

Revisit the NIH Earth Day!

Each of the virtual activities for the NIH Earth Day can be relived at your convenience through the links below. The NIH Earth Day was held on April 28, 2022 and consisted of 10 virtual activities. The activities offer an educational and entertaining experience for all ages, with six of the activities targeted for kids and four of the activities targeted for NIH staff. Topics vary from energy consumption to habitat preservation to waste management and more.

Take a moment to learn about the programs Montgomery County utilizes to reduce waste generation! Or play the Environmental Quiz Show with your kids to learn together about the environment! All that is needed is an NIH account to access the video recordings through the links below.

Welcome to the 2022 NIH Earth Day!		
Kids Activities		
Name	Link	Description
Wear It Wild with Your Favorite Animals!	Click Here to Watch	Learn about biodiversity and the environment while wearing clothes that feature your favorite animal! This session will include a drawing activity (please have paper and coloring utensils ready!), fun animal facts and more!
Animals from Around the World to My Backyard	Click Here to Watch	Learn about the ways we impact the lives of animals, both locally and around the world. Our living, breathing animal ambassadors with help to make the learning even more fun! Topics of discussion will include habitat loss, ways we can protect our local ecosystem, native animals and exotic animals.
Play the Environmental Quiz Show!	Click Here to Watch	Play a Jeopardy-style quiz game while learning about many environmental topics. The quiz questions will vary in difficulty to make the game suitable for students in grades 1-5.
Let's Go Inside a Honey Bee Hive	Click Here to Watch	Did you know honey bees have 5 eyes and most only live for 45 days? That all the bees you see on flowers are female bees? Let's take a look inside a bee hive and learn about life as a member of the colony.
Seeds for Thought for Sustainable Eating and Composting with Jeremy Wormy	Click Here to Watch	Join NICHHD for Earth Day! Participate in a guided seed planting activity. There will also be discussion of composting and recipes that promote sustainable eating.
Rough-Skinned Reptiles & the Environment	Click Here to Watch	Reptiles of all shapes and sizes live all around us! See these animals live to learn about how they live, how they fit into the local ecosystem, and how they are affected by the changing environment. Reptiles need our help with protecting the environment!

Staff Activities		
Name	Link	Description
Consider Your Cold Storage for a Greener Lab	Click Here to Watch	Explore how to make your laboratory cold storage more efficient for improved sustainability. Since cold storage is ubiquitous in the lab setting, a few changes can make an outsized positive impact.
Aiming for Zero Waste in Montgomery County	Click Here to Watch	Join Sharon D'Emidio from the Montgomery County Department of Environmental Protection to learn about the waste management practices used in Montgomery County, Maryland.
Alternative Transportation Methods for the Bethesda Campus	Click Here to Watch	Join representatives from the Division of Amenities and Transportation Services (DATS) to learn about alternatives to single occupancy vehicle commuting to the Bethesda campus. Alternatives include Transshare, satellite parking, shuttles, biking and more!
Reducing Anxiety with Nature and Gardening	Click Here to Watch	Mental health and food insecurity are two of the greatest public health challenges facing our nation. Gardening provides access to fresh, healthy produce and can also improve one's mental health. This presentation will highlight Dr. Rachel Rosenberg Goldstein's research findings on the mental health benefits of gardening and Mr. Jon Traunfeld will share spring gardening tips.