

A KIDS TOOLKIT

caring for nature!



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INLIGHT INSTITUTE

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INLIGHT'S KIND CLUB

Welcome to INLIGHT Institute's Kind Club. By signing your name below, you are an official ambassador for a healthier and safer future. You are not only tomorrow's leader, but you are also today's leader. Remember, one kind word, one smile, and one act of kindness can cause an explosion of goodness. Your voice and actions are impactful, and when we flip Me to We, good things happen.

Repeat our pledge and make waves. We've got your back.

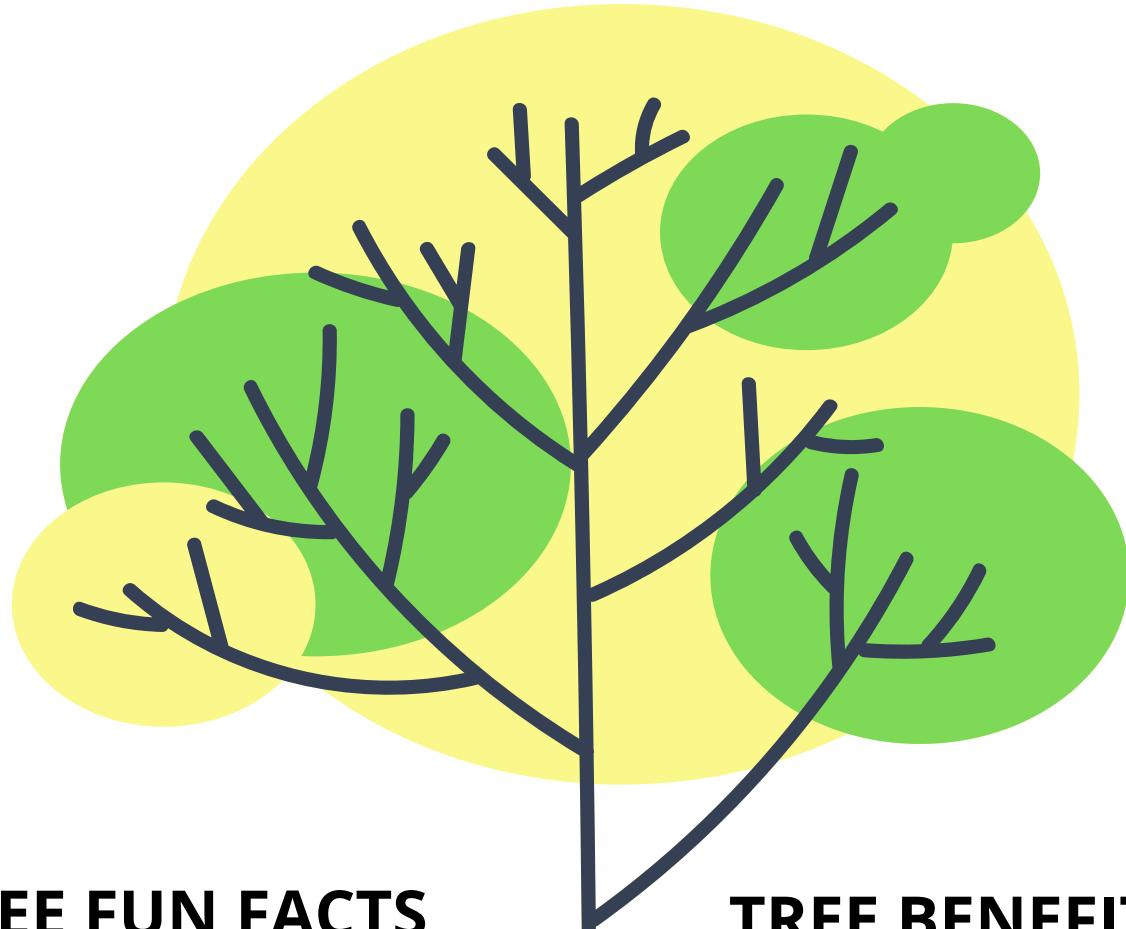
Signature: _____

KINDNESS PLEDGE

I promise to care about myself, others, and our planet. I will act in a way that is true and beautiful so that I can light up the world with my words, feelings, and actions.

