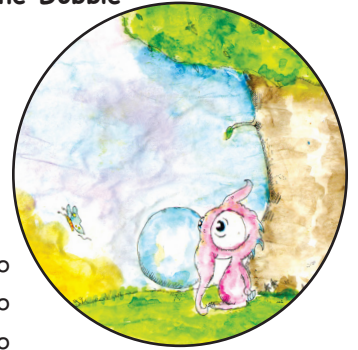


Squeek Steps Outside!

An Earth Day activity about trying new things, caring for our world, and discovering that nature helps when our fears feel BIG – with Squeek from The Monster in the Bubble

Squeek's Bubble

Squeek lives in a bubble because trying new things feels scary. But on Earth Day, Squeek decides to peek outside. Read each new thing Squeek could try – and circle how it might feel:



Squeek could try...

- Touching a leaf or a flower
- Planting a seed in soil
- Walking barefoot on grass
- Picking up litter outside
- Sitting quietly and listening to the birds
- Watering a plant every day for a week

Scary?

- Yes / No
- Yes / No
- Yes / No
- Yes / No
- Yes / No
- Yes / No

Worth trying?

- Yes / Maybe / No
- Yes / Maybe / No
- Yes / Maybe / No
- Yes / Maybe / No
- Yes / Maybe / No
- Yes / Maybe / No

Nature Helps Fear Feel Smaller

When Squeek finally steps outside the bubble, something surprising happens – nature is calm, quiet, and safe. Check all the things that help YOU feel less scared or worried when you're outside:

- Taking slow, deep breaths of fresh air
- Hearing birds or water sounds
- Feeling the sun on my face
- Watching something small – a bug, a leaf, a cloud
- Walking slowly and noticing things
- Sitting quietly under a tree
- Digging in dirt or touching something natural
- Being with someone I trust outside
- Moving my body – running, jumping, stretching
- Something else: _____

A moment being outside that helped me feel better was:

Squeek's Earth Day Promise

Squeek made a promise to try ONE new thing for the Earth this week. What's yours? Fill in Squeek's promise card:

My Earth Day Promise

I, _____, promise to try: _____

Even if it feels a little scary – just like Squeek – I will try

Creative Corner: Draw Squeek Outside!

On the back of this page, draw Squeek in his favorite nature spot – the place where his fears feel smaller. What does he see, hear, and feel there?

Woo Wisdom: The Earth takes care of us – and we can take care of it right back.

Even the smallest act of kindness makes our world (and our hearts) a little brighter. Happy Earth Day!



Name: _____ Date: _____