

Eco-friendly activities in the summer



 CERC-ENVIS Resource Partner
Eco-friendly activities in summer for kids 

Summer vacation is the happiest moments for you all to get a long break from the daily hectic life of school and school work. Young champs, now you have a long vacation and a lot of free time. It is the time of simple pleasure and excitements.

To celebrate the meaningful vacation, we'd put together a list of wonderful activities. Enjoy. This is the happiest moment for you and the environment.

1. **Best out of waste:**

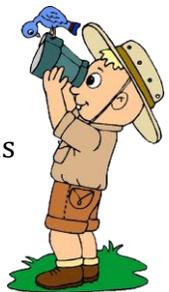
Vacation is the time to create best out of waste. The unused products at home can be reused and create something new. Best out of waste craft ideas are most suitable to reuse waste materials and decorate your home. Check the link-

<https://sheroes.com/articles/best-out-of-waste-ideas/NjkzNw==>



2. **Bird watching:**

The observation of live birds in their natural habitat is an awesome hobby. Outside your door and on your way around—birds are everywhere. It is good for your health and happiness. Morning is the best time. It inspires a harmonious union with nature. Avitourism is now very popular. It is a nature-based tourism activities. The local guide helps you to identify the birds and their habitat. It requires lot of studies to get familiarised with types of birds, where they are



found, appropriate time to travel to that location and hours of waiting to catch a glimpse of a bird.

Click here for tips: <http://www.audubon.org/news/easy-ways-get-kids-birding>

3. **Make eco-friendly toys:**

You must have wooden blocks, recycle material and other reusable materials at home, use them and make toys from them.

Note: Don't play with harmful plastic toys.



Benefits of Eco-friendly toys:

<http://www.takaratomy.co.jp/english/company/sustainability/eco/ecotoy.html>

Create home made toys- <https://messymotherhood.com/50-handmade-toys-for-kids/>

4. **Develop a kitchen garden:**

Use your wet waste and make compost out of it. Make a list of favourite vegetables which can be grown in the kitchen garden. Choose healthy seeds and sow these seeds. It's the ultimate in practical gardening—growing fruits, veggies, herbs, and edible flowers right outside the kitchen door.



Video: <https://www.youtube.com/watch?v=nJdLVua5z8E>

And <https://www.bhg.com/gardening/vegetable/vegetables/planning-your-first-vegetable-garden/>

How to make compost http://cercervis.nic.in/PDF/Compost_eng.pdf

5. **Go for a hike/ Trekking/ Camping:**

Vacation is the best time to do adventurous activities. It helps to take you close to the beauty of nature.

Basic of Hiking: <https://www.youtube.com/watch?v=HZwEEPN0WSQ>

<https://www.tripadvisor.in/Travel-g293860-c209599/India:Camping.And.Hiking.Tips.In.Wildlife.Area.html>

6. **Go for cycling:**

Cycling is an excellent way to enjoy nature. It is an inexpensive, eco-friendly fun activity. It will help you to build a strong body and same time it saves the environment from pollution.



Benefits of cycling: <https://www.youtube.com/watch?v=mxwmlAh98wE>

7. Know your plants:

Go for a walk in the garden and Nature Park with your elder. Plants are kind of like people—each type of plant has a unique “personality” and likes different things -water, sunlight, soil type, etc. Observe carefully the part of plants like trunk/stem texture, shape of leaves and its design, height, flower and fruits. Take a photo of the plant and make a gallery of pics on your computer.



There are many apps to identify unknown plants and flowers-

<https://www.telegraph.co.uk/gardening/tools-and-accessories/the-best-apps-to-identify-unknown-plants-and-flowers/>

Tools you can use for plant identification-

<https://www.youtube.com/watch?v=pq0fRbqO2yI>

8. Indoor Plants:

Growing your own indoor plants not only help clean the environment around you, but they act as a quick decorating tool. Indoor air can contain 10 times more pollution than outdoor air.

Note: Take regular care, water and enrich soil with required compost.



Natural, Eco-Friendly and Anti-Pollutant Houseplants

<http://cercenvis.nic.in/PDF/eco%20friendly%20plants.pdf>

Tops seven indoor plants- <https://www.youtube.com/watch?v=3BPzPOK3IcM>

9. Make a bird feeder:

In cities, birds are the only regular interaction with wildlife. The joy that comes from this interaction is meaningful relationship with nature. Nowadays these are available in the market, but better make a bird-feeder by yourself.



Create eco-friendly bird feeder from an orange, cut in half and scoop out the flesh, put some grain into one half and in another half water. You will find birds enjoying both-grains and water.

Find the easiest way to create DIY bird feeders.

Video for bird home:

https://www.youtube.com/watch?v=DR6i_v7Ana4&t=149s

Water feeder for birds: <https://www.youtube.com/watch?v=q6EitavSRNg>

Bird feeder: <https://www.youtube.com/watch?v=7yV6V6rtpyc&t=1s>
<https://in.pinterest.com/onepartsunshine/diy-bird-feeders-to-make-with-kids/>

10. Start using eco-friendly products for daily use:

Identify different items which are used in our day to day life. Find out their environmentally friendly alternatives and start using these items

Go for bigger way: <https://motivatebox.com/blogs/news/eco-friendly-products-for-your-daily-life>



11. Upcycling , a creative reuse:

We can do the makeover of waste and of no use materials into new materials or products through creative reuse using upcycled objects. It will be better for us and the environment.



The plastic bags are for a different use. After one use we generally discard it. Better to upcycle it and reuse in creative way. Use your old torn jeans in making shopping bags. Use newspaper for making origami box.

Make your own pencil case: simply cut open a pop bottle and glue a colourful zipper to the inside edge of the bottle. This will help you to open and close the bottle while making projects.

Ideas for upcycling plastic:

<https://www.youtube.com/watch?v=xEAOvFG1AmM&t=59s>

12. Visit farmers' market:

Go with your parents/grandparents to the farmers' market. You will come across a variety of fruit and vegetable. Try to get the information on different fruits and vegetable. Buy and taste which you feel tempting. Interact with local farmers and know more about these.



Benefits of shopping at a local farmer's market:

<https://www.huffingtonpost.com/kimberly-snyder/farmers-market-b-1118572.html>

13. Visit Zoo:

The Zoo is a great place to see and experience new things. You may see many different kinds of animals. Some of these animals you might have seen before. Some of them may be new to you. Follow the rules so that everyone can have fun!

Benefits of field trip: <https://study.com/academy/lesson/field-trip-definition-benefits.html>

14. Go to summer camp:

Summer camp is a special type of community where kids come together to have fun. Within the camp setting, you will develop a sense of independence as you try new adventures away from home. Go to the camps which reconnects with nature and learns to appreciate the beauty around. Here you will interact with personalities from various walks of life who will share their skills, experiences and perspectives on sustainable living.



Benefits of summer camp: <https://www.rockbrookcamp.com/parents/children-camp-great/>