

Dear students



Earth is the best educator. It teaches us to heal, to care, to love & to give unconditionally. When was the last time when we took a moment off to admire, appreciate, observe and learn from this magical phenomenon called Earth? Now is the time to watch minutely how Earth heals, rejuvenates and regains its lost splendour.

"To see a world in a grain of sand, and a heaven in a wild flower. To hold infinity in the palm of your hand, and eternity in an hour." -William Blake

As we celebrate the 50th Earth Day let us dedicate ourselves do some of these joyful activities within the four walls of our house. Let us take care of our mother Earth.

ACTIVITIES FOR THE EARTH DAY (22 April, 2020):

Nursery class: Let the little bundles of joy dance to the melodious tunes of the Earth song and celebrate the birthday of Mother Earth. Follow the link provided -<https://www.youtube.com/watch?v=4-z-JXJFc4w>

KG class: Be benevolent and take care of birds in this fast approaching summer season. We can quench their thirst by keeping a water bowl and bird feeder in the balcony. Monitor & refill it on daily basis. (Click pictures when the birds visit your balcony.)

Class I: Draw a poster on the topic "My Beautiful Earth".

Class II: Click pictures of the bounties of nature- flowers in your garden, night sky, morning sky, birds around and other creatures present in your surroundings. Make a beautiful collage and give it an appropriate caption on this Earth Day which is on 22nd April.

Class III: Write a slogan which is original and join the Earth Day celebrations.

Class IV: Story of a seed... [\Downloads\WhatsApp Image 2020-04-11 at 2.10.05 PM.jpeg](#)

Class V: Let us contribute in the fight against Corona virus and allow our mother Earth to heal too. This activity of growing wheat grass and making healthy juice for the family will allow us to do just that. Don't forget to click pictures while doing this activity!

Material required:

- Jar or bowl for soaking
- 1 cup Wheat grains for sprouting
- 10 x 10-inch Clean tray for growing wheat grass (with holes for draining)
- Soil enriched with fertilizer or compost
- Plastic lid with holes for air or extra tray to use as a tray cover

INSTRUCTIONS FOR GROWING WHEAT GRASS

1. Follow instructions for sprouting wheat grains and sprout just until tails begin to show. Avoid over-sprouting or sprouts may not root in the soil for growing wheat grass.
2. Add a $\frac{1}{2}$ - to 1-inch layer of soil to growing tray.
3. Water gently to moisten soil. Avoid overwatering.
4. Sprinkle sprouted seeds evenly across soil, breaking up clumps as needed.
5. Sprinkle loose soil over seeds.
6. Place tray in an area with indirect light, at 60-80°F.
7. Cover with a plastic lid that has air holes punched in to make a greenhouse effect. Make sure lid is placed high enough to allow grass to grow 1-2 inches.
8. Water daily, avoid overwatering. Using a spray bottle is a good watering method until seeds root and grass begins to grow.
9. After grass is 1-2 inches, remove cover, it will take about 4 days.
10. Continue to water daily, gently to avoid damaging young grass.

HARVESTING WHEAT GRASS FOR JUICING

- Harvest grass when it is about 4-6 inches tall, for extracting juice.
- Younger grass will be more tender and mild in flavor.

- Use scissors to cut grass just above roots and make healthy juice for the family.



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