

What Is Earth Day, and Why Does It Matter?

Earth Day is celebrated every year on April 22nd. It began in 1970, when millions of people came together to raise awareness about pollution, wildlife loss, and protecting the planet.

Today, Earth Day is a global event. People all over the world take time to think about how their actions impact the Earth, and what small changes they can make to help.

But here's the important part:

Earth Day isn't just about one day.

Every choice we make, what we buy, how much we waste, how we treat nature, has an effect on the world around us.

The good news?

You don't have to do something huge to make a difference.

Small actions add up:

- Turning off lights when you leave a room
- Using less plastic
- Picking up trash when you see it
- Reusing things instead of throwing them away
- Bringing a reusable water bottle
- Buying less fast fashion
- Recycling electronics properly

When millions of people do small things, it creates a big impact.

Earth Day is really about one question:

What kind of world do we want to live in, and how can we help take care of it?



Reflection Questions

1. What is one environmental issue you've noticed in your everyday life?
2. Why do you think people sometimes ignore problems like pollution or waste?
3. What is one small change you could realistically make this week to help the Earth?