



Earth-Ahimsa Natural Ecology Educational
Programme for Children

Earth

Introduction

The Earth is precious and round, 4.6 billion years old it has been found!

The Earth goes around and around the Sun on an exciting marvelous journey of fun; it takes 365 days! And did you know that the bright moon travels around Earth, and all the stars watch with wonder, and they ask you,

“Have you ever found the home of Mr. Thunder?”

“He’s in Earth’s atmosphere.” The atmosphere protects Earth like a shield from the Sun’s powerful heat, only letting in what we need, isn’t that neat!?

The Earth likes to change, she has magic tectonic plates that move around, and make mountains grow from the ground. The Earth’s heart is big, for all the life she gives.

Background

I am the third planet from the Sun, and I am 4.6 billion years old! I spend a lot of time - 365 days(!), travelling around the Sun and that’s my orbit! You know what? The Sun told me a secret that he is actually a star! The only star that can be seen in daylight!

I like to spend time with the moon too. I am actually four times the size of the moon. You know that me and moon like each other; she orbits me, and that takes her 28 days.

Sun star is one of my bestest friends. The Sun keeps me warm and all the living things on me, he also makes it possible for everything to grow. The Sun is very powerful though, that’s why I have an atmosphere, which is like Sunglasses; only letting in the exact right amount of heat and energy.

I am the brightest planet because the Sun shines upon me, and my oceans are luminous and big!

I am made up of Iron, oxygen, silicon, magnesium, nickel, sulphur and titanium. My core which is my heart is very hot, it’s 5000 to 7000 degrees Celsius.

My blood is hot liquid molten rock. When there is a volcano the liquid rock explodes out of my surface!

Did you know something really exciting? That Earth is the only planet where water exists in three different states!

Solid= Ice

Liquid= Sea

Gas = Clouds (vapour)

I have an atmosphere which is made from lots of layers. In my atmosphere is the ozone who is my shield who protects me from ultra violet light from the Sun. This means that nothing gets too hot or cold. The ozone is made of molecules (I have 3 x oxygen molecules) that easily react with other chemicals.

Mr Ozone is very sensitive, especially to the chemicals bromine and chlorine, they don't mix well together!

The Earth is a system of life! Everything is connected and alive; floating in space like a happy adventurous boat!

There are five main systems of me that are separated for understanding but really we all connect together like a big puzzle!

Bold Biosphere = This includes all living things. Right from tiny tiny bacteria to animals and humans.

The Generous Geosphere = This includes the systems of geology, which is about minerals, rocks, rivers, lakes and molten rock (and soils).

The Happy Hydrosphere =The ocean, rivers, lakes streams, groundwater and even puddles!

The Courageous Cryosphere =The processes of ice on Earth, like beautiful snowflakes, frozen lakes sleet, hail, glaciers. And more too!

Water is found nearly everywhere and it journeys bravely through Earth through the water cycle. I am also a rocky planet and I support lots and lots of different life!

I create different shapes with my land through erupting volcanoes, earthquakes, and this is like a journey of evolution; destroying the old things and creating new parts to me!

It is very sad but there are now many machines, cars and factories that are harmful to Earth. A lot of chemicals rise up to my atmosphere and make it less protective. Earth really needs protecting. Lots of good things are being damaged if only more care could be taken!

Facts

- * I spin around in the peaceful depths of space. I Travel excitedly around the Sun on a circular path round and round and this is known as my orbit.
- * My orbit around the Sun takes me a whole year, that's 365.2 days!
- * The moon orbits me, and that takes her 28 days.
- * The Sun gives me energy to do all my jobs to keep going, and also gives energy to all life on Earth.
- * I am actually the third planet from the Sun, and fifth largest in the solar system.
- * The Earth is sparkling because the Sun shines onto me; the ocean glows massive, big blue and bold!
- * The wonderful Earth has four kids of seasons - summer, winter, autumn and spring. This is because the Earth moves around the Sun.
- * There is a lovely layer of gases that protects Earth, and this is called the ozone in the atmosphere.
- * The ozone keeps greenhouse gases in the atmosphere. Greenhouse gases warm up the Earth like wrapping a blanket around her.
- * Burning fossil fuels creates pollution that comes from cars, lorries, factories, electricity, heating, and similar things.
- * This means the Earth gets too hot and there is big weather - like lots of rainfall, severe storms, drought and things like that.

Story

Once upon a time there was a little girl called Shivani. She lived on a wonderful planet called Earth ... I think you might know it

On this fine lovely day Shivani is sitting out in the cold.

“Winter is coming you know. The trees have said goodbye to their autumn leaves and their bare branches are performing little warm up dances. Do you know that I believe everything is alive; I talk to everything and feel like I am always heard. The cold is biting my nose today but also planting rosy apples on my cheeks; if I was aloud I would stay out here for weeks!”

From a mysterious place a quiet deep strong voice like music starts to speak
“Hello Shivani.”

“Oh hello, who might you be?”

“My name is Earth, and I have come to be your friend.”

“Oh hello Earth, I am very honored to meet you and I would love to be your friend.”

“I am happy to meet you too Shivani. I wondered if you would like to come on a journey with me?”

