

# Health & Wellbeing Give Back Campaign

## Week 1: Earth Day Cup

There are so many things we can do to give back whether it be at home, at work, in our community, or globally. Giving is not only good for our external environment but also our own internal wellbeing. Giving back lowers our blood pressure, decreases stress, evokes gratitude, encourages social connection, and increases happiness. In honor of Earth Day, April 22nd we will focus on various ways we can give back to Earth.

You're invited to participate in this engaging activity at home, school, or work. Invite those around you to participate as well!

### What You'll Need

- Recycled Cup or Mug (or one you don't use anymore)
- Spoon or Garden Shovel
- Small Rocks
- Dirt
- Water
- Seeds of Choice: Herbs, Flowers, or Produce (Basil is really easy to grow!)
- Window

### Directions

- Take your recycled cup and put a thin layer of rocks at the bottom.
- Utilizing the spoon or garden shovel fill 2/3 of the cup with dirt.
- Add in your seeds. It is helpful to add at least a few.
- Cover the seeds with a layer of dirt. Make sure to leave space for water at the top.
- Add water.
- Place near a window.

**MICRO CHALLENGE: Submit a photo of your Earth Day Cup!**