



50 YEARS EARTH DAY 2020

On **April 22** people all over the world will celebrate the 50th anniversary of Earth Day. Learn more about this special day and how you can join in the celebration.

History of Earth Day

The first Earth Day on April 22, 1970 represented a year-long coalition to raise environmental awareness and involve citizens in creating a healthier planet.

Senator Gaylord Nelson, a junior senator from Wisconsin, had long been concerned about the deteriorating environment in the US. In 1969, he devised a plan to raise environmental awareness and put pressure on politicians to support environmental legislation.

He recruited Denis Hayes, a young activist and student at Harvard University, to organize the first Earth Day. To maximize student participation, April 22 was chosen because it fell

between Spring Break and Final exams.

Hayes along with fellow organizers built a national staff of 85 to promote events across the nation. Earth Day inspired an estimated 20 million Americans to take to the streets and rally against the negative impacts of pollution.



Photo courtesy of Oakland Museum of California

After Earth Day...

The **U.S. Environmental Protection Agency (EPA)** was created in December 1970 to protect human health and the environment.

The **Clean Air Act of 1970** was established to limit harmful air emissions.

The **Clean Water Act of 1972** was passed to protect the nation's waterways from pollution.

The **Marine Mammal Protection Act** was passed in 1972 to maintain the health and stability of the marine ecosystem.

The **Endangered Species Act** was passed in 1973 to protect and recover threatened and endangered species and the ecosystems they depend upon.

Earth Day Theme

The theme of Earth Day this year is **Climate Action**. The organizers of Earth Day Network are launching the Earth Day Challenge 2020. The Earth Day Challenge is a global citizen science effort that involves millions of people around the world collecting data about air quality and plastic pollution.

Visit the Earth Day Network to learn more: <https://earthchallenge2020.earthday.org/>

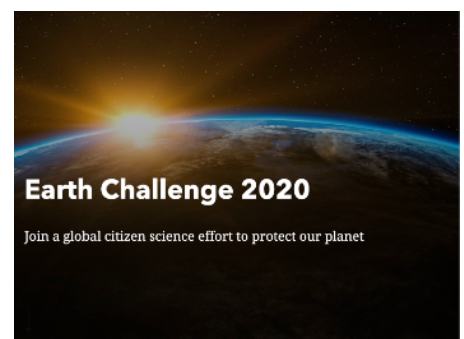


Photo courtesy of Earth Day Network

Get Involved!



One of easiest way to get involved and **keep our planet healthy** is preventing trash and pollution from entering watersheds. What is a watershed? A watershed is an area of land that drains water into a creek, river, lake, or bay.

Pollution in our watersheds degrades the environment, harms wildlife habitat, and ultimately hurts human health. Keep watersheds clean by picking up trash and preventing pollution from entering storm drains which drain into watersheds.

Learn more about protecting watersheds and keeping Earth's ecosystems healthy here: <http://www.mywatershedwatch.org/>

Learn how to beautify your neighborhood by visiting: <http://sfbws.com/>



Photo courtesy of San Francisco Bay Wildlife Society



#EarthDay2020



Download these Apps to help you connect with nature!



iNaturalist

Helps you identify the plants and animals around you. Connect with a community of over 400,000 scientists and naturalist to learn more about nature!



Wild Journey

Choose from a library of landscapes, you can listen and relax to nature sounds anywhere you are.

Create Nature Art



Create art inspired by nature

Sketch, draw, paint or take pictures of natural landscapes to show an appreciation for the Earth's beauty.



Start Nature Journaling!

Go to your backyard, porch, patio, or look out your window to write down and draw your observations of the natural world.



Photo Courtesy of John Muir Laws



Create an Earth Day Poster! Celebrate this special day by making your own poster and sharing it with friends and family.

Visit the John Muir Laws website to learn nature journaling tips: <https://johnmuirlaws.com/>



Let's take care of ourselves so we can continue caring for each other and our planet

Treat yourself to an at-home spa day. May your own facial masks with natural house hold ingredients.

Oatmeal Facial Mask

Ingredients:

- 1/3 cup oatmeal
- 1/2 hot water, not boiling
- 2 tbs plain yogurt
- 2 tbs honey
- 1 egg white



Photo courtesy of Nutritious Life

Directions:

Combine hot water and oatmeal and let sit for 2-3 minutes. Mix in yogurt, honey, and egg white. Apply a thin layer to your face and let sit for 10 to 15 minutes. Then rinse with warm water

For more facial mask recipes go to:

<https://www.thehealthy.com/beauty/face-body-care/homemade-facial-masks-recipes/>

Practice meditation and breathing exercises to reduce stress and improve mindfulness.

Box Breath

- Inhale big for 5 counts
- Hold for a count of 5
- Exhale slowly for a count of 5

2-7-8 Breathing

- Inhale for 2
- Hold for 7 counts
- Exhale for a count of 8



biscoth087/Adobe Stock

To practice guided meditation visit this link: <https://www.mindful.org/focus-attention/>

Explore from Home



Enjoy the beauty of our planet with these organizations that offer virtual learning programs

California State Parks broadcasts their Parks Online Resources for Teachers and Students program, also known as PORTS, from locations across California using Zoom. Learn about the state's precious natural resources and cultural heritage from home. Visit the PORTS website to register for a program: <https://www.ports-ca.us/home>

Keep Coyote Creek Beautiful hosts virtual educational walks along Coyote Creek in Santa Clara, CA. Visit their website to join a program: <https://www.keepcoyotecreekbeautiful.org/copy-of-creek-cleanups>



Photo Courtesy of California State Parks