



SEASON OF CREATION



FAMILY AND COMMUNITY GUIDE



Several resources exist to do ecological activities as a family, here are the 5 initiatives we are putting forward in 2023:

- Wetlands: create one!
- Biodiversity: one square meter!
- Biodiversity: vegetables, apples and squash that we don't know
- To understand solar energy: a solar oven for marshmallows!
- Free books on the environment and sustainable development!



Eco-friendly family activities

Several resources exist to do ecological activities as a family!

Often we have a schedule for family activities. Why not add a novelty or two to take care of the planet? Several resources exist to do ecological activities as a family!

Here are the 5 initiatives we are putting forward in 2023:

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Initiative 1

Wetlands : create one!

You can create a wetland to better understand why this is important in nature!

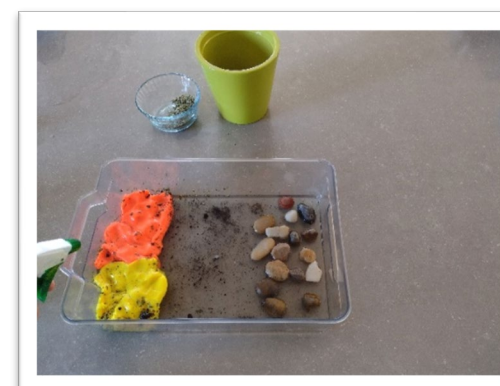
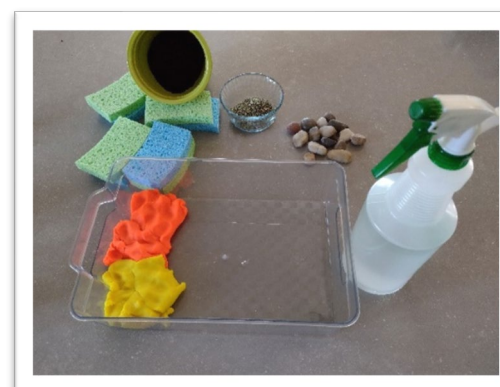
We are inspired by the presentation of www.sjrwmnd.com/education. The equipment you need :

- A large enough glass dish if possible
- Modeling clay in various colours to represent forests, plains, etc.
- Green and blue sponges
- A bit of land
- Spray bottle and water to represent the rain
- Green spices (your choice)
- Some rocks



First experiment

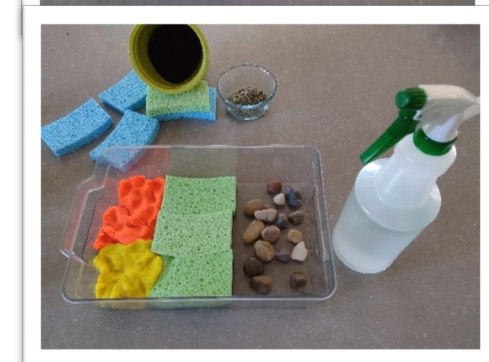
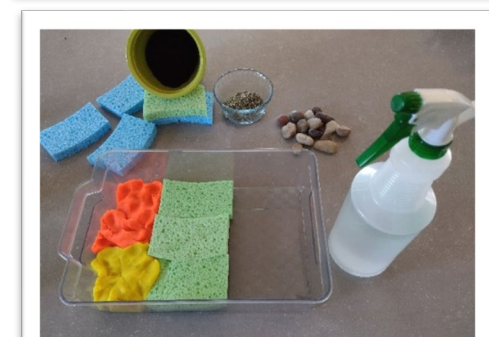
- 1- In your dish, cover a third of the surface with modelling clay: this represents the ground.
- 2- Put some rocks in the other end of the dish.
- 3- On the modelling clay, put a little earth and a few spices.
- 4- Sprinkle the part of the modelling clay.
- 5- Look where the water, earth and spices go.
- 6- Take a picture!