TREE SAN DIEGO

Tree San Diego is a nonprofit dedicated to increasing the quality and density of San Diego County's urban forest for the benefit of people, the environment, and the future.



TREE FUN FACTS

- Trees are the longest living organisms on Earth, and never die of old age.
- Rings in the wood can be used to determine the age of a tree.
- Trees in a forest can share nutrients through underground connections built by soil fungi.

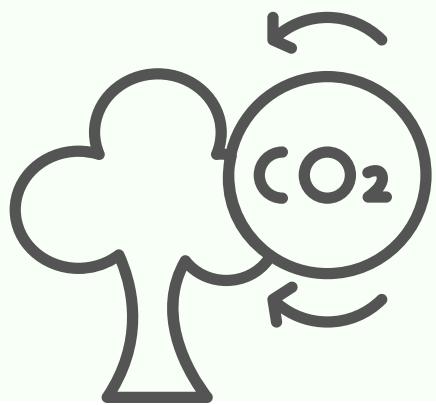
TREE BENEFITS

- Tree roots hold soil in place, reducing erosion.
- Trees help clean our air and provide us with oxygen.
- Trees provide habitat for a variety of animals.
- Trees provide much-needed cooling with their shade.

BENEFITS OF TREES AND THE URBAN FORESTS

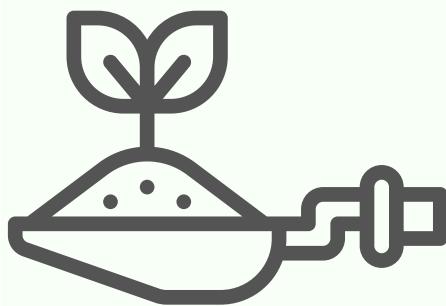
CARBON REMOVAL

TREES GROW THROUGH THEIR CONSUMPTION OF CARBON DIOXIDE, WHICH MAKES OUR AIR CLEANER AND HEALTHIER.



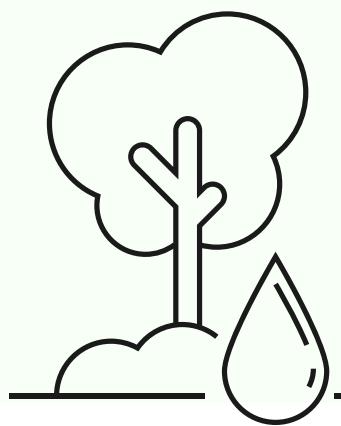
SOIL SEQUESTRATION

TREES HAVE A SIGNIFICANT BENEFICIAL EFFECT ON SOIL CONSERVATION AS TREE ROOTS HOLD SOIL IN PLACE, REDUCING EROSION, FLOODS, AND LANDSLIDES.



WATER CONTROL

MATURE TREES INTERCEPT RAINFALL IN THEIR CROWNS, REDUCING RUNOFF AND PROVIDING CLEANER WATER.



WILDLIFE HABITAT

THE PRESENCE OF TREES CREATES AN ENVIRONMENT THAT ALLOWS THE GROWTH OF PLANTS THAT OTHERWISE WOULD NOT BE THERE, INCREASING FOOD VARIETIES FOR WILDLIFE.



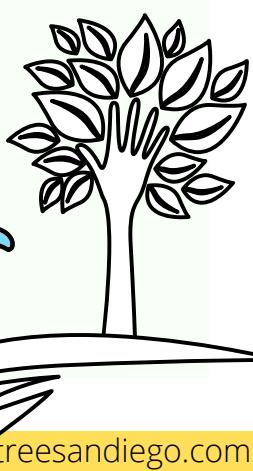
COMMUNITY BENEFITS

IN ADDITION TO ENHANCING URBAN HOME AND BUSINESS ENVIRONMENTS, THE PRESENCE OF TREES ENRICHES LOCAL COMMUNITIES. TREES WITH THICK BRANCHES AT ALL LEVELS HELP TO REDUCE NOISE AND NOISE VOLUME.



