

Simple ways you can

Build Assets, Naturally

and show kids you care - about them and the Earth.

with young children

- Take leisurely walks – around the block, in the garden or a local park, allowing them to follow their interests.
- Plant fast growing seeds together (beans, radishes, marigolds etc.) and watch them grow.
- As part of a bedtime routine, take them to the window or outside to say goodnight to the moon, the stars, or their favorite tree.

with school age children

- Go outside each morning with your child and check the sky to see what kind of day it will be.
- A daily routine expressing gratitude for nature – sun, rain, trees, flowers – helps to establish a growing awareness for the child that they are a part of something wild and wonderful.
- Tell them stories from your own childhood about what you did outside in nature. Find creative ways for them to have similar experiences.

with teens

- Share your hopes and dreams for the planet.
- Learn together the benefits of buying food locally grown. Then plan and cook a dinner together, using only food bought at the Farmer's Market.
- Encourage them to form a team with friends and choose a project to help the environment in their local community.



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