



Grounding exercise

Slowing down and noticing the Land around you is an important step for “Going Green.”

Practice with this short grounding exercise!

Notice:


4 things you can see

3 things you can feel

2 things you can hear

1 thing you can smell

How did your body feel before the exercise?
How does it feel after?



Tips from children!

During Ecology North’s Waste Reduction Week, we asked children how families care care for the environment.

Here are their ideas:

Go for walks, and when you see garbage, pick it up! Love your community! Nio, age 10

Get your school more involved in climate change, and with community environment projects.

Azalea, age 11

Care for the earth by being kind to the plants, trees, and animals.

Louis, age 4

**Walk or bike places more.
Have a “clean up garbage” day!**

Azzie, age 10

Remember that the trees help us live! Anonymous

Join or start a neighbourhood club to clean up litter. Quinn, age 9



NWT Literacy Council
Tip sheet

Family Literacy Day



“Going Green”



Celebrate Family Literacy Day by learning to “Go Green” with your child!

Contact the NWT Literacy Council:
(867) 873-9262
nwtliteracy@nwtliteracy.ca

Our tips

- Research the unknown! Get curious together about the environment and ask questions out loud.
- Learn and use specific names for the life around you, like trees and birds. At all ages, children benefit from hearing a variety of words!
- Plant a garden together. Get excited to watch it grow.
- Talk at the grocery store. What fruits, vegetables, mushrooms, herbs, and other plants can grow in the north?
- Pick up garbage together. Ask about why people might litter. How can we prevent it?
- Take a family walk to recycling, compost, and garbage receptacles. Waste disposal is a part of life, so let's talk about it with children.

More tips

- Share Indigenous languages with children. Language shapes how we understand the world around us. Indigenous languages help us connect to the Land.
- Do an activity that re-uses waste!
- Learn skills that encourage you to be outside more often and connect with the Land.
- For your next science experiment, test the conditions in the environment. Choose a spot and observe the same things each day. Keep track of what you notice, and what changes.
- Jump, run, dance, climb, swim, skate, slide, and play outside!
- Save extra time to walk from place to place. Pay attention to the nature around you. Try the **grounding exercise** at the back of this brochure!