HEALTH BENEFITS

STUDIES HAVE MEASURED IMPROVEMENT IN OVERALL EMOTIONAL AND PSYCHOLOGICAL HEALTH IN TREED ENVIRONMENTS.





BE A BRAVE, BOLD, CARING, MINDFUL, RESCUING, RESOURCEFUL, GREEN HERO!

8 THINGS YOU CAN DO TO HELP SAVE THE PLANET



REDUCE **REUSE** RECYCLE

Recycling is fantastic, but it is better if you can reduce what you use and then reuse what you have.

Remember in this order.

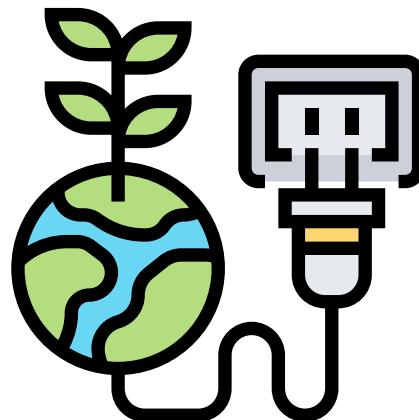
WHAT DOES IT MEAN TO REDUCE?

Reduce the amount of waste you produce.

Reducing is cutting back on the amount of trash we make.

Ways to Reduce:

- Think before you buy. Do you really need another set of legos, a bottle of nail polish, or another pair of shoes? To avoid impulse shopping, think about the item for a few days before buying.
- Buy foods in bulk to limit extra packaging waste.
- Choose products with less packaging.
- Eat at eco-friendly restaurants and save leftovers.
- Turn off lights when you're not in the room, unplugging electronics when not in use, and fixing drippy faucets are other ways to reduce your consumption of essential resources.



8 THINGS YOU CAN DO TO HELP SAVE THE PLANET



PASS IT ON

Before you consider putting something in the trash or recycle bin, see if you can pass your item along to a friend or donate it to a local charity.



There are so many ways to REUSE!

- Give electronics and toys you no longer use to second-hand shops.
- Organize a clothing swap with your friends or school. Donate what is left to a charity.
- Donate used eyeglasses and sports equipment to a charity that gives to others in low-income communities.
- Use reusable water bottles and lunch packs instead of plastic bottles and bags.
- Give books you enjoy to friends or donate them to a mini-library or a school in need.

**Did you know that the average American throws away four pounds of trash daily?
That is more than 1.5 tons of waste per person per year.**



RECYCLE

Convert (waste) into reusable material.

Recycling helps to reduce the garbage in landfills that can take hundreds of years to break down. It helps preserve trees by reducing the need for new paper. If we do more to preserve natural resources, we also help to support wildlife. Recycling reduces the energy we use, improves the quality of air and water, and fights climate change.

How can I recycle the products I use?

Separate items that can be recycled, meaning they can be used for a new purpose. Materials that can be recycled include: glass, juice and milk cartons, cardboard, aluminum, lead batteries, paper, magazines, newspapers, junk mail, ink cartridges, light bulbs, electronics.

8 THINGS YOU CAN DO TO HELP SAVE THE PLANET



Water is one thing all animals (including humans) need to live. It is considered humanity's most vital natural resource.

FUN FACTS:

In some organisms, up to 90% of their body weight comes from water. Up to 60% of the human adult body is water.

What would happen if we run out of water?

Without water, there would be no life on earth. Without evaporation from lakes and oceans feeding the water cycle, it would stop raining. With no water supply, all vegetation would die out and the world would look like a brownish dot, rather than a lush green and blue one. Without pools of water to drink from, people and most animals would dehydrate in a matter of days.

