

# Easter Season & Earth Day

EASTER CELEBRATION GOES FROM APRIL 4TH - MAY 22ND, AND EARTH DAY IS ON APRIL 22ND. HERE ARE 5 IDEAS YOU MAY WANT TO CONSIDER TO HELP YOU CELEBRATE RESURRECTION THIS YEAR!



## TURN OFF & TUNE IN

Try to set aside an hour each day over the course of the week to turn off screens and focus instead on observing what is living around you. You could count birds calls you hear, or ladybugs you find, or people you see on the street. If you're worried about filling the hour, try making a bird feeder out of a milk carton, drawing something that you notice in nature each day, or creating a log of weather conditions and patterns as the season changes.

## GO FOR A STROLL OR ROLL

Get outside and move your body, thanking God for the ability to move, to breathe deeply, and to feel the warmth of the sun. Take special notice of rosy cheeks, chirping birds, and even rabbits changing colours! Just remember to give others at least 6 feet of space and practice sharing the pathways with generosity.



## READ UP ON HOW MUCH GOD LOVES CREATION

Spend some time reading through a few passages that talk about Christ's redeeming work for all of creation. Try Genesis 1, Psalm 8 or 19 or 24 or 96 or 104..., Romans 8, or Revelation 21. Talk with your friends or family to talk about what you hear!

## GO ON A SENSORY SCAVENGER HUNT

Seek out pieces of creation that help you notice the ways your body can sense the world. Listen for animals or windchimes, go looking for pussywillows and crocuses, splash in a puddle & feel the cool water, eat some icecream, or smell the dirt as the ground thaws. If you need inspiration, check out Meewasin Valley's latest resource at [https://meewasin.com/wp-content/uploads/2021/03/Eco-Scavenger\\_Hunt\\_SPRING2021.pdf](https://meewasin.com/wp-content/uploads/2021/03/Eco-Scavenger_Hunt_SPRING2021.pdf)



## RESEARCH WHAT GROWS IN SASKATCHEWAN (AND WHAT NEEDS HELP TO KEEP GROWING)

Learn some more about our neighbours in creation! Challenge yourself to learn 3 new facts about Hairy Prairie-Clover, Mouse-Ear Cress, Sand Verbena, Whorled Milkweed, Piping Plover, and Swift Fox and think about how you can be an advocate for local flora & fauna! Start some seeds that you can plant later in May!

## WE'D LOVE TO HEAR WHAT ELSE YOU COME UP WITH!

Email us your stories or share your stories on Facebook or Instagram. While you're at it, check out some additional resources from some folks that teach us a lot: