

Earth Day for All

Your everyday guide to exploring
and celebrating our planet



Let's Connect with Nature, Together.

When we connect with nature, nature connects with us. Whether it's an urban park or a vast preserve or even your own backyard, the natural world has an incredible power to amaze us, inspire us, teach us and provide for us.

Inside this special Earth Day Guide from The Nature Conservancy, you'll find everyday ideas and inspiration for everything from birdwatching and gardening to scavenger hunts and mindful nature walks. You'll also learn some fun nature facts.

So let's go explore (and celebrate) this amazing planet we call home.

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Quick Tips for Better Birding

Nature lovers like you know that you don't need expensive gear or complicated lists to be a birdwatcher. All you need is an interest in nature—and a bit of curiosity. Once you start looking, it's amazing how much you see. Here are some ways to bring that curiosity to life.

Bird close to home. No need to wait until you're in a faraway, exotic locale. Birds are everywhere! You'll quickly begin noticing which birds are regulars and which are just passing through. It's also a great way to connect with fellow nature lovers in your community.

Read up on our feathered friends. Scout ahead by browsing a field guide of birds in your area. That way, you can focus on observing birds without frantically scrolling on your phone or flipping through your guidebook at the same time.

Skip the scopes—at first. Binoculars are great for observing bird behavior—and beauty—up close. But a surprising amount of birding requires no more than your eyes and ears. Whether you're starting your birdwatching journey or it's a regular practice, spending some time without scopes can help you notice more subtle movements and follow the sounds of a bird's song.

Record your sightings. There are many apps that can help you identify and record what you see. It's a fun way to keep track, and it can also aid conservation. Neighborhood birders have documented rare birds, changes in migration timing and more.



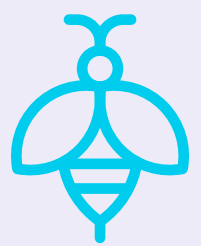
Garden like a Naturalist



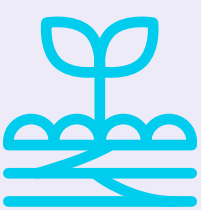
Your own outdoor space can be quite the thriving habitat. Here are some ideas for getting more out of your yard or garden while giving back to nature.



Do a little pre-planting research. Look up trustworthy growers of native plants and then ask them if they treat the plants with insecticides that harm pollinators. When planting, note how much sun/shade your plants require to ensure they can thrive in the right spots—and attract lovely pollinators.



Consider pollinators of all ages. When creating your garden, it's important to feed pollinators at all stages of their lives. Combine nectar plants (flowering plants that produce nectar for adult pollinators) and host plants (which provide food during early life stages—just like a kids' meal!)



Be a little "lazy" with yardwork. You can do more for pollinators and local wildlife by doing less! When you keep leaves in your garden year-round, you send nutrients back into the soil for plants and trees. Plus, leaf litter is important habitat for insects like luna moths and queen bees.



Nourish the night shift. There are nocturnal pollinators like moths and bats who also thrive in gardens. Help them out by planting a "moon garden" of night-blooming flowers that are native to your area. Turn down some outdoor lights to reduce light pollution that can disrupt fireflies, moths and other nighttime critters.

How to Build Epic Scavenger Hunts

Scavenger hunts are an easy, special way to get kids outside (and those of us who are kids at heart). They inspire children and adults alike to slow down, notice what's around them, and connect to the natural world.

Here are ways you can build an epic scavenger hunt that lets nature do most of the talking.

Customize your hunt. There's no one-size-fits-all approach to a scavenger hunt, so make sure to customize your quest to where you happen to be. (For example, you're not likely to spot a beaver dam in a small urban park.)

Include early wins. To encourage kids to continue exploring, add some easy wins early in your scavenger hunt. For example, include a few broad categories like rocks, flowers, birds and butterflies.

Have a goal. Try and build your scavenger hunt around a "featured creature" that's common to your location—but also a bit elusive. Think along the lines of a turtle or a snake or even a bald eagle that could become the star of your adventure.

Encourage free play. Scavenger hunts are about exploration and engagement, so think of them less as classroom exercises and more as games. Kids will often pick up on lessons just by looking.



Don't have time to build your own? Check out a ready-made scavenger hunt from TNC's Nature Lab program today

[Tap here](#)

More family-friendly fun for the next generation of nature lovers in your life...

Dig in the dirt: Take a small shovel and bucket and find a place to dig a hole. What do you see and smell and feel as you fill your bucket?

Grow green thumbs: Find a plant or flower you can visit every day and help take care of. What do you notice about it each time you visit?

Read outside: Pick a cozy spot outdoors (or if the weather's bad, by a window) and read a book about nature. What's one thing you've learned?



For more family fun, explore Nature Lab's kid-friendly resources, including virtual field trips and seasonal activity guides.

[Tap here](#)

Timely Earth Day Actions



Got five minutes?

Unplug a few sneaky power-hungry devices—like cable boxes, game consoles, monitors, printers—until you need to use them again.

Got 30 minutes?

Check the tire pressure in your cars as the seasons change. Driving on under-inflated tires uses more gas or electricity.

Got an hour?

Organize some items for donation from a room. You'll keep your items out of the landfill while giving them new life with someone who could really use them.



Suggestions from our scientists



Science is at the heart of The Nature Conservancy's work to create a future with thriving nature, a livable climate and healthy communities. Who better to suggest Earth Day actions than our dedicated scientists?

“Grow some of your own food—even if it's just one thing, like a cherry tomato plant in a pot or some basil on a sunny windowsill. This helps connect you to the cycles of the seasons and builds recognition for what's required to bring the food you eat to the table.”

Sara Gottlieb

Apalachians Freshwater Director, South



“Think about a nearby piece of nature that means a lot to you. It could be a street tree or a nearby park. If you don't know already, find out who's responsible for maintaining that piece of nature. If it needs attention, then help in some little way. When people take that first small step, they find ways to take bigger steps.”

Rob McDonald

Lead Scientist for Nature-Based Solutions, Europe

“The best action is to commit to taking the first step (and then the next, and then the next). It doesn't have to be the biggest action. It could be switching to oat milk or LED light bulbs. By giving yourself the space to **treat taking action as a step-by-step journey** rather than an instant change, it becomes much more manageable and lasting.”

Susan Cook-Patton

Lead Reforestation Scientist

Five Ways to Wander and Wonder

Wanders can do wonders. A short ramble outdoors can put us in better tune with our minds and the nature around us—and deepen our appreciation for both. Here are five tips to help you stroll more mindfully through nature on Earth Day and year-round.



1

Slow down. A nature stroll is no time to rush. Slowing your pace might help you notice some of the smaller features around you. It may also bring more wildlife your way.

2

Skip the headphones. Let nature be your soundscape. What are the instruments around you? Singing birds, creaking trees, hungry squirrels? You'll likely hear people or cars, too, but let them in as temporary members of nature's orchestra.

3

Get to know your neighbors. Learn the names of at least three common animal and tree species near you. That way, you can see how they're scattered along your favorite walking path and watch them change throughout the year.

4

Count your steps—but not the fitness kind. Play into your curiosity. How many steps does it take for you to reach the closest tree? How about the closest flower? The closest body of water?

5

Sense the scents. When you're strolling in nature, take note of subtle smells around you. Your sense of smell is closely tied to memory. Do any scents invoke a feeling or a memory?



Pop Quiz!

Question:

What do you call a group of bald eagles?

- A A flock
- B A convocation
- C A murder
- D A family

Question:

Which fish is considered the oldest surviving animal species in North America?

- A Paddlefish
- B Swordfish
- C Alligator gar
- D Catfish

Question:

How many years can an African elephant live up to?

- A 25 years
- B 50 years
- C 75 years
- D 100 years

Answers: 1. B: A convocation; 2. A: Paddlefish; 3. C: 75 years

Nature Facts

Researchers found that the Mexican free-tailed bat can reach speeds of up to 100 mph, making it by far the fastest mammal on Earth.



Full-grown bison bulls can weigh up to 2,000 pounds and can consume more than 30 pounds of grass (air-dry weight) in a single day.

When a queen bee dies, workers feed a young larva a special food called "royal jelly" that enables it to develop into a fertile queen.





Speak Up for Nature

Your voice matters on Earth Day—and every day. We need strong public policy to protect our planet, now more than ever.

At this critical time for our natural world, everything we cherish—our lands, our water, our air, and all the plants and animals we love—is depending on us to speak up. You have the power to make your voice heard and help create a future where people and nature thrive.

Tell Congress to protect the critical conservation funding that protects our natural world and our way of life.