Since we can't manufacture more fresh water, what can you do to help?

1. Plant Trees! Tree roots help absorb water into the ground and keep it there. This prevents floods and landslides.
2. Go Green! Try to cut down on waste to help prevent Climate Change.
3. Take faster showers. Showers are the third largest use of water. If you cut down from a 10-minute shower to a 2-minute one, you will have saved about 2,500 gallons of water in a year. That is the same as 10,000 water bottles!
4. Be conscious of what you buy and where it was made.
5. Support farms that practice safe farming practices.
6. Place a bucket in your shower to collect extra overspray. You can use this to water plants.

8 THINGS YOU CAN DO TO HELP SAVE THE PLANET



Some birds fly thousands of miles during migration. So, helping them find food and water can make a global impact! Growing bird-friendly trees and plants native to your area provide local birds with the food they need when they need it most.

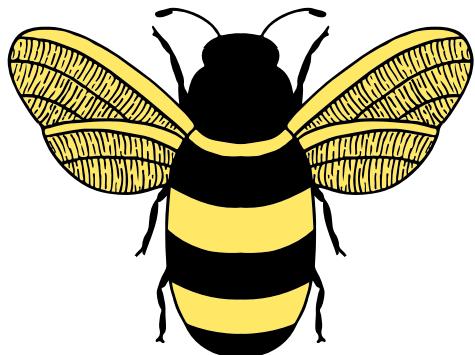
- Help feed the birds by making a bird feeder out of recycled products and hang from your balcony, garden, or schoolyard.

Bird Facts

- Birds help maintain sustainable population levels of their prey and predator species and, after death, provide food for scavengers and decomposers.
- Many birds are important in plant reproduction through their services as pollinators or seed dispersers.

INSECT RESCUE

Pollinating insects like bees and butterflies, help plants reproduce. Without them, our food chain would collapse.



- You can help save pollinators by planting local wildflower seeds, make a pile of branches and leaves for beetles, nurture caterpillars, and don't use pesticides or chemical weed killers.

Bee Facts

- Honey bees are the world's most important pollinator of food crops. It is estimated that one-third of the food we consume each day relies on pollination mainly by bees.
- Bees are not only essential for humans food supply, but also for entire ecosystems to function.

8 THINGS YOU CAN DO TO HELP SAVE THE PLANET



COMPOST IT

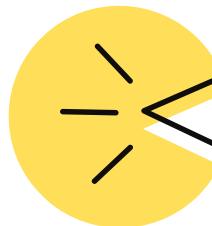
Decayed organic material used as a plant fertilizer.

- Compost is defined as a mixture of something, usually vegetable or other organic waste.
- The soil mix used to fertilize and condition garden beds is an example of compost.
- Compost forms when soil microorganisms and bigger critters such as earthworms consume organic materials and, in the process, break them down into a form that plants can absorb as nutrients.

Composting facts

- It takes two weeks to two years for compost to turn to soil.
- Putting compost in the sun will hasten the composting process.

How to
compost
at home:



click to play video

BIKE, WALK OR SHARE A RIDE

Walking and biking play a crucial role in improving our quality of life!



Fewer cars on the road help cut down on greenhouse gas emissions and air pollutants, improving our living environment.

According to studies, people who choose to bike or walk instead of drive tend to have more positive feelings.

NATURE SCAVENGER HUNT

HOW MANY CAN YOU FIND? CHECK OFF EACH ITEM YOU SEE.

FIND SOMETHING THAT'S BEEN CHEWED OR NIBBLED ON

FIND AN INTERESTING ROCK

FIND A PIECE OF BARK THAT'S FALLEN OFF A TREE

FIND A LEAF SMALLER THAN YOUR FINGER

FIND A LEAF BIGGER THAN YOUR HAND

FIND SOMETHING IN NATURE THAT IS GROWING

FIND A STICK OR TWIG THAT LOOKS LIKE A LETTER

FIND A BLADE OF GRASS LONGER THAN YOUR FINGER

FIND SOMETHING IN NATURE THAT SMELLS NICE

FIND SOMETHING IN NATURE THAT IS TALLER THAN YOU

FIND SOMETHING IN NATURE THAT IS FURRY

FIND SOMETHING IN NATURE THAT IS SMOOTH

FIND SOMETHING IN NATURE THAT IS WET

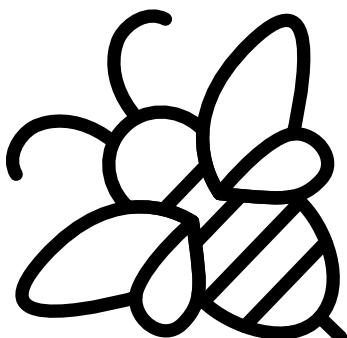
FIND AN INSECT AND WATCH IT MOVE

FIND SOMETHING IN NATURE THAT IS YELLOW

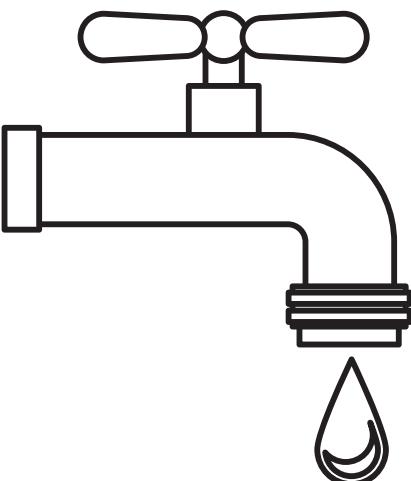
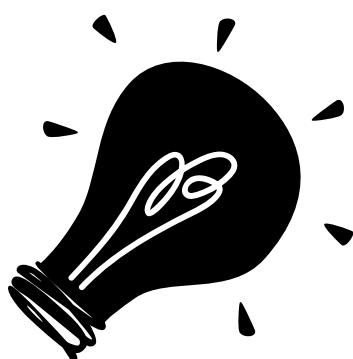
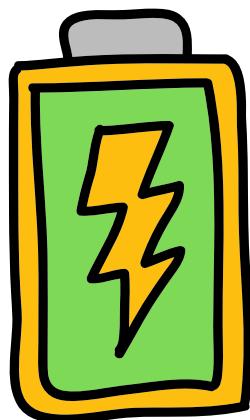
LISTEN FOR BIRDS. HOW MANY DO YOU SEE?

KINDNESS CHECKLIST FOR OUR PLANET

HOW MANY CAN YOU CHECK OFF?



- PLANT A BEE-FRIENDLY TREE OR PLANT
- TRY COMPOSTING EITHER AT SCHOOL OR HOME
- EAT LOCAL AND SEASONAL FOODS
- RECYCLE OLD BATTERIES AND ELECTRONICS
- TAKE A LOOK AT YOUR GARBAGE AND TRY TO RECYCLE MORE
- SAVE SHOWER WATER WITH A BUCKET AND USE TO WATER PLANTS
- TAKE TIME TO APPRECIATE NATURE
- RIDE YOUR BIKE OR WALK SOMEWHERE INSTEAD OF TAKING THE CAR
- MAKE A BIRD OR WATER FEEDER OUT OF RECYCLED SUPPLIES

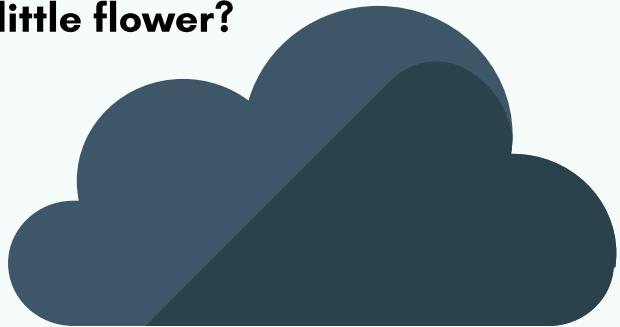


jokes

LAUGHTER MAKES PEOPLE FEEL GOOD.
SHARE A NATURE JOKE WITH A
FRIEND OR FAMILY MEMBER TO TICKLE
THEIR FUNNY BRANCH.

