



Earth Day!

For these activities you will need:

- Dried Sphagnum Moss
- Green Moss (sheet moss or pieces)
- White or Cream Yarn
- Blue Yarn
- Yarn Needle (optional)



Earth Moss Ball

- 1) In a bowl soak your dried sphagnum moss for several minutes.
- 2) While the moss is soaking, cut 2 lengths of yarn to use for wrapping.
- 3) When your moss has soaked for several minutes, grab a large handful and squeeze most of the water out.
- 4) Try to form the moss into a ball or sphere like shape.
- 5) Start wrapping the white yarn around your ball of moss. When it is mostly held together, tie off your yarn. This may be easier using a yarn needle.

Don't worry if some of your moss falls out, that's ok!



**Instructions continue on
the next page!**



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Spring Break Activity Sheet

Earth Day!

- 6) Next add a piece of your green moss to the ball and wrap the blue yarn around to keep it in place.
- 7) After one or two turns around, you should be able to add your next piece of moss.

Sheet Moss Option: Mold the sheet moss around your ball and hold it in place with your blue yarn, wrapping it a few times in all directions.

- 8) When you are done adding moss to your ball, tie off the blue yarn (making sure you have all your moss held in place). It might be tricky, but see if you can thread the blue yarn under a piece of the white yarn to make sure its held snug.
- 9) You can now manipulate your ball a little more to make it rounder, try rolling it gently between your palms.
- 10) Tie on one last piece of white yarn to hang your Earth Moss Ball in a window. Spray it with water once in a while to keep it healthy!



Earth Day is April 22!

Try a Simple Act of Green:

- **Use a refillable water bottle instead of plastic.**
- **Plant a flower, fruit, or vegetable in your garden.**
- **Ride your bike or walk to school.**
- **Plan a plant-based meal with your family.**
- **Turn off the lights when you leave a room.**
- **Make an Earth Day poster to display in your window.**



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