb CO₂, removing it from the air and storing it while releasing oxygen. Trees are our main survival tools – only one tree can produce enough oxygen for four people. Trees

also purify the air by absorbing pollutant gases such as nitrogen oxides, ozone, ammonia, and sulphur dioxide.



Take a walk in nature

Look around and appreciate the beauty of nature that the Earth has given us. It doesn't have to be some spectacular National Park – a simple natural area, like a nature trail or a walk along a stream will do. An even better idea is to go camping – even if it is in your own backyard! That way, you can enjoy all the wonderful sights and sounds of nature during the night and day, like birds chirping, and the stars.



Learn how recycling works

Recycling is how we take trash and transform it into new products. There are several types of recycling processes that allow some materials to be used one or more times. Recycling is good for us and the environment because it reduces the use of new raw materials to produce new products. It also reduces the energy we use, improves the quality of air and water, and fights climate change.

All sorts of things can be recycled. Some of the most common processes used today recycle plastics, glass, metals, electronics, newspapers and magazines, and cardboard, to name a few. Cooldrink cans, plastic water bottles, plastic milk cartons, newspapers, cereal boxes and old computers are just some of the common items that are recycled every day. If all of us were to recycle just a few items per day that we throw away, we can go a long way to improving the environment for our futures and future generations.

Use less plastic



Plastic is an amazing man-made material used to make all kinds of important things. Bike helmets, car airbags and many medical supplies made with plastic save lives, and plastic water bottles can bring clean drinking water to people who don't have it.

The problem is that most of us use more plastic than we need to, and **half** of the plastic we produce is designed to be used just once and thrown away. This so-called 'single-use plastic' is used to make all kinds of items, such as shopping bags, straws, food wrappers and various packaging. And because plastic takes **over 400 years** to decompose (break down), it stays in the natural world, causing damage, for a very long time.

Do you really need that straw to drink that cooldrink? Audit the plastic use of your family at home by counting how many plastic containers, wraps, bottles and bags you purchase. You can start cutting down on this plastic use by taking your own reusable shopping bags to the store, using reusable water bottles, and refusing plastic straws and utensils at takeout food outlets.

There are various other things that you can do to save the Earth every day. This includes throwing all trash in the bin (and not littering!), saving water, saving electricity and being kind to animals and plants. Every little action counts. Let's make every day Earth Day!

- [To learn more about Earth Day, click here](#)
- [To learn how recycling works, click here](#)
- [To learn about plastic pollution, click here](#)