What did the big flower say to the little flower?

Hi, bud!



Why do bees have sticky hair?

Because they use honeycombs.



Why did the fungi leave the party?

There wasn't mushroom.

How do trees get on the internet?

They log on.

What did one lightning bolt say to the other lightning bolt?

That's shocking!

Why do trees not like tests?

Because they get stumped by the questions.

What do you call a bear that is in a rainstorm?

A drizzly bear.

What type of tree likes to give high fives?

A palm tree.

What has no fingers, but many rings?

A tree.

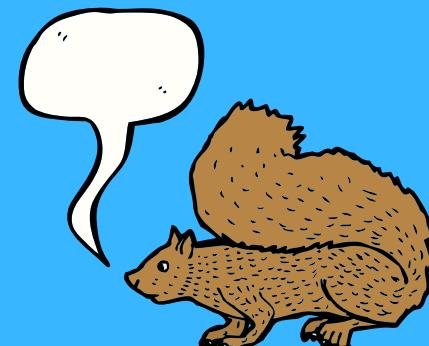
VOCABULARY

- **arborist** = specializes in the care of trees.
- **biosphere** = is all parts of and around the planet Earth where life can be found.
- **climate change** = a change in global or regional climate patterns, in particular a change apparent from the mid to late 20th century onwards and attributed largely to the increased levels of atmospheric carbon dioxide produced by the use of fossil fuels.
- **compost** = decayed organic material used as a plant fertilizer.
- **composting** = a natural process of recycling organic material such as leaves and vegetable scraps into a rich soil.
- **conservation** = is the protection of things found in nature. It requires the sensible use of all Earth's natural resources: water, soil, minerals, wildlife, and forests. People who care about conservation try to preserve natural resources so they will still be around in the future.
- **Ecosystem** = is a large community of living organisms (plants, animals and microbes) in a particular area. The living and physical components are linked together through nutrient cycles and energy flows. Ecosystems are of any size, but usually they are in particular places.
- **environmentalism** = concern about and action aimed at protecting the environment.
- **habitat** = the natural home or environment of an animal, plant, or other organisms.
- **landfill** = a place where waste is buried in the ground and covered with soil.
- **migration** = seasonal movement of animals from one region to another.
- **organism** = an individual animal, plant, or single-celled life form.

- **oxygen** = a colorless, odorless reactive gas, the chemical element of atomic number 8 and the life-supporting component of the air.
- **pollination** = the process that allows plants to reproduce.
- **pollinator** = anything that helps carry pollen from one flowering plant to another flower. The movement of pollen must occur for the plant to become fertilized and produce fruits, seeds, and young plants.
- **polluter** = a person or thing responsible for contaminating the environment with harmful or poisonous substances.
- **pruning** = selective removal of certain parts of a plant, such as branches, buds, or roots.
- **soil** = the upper layer of earth in which plants grow, a black or dark brown material typically consisting of a mixture of organic remains, clay, and rock particles.
- **sustainability (environmental)** = responsible interaction with the environment to avoid depletion or degradation of natural resources and allow for long-term environmental quality.
- **tree canopy** = the top portion of a tree composed of branches and leaves; all trees have canopies.

