

# International Mother Earth Day

Theme: “Restore Our Earth”

## Create a sunflower terrarium!



Resources available at [gluna.org](http://gluna.org) beginning 4/22 and throughout the week of Mother Earth Day, Thursday April 22.

- Intergenerational: A fun hands-on activity suitable for all ages.
- “Plant it Forward”:
  - Share Mother Earth Day with a friend or family member
  - Have a sunflower sprouting by Mother’s Day
- Materials and information available beginning April 20:
  - Online:
    - Educational video about the Sunflower from Dr. Peter Carrington, Curator and Collection Manager, W. J. Beal Botanical Garden
    - Learn about the history and many uses of the sunflower
    - Informational links about Mother Earth Day
    - How-To videos: “Create a Sunflower Terrarium” and “Transplanting Your Seedlings”
  - For pick up:
    - Kit: Seeds, 2-liter bottle, and approx. 2 cups of soil (or participants can provide their own)

### Acknowledgements – Thank you to:

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Help  
Restore  
Our Earth!

THIS PHOTO  
AND STEPS 1-9:  
Dana Blank



A young child participates in a plant workshop organized by UNDP Peru and FAO in Ayacucho, Peru.

PHOTO: UNDP Peru

Instructions on Reverse

**INSTRUCTIONS** (also available in video form at <https://gluna.org/event/earth-day-ce>):

**SOWING SEEDS:** Gather the following items: terrarium kit, spoon, scissors, clear tape.

**Step 1:** After laying out kit items, put ¾ of the soil (approx. 1-1/2 cups) into the bottom part of the bottle.

**Step 2:** Drop the seeds into the soil; space out slightly; pat them down lightly.

**Step 3:** Add the rest of the soil on top; add a small amount of water.

**Step 4:** With scissors, cut a small vertical slit at the top of the bottom part of the bottle to allow the top to fit over the bottom of the bottle.

**Step 5:** Put the top of the bottle on the bottom of the bottle; tape together to seal; make sure to leave a flap on the end of the tape for easy removal.

**TRANSPLANTING SPROUTS:** After 24 days, in late May, after the last frost.

**Step 6:** When sprouts are approximately 4" high, gather a trowel and water.

**Step 7:** Find a sunny spot to plant the sprouts; dig small holes, 18 inches apart.

**Step 8:** Put roots of plants in holes; softly press soil around them.

**Step 9:** Add water; water as needed.

Enjoy watching your sunflowers sprout and grow!

Please recycle packaging as you are able in your area.

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Greater Lansing Chapter

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Co-sponsored by Peace Education Center, Edgewood United Church, the Islamic Center of East Lansing, and the Lansing Regional Chamber of Commerce, and Ovid-Elsie Schools.



**VIDEOS AND MORE INFO** – See <https://gluna.org/event/earth-day-ce>

Why April 22; History of Earth Day; Other actions happening on Mother Earth Day; and more.

International Mother Earth Day provides an opportunity to raise global public awareness of the challenges to the well-being of the planet and all the life it supports. The Day also recognizes a collective responsibility, as called for in the 1992 Rio Declaration, to promote harmony with nature and the Earth, to achieve a just balance among the economic, social and environmental needs of the present and future generations of humanity.

The UN General Assembly designated 22 April as International Mother Earth Day through resolution A/RES/63/278, adopted in 2009.