The Earth is our home, and as more people stay inside, the more apparent it is that the world is changing. Here are some at-home projects you can do to make the world around you a little more beautiful while social distancing.

**Clean up your local park**

If there’s a park or street within walking distance of you and you’ve noticed there’s quite a bit of trash lying around, take some trash bags, gloves and walk over and clean it up for about an hour or two! It’s a great activity for kids too with correct supervision.

**Re-purpose Plastic Bottles**

I’ve been collecting plastic bottles for a while because I need a new trashcan, and I found the idea online to make a trash can out of recycled bottles. This is a little more time-consuming and you need time/a lot of water bottles to do it, but if you drink a lot of water from bottles, this would be a great idea. The link to the video is here: [https://www.youtube.com/watch?v=uimT4G8uFHg](https://www.youtube.com/watch?v=uimT4G8uFHg)

**Start a compost bin!**

If you have an old bin lying around, leave it outside and put all compostable items in there! Make sure to turnover the compost regularly so that the contents can decompose properly. Now you have free fertilizer and you didn’t even have to go anywhere to buy it! Make sure you know what to compost and what not to compost! More resources can be found online!

**APRIL 15, 2020**

**ENVIRONMENTALLY FRIENDLY ACTIVITIES DURING DISTANCING**

**HUDIA JAMSHED | PEER HEALTH EDUCATOR**
Plant a tree!

On your next trip to get essential items from a grocery store, stop by the plants section and buy a tree! Planting trees is a great activity you can do that will help the earth and bring people you’re distancing with together! When doing this, make sure you plant the tree in an area that doesn’t interfere with your house’s foundation or nearby gas lines. Plant a smaller tree at least 10 feet away from foundations and gas lines, and a larger tree at least 15 feet away.

DIY Sprinklers & Bird Feeders

If you have an old soda bottle, you can cut some holes in there and use it as a sprinkler!

Using oats, nuts and small dried fruits, you can make a bird feeder out of an old plastic bottle and some wooden spoons!

Even during this time of social distancing, there’s a lot we can do to help the world. I hope these ideas inspire you to become more environmentally aware and help keep you occupied during this newfound time we all have.

HUDIA JAMSHED | PEER HEALTH EDUCATOR