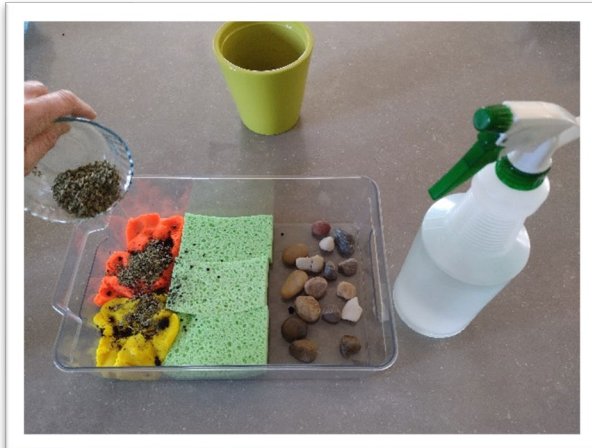
Second experiment

After emptying your dish, resume the experiment:

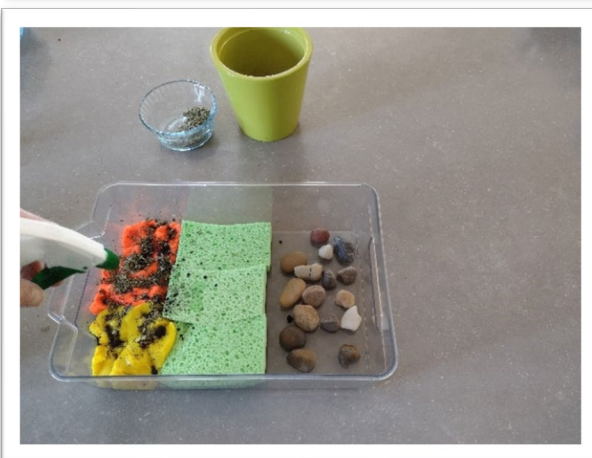
- 7- In your dish, cover a third of your dish with modelling clay.
- 8- Then place a row of sponges to cover the other third of your dish.
- 9- Then rocks in the last third of your dish.
- 10- On the modelling clay, put a little earth and a few spices.



11- Sprinkle the part of the modelling clay with water...



12- Look where the water, earth and spices go...



13- Repeat this a few times a day...



14- Sponges are like our wetlands, they help retain water and soil, filter water, etc.

Initiative 2

Biodiversity: one square meter!

To discover biodiversity, if you have a small corner in your yard, like a square meter, leave it abandoned and if possible, add a piece of dead wood. Avoid any cats or dogs coming there and if necessary, add a small fence. Over the next few months, watch what happens...plants, insects, birds, etc. See biodiversity at work. Take photos or a small video regularly to see the evolution.

Initiative 3

Biodiversity: vegetables and squash that we don't know!

Fall is a good time to visit gardens, pick apples and pick up your pumpkin too. Why not take the opportunity to discover vegetables that we don't know, taste various kinds of apples, and discover the whole variety of squash! Experiment with a new recipe with a vegetable, an apple or a squash that is new to us.



Initiative 4

To understand solar energy: an experiment to do

A good way to understand solar energy is to make a solar oven... to bake marshmallows.

Materials: cardboard box, small black cardboard or black paint, glue, scissors, aluminum foil. And of course marshmallows! To do this, use the YouTube video.

Once the built solar oven has been used, discuss with the young people how they see solar energy and how it can be used more to preserve the planet.

Here is a resource to help you : [YouTube video](#)



Initiative 5

Free books on the environment and sustainable development!

During the Season of Creation 2023 and throughout the year, free books on the environment for young people are available (and also for adults!)

Frieda and the Sustainable Development Goals : https://issuu.com/unpublications/docs/f_frieda_2018

Books written by young people aged 8 to 12 from various regions of the world, some of which have been translated into several languages! Free PDFs! <http://www.vofg.org/books>

Offer these readings to children with less access to books, use a computer or tablet, put the links on you using social media or in your faith group newsletter. Get to know them!