CONVERSATION STARTERS:

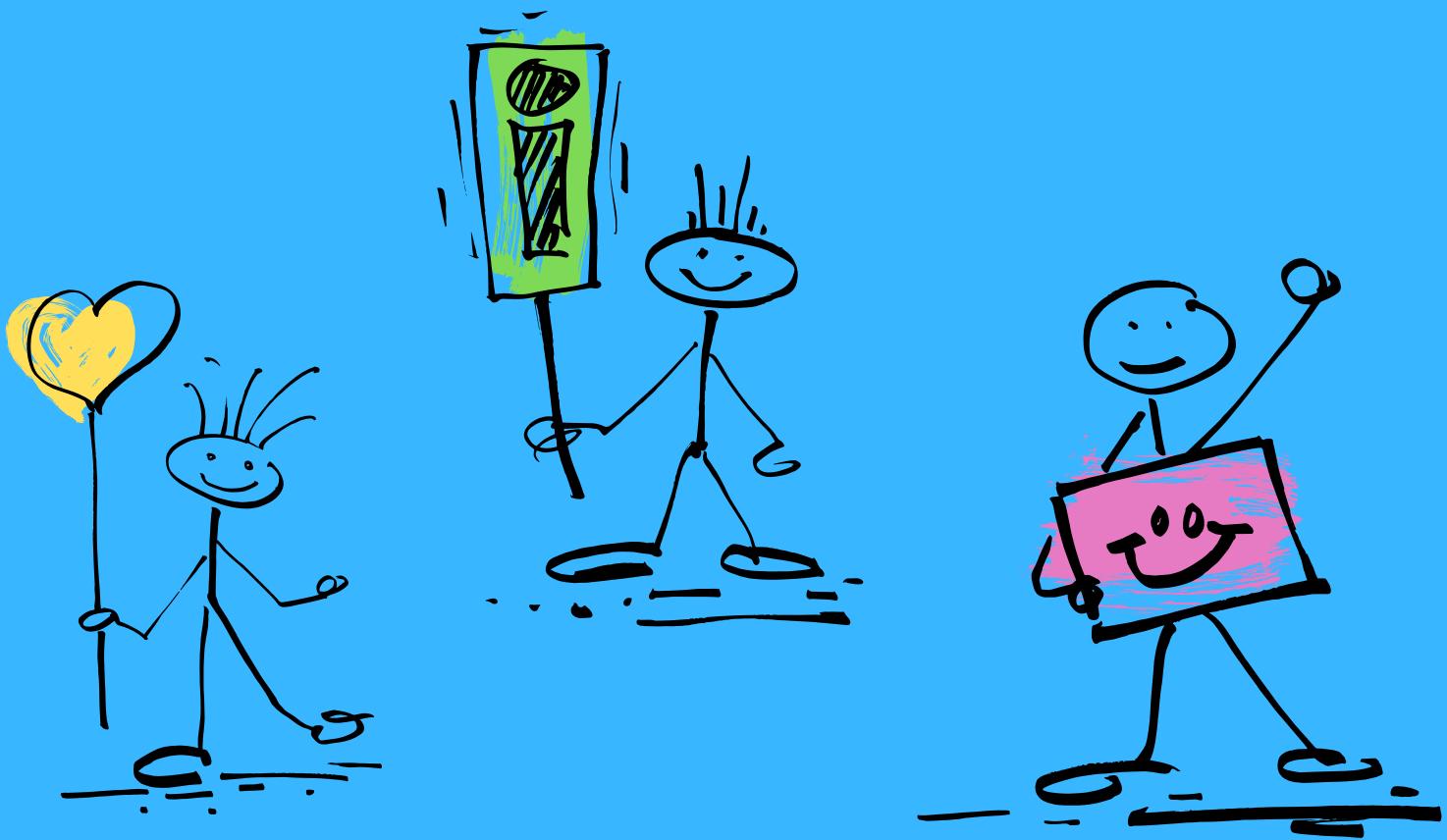
1. What are the benefits of trees on our planet?
2. What are some trees native to your area?
3. How can people care for trees?
4. Why is it essential to maintain the health of trees?
5. How can humans improve the quality and quantity of urban forestry?
6. What are the benefits of trees to our mental and physical health?
7. How does nature make you feel?
8. How does nature teach us empathy?



ACTION!

Be a voice!

Encourage others to care for the environment and help save the planet.



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