Tap here

**So much is on the line.
But together, we find a way.**



Make This an Earth Day for All

We hope this guide has sparked some new ideas to continue to connect with nature around you—and inspire others to do the same. If you'd like to do even more to help, consider supporting The Nature Conservancy with a recurring or one-time donation.

However you choose to honor Earth Day, we're grateful that you're part of our community of dedicated nature lovers.

The Nature Conservancy 

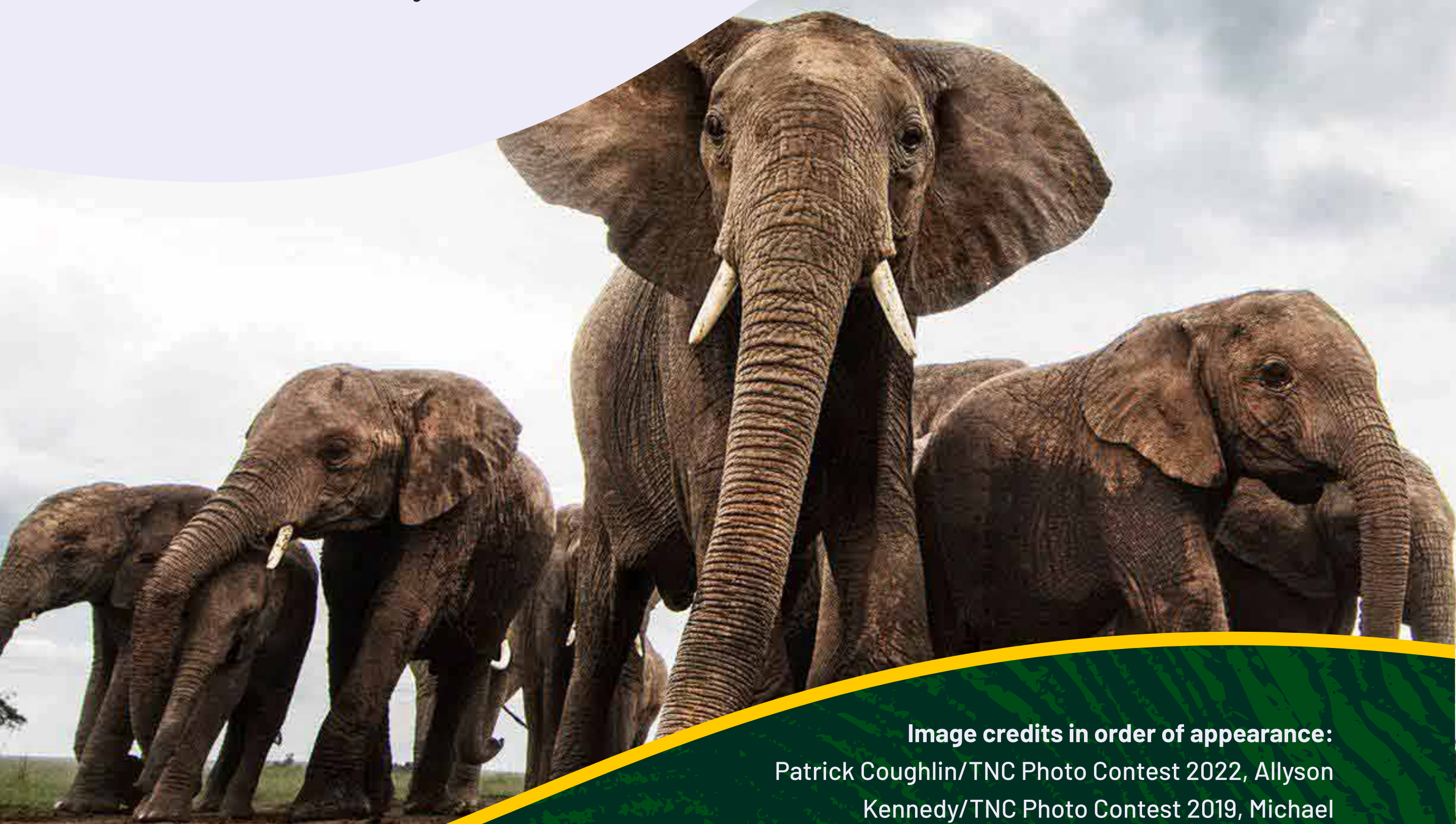


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