“Yes please, I always like to see new things and I would love to see more of you Earth!”

Just then a little cloud floated down to Shivani,

“Hello my name is Wishful the Whispering Cloud and I have come to carry you on an adventure to see more of Earth!”

“Oh it’s so wonderful to meet you Wishful, won’t Earth be coming with us though?”

“Earth is everywhere - she will talk to us both and share about who she is. I am a part of Earth too. I bring rain, snow and sleet to the planet. I start off in the ocean and whisper up to Earth’s atmosphere where I am a gas and many friends come to stay called droplets. When I am full and the land is thirsty, when people, animals

and plants cry out, Earth talks to me and rain whispers through the air to sooth lives down here where you are.”

Shivani stepped onto Wishful and they soar off into the sky; Shivani’s heart sails as she looks down and Earth below becomes like a jigsaw puzzle.

“Oh just look how the green pieces of land fit into the blue pieces of vast ocean! Oh Earth you are so brilliantly blue, and water cuddles your bold green land so lovingly!”

Shivani’s eyes sparkled and little happy tears prickled her eyelids as she saw a little more of Earth her home planet.

“You are very kind Shivani. I can hear your heart inside me, like it is my own, I can feel your care and tenderness. Did you know that most of me is water? 70%.”

“In my deep quiet centre is my heart which is warm. My blood is liquid rock, it beats so loudly and strongly that it can cause a shock moving massive plates under my surface. These plates can change how I look. Once upon a time a long time ago, all the land was one, but a time came to change, so, my plates shook about and Earth became like a puzzle and the separate pieces became continents!

Volcanoes spoke and helped, and with these changes came new lives. Tall massive dinosaurs who ruled many lands came eventually to be no more. Instead new life came, new animals evolved from the dinosaurs ... so really they are still here in us.

“It’s just like all the water on me too, it goes around and around - Wishful is a part of that cycle. So, the water on me is the same water that the dinosaurs drank!”

Little Shivani floated high up above the land, her wide eyes alight with excitement and growing wisdom, her heart opened wider and grew bigger as her awareness of life blossomed like flowers inside her.

Earth’s heart beat like a gentle song to hear a heart so open and innocent.

All of a sudden the Sun burst through some nearby clouds and Shivani glowed golden like gold ...

“Hello Shivani, I have been waiting to say Hello. I am the Sun. I am a friend of Earth, my strong heat gives Earth energy so all life can grow. Earth travels around me and through this selfless spinning my rays shine brighter on different parts of Earth creating seasons!

“Did you know I am a star, the only star to be seen in the day!?”

Shivani felt that Earth smiled, and the Sun too - for a moment she became hotter. Earth spoke again,

“Sun is extremely hot, so I have a special magic cloak that I wrap all around my surface to protect all the life that lives on me, this is called my atmosphere.”

“Over the many many years of change on Earth, people have discovered new things and created machines that are hurting the beautiful balance that was divinely created and it is causing my atmosphere to be not so protective. Many of my innocent friends who live on me are calling out for help. Trees, plants animals ... the hearts of people too call out. ... pollution from cars, factories and cities damage parts of me that need protecting

“I am a very big yet vulnerable planet that has a beating loving heart, and it's important to protect me and in that see that people will be loving and protecting themselves.”

Shivani was very sad at these words and her heart hurt and she wanted to do something.

“Don't worry Shivani, when hearts are awake all will be well ... did you know that you alone have helped me just from your love and concern. ... that's all it takes, awareness of your heart has a massive affect on the whole planet.”

Shivani smiled.

Back on land Shivani waved goodbye to Wishful, said a big thank you to the Sun and longed again to journey with Earth and hear such a heart.

“Thank you!”

The wind carried Shivani's little gentle voice out into the night and to a great height.

Questions About the Story

Can you share something you learnt about Earth from the story?

What did Shivani travel on to see more of Earth?

What made Shivani Happy?

How did Earth turn into a jigsaw puzzle?

Where does Earth get her energy from?

What was Earth's magic protective cloak?

Why did Shivani get sad?

At the end of the story how did Earth say that Shivani had helped?

Role Play/Physical Activity

In teams huddle together, share your favourite bits about Earth and the story and create a little poem with gestures and actions to perform with the whole group.

Creative Activity

With play-doh or plastacene, create your own Earth, and or parts of Earth that you like best.

Share about your Earth, and how you would like to love her more? Or why you made her the way you did.

Memory Questions

What was it like to make your own little planet Earth?

In the story how did you feel about Earth - did you have any thoughts that stood out to you?

How does Earth look to you when you are Happy? How does Earth look to you when you are sad?

Out of everything you learnt what is it that mostly made you want to protect Earth?

Was there any time learning about Earth that you felt your own heart beating just like the Earth's did in the story?

How does it make you feel that Earth gets sad?

What is it like to think of Earth like your self?

If you were your Self more - like really extra kind, loving, playful or caring, do you think this would make Earth happy? Do you think it would make you happier?

Follow Up and Guidelines

Maybe you want to know more about Earth?!

Here are some extra ideas -

- * Make a paper mache Earth - messy, gooey, sticky and fun!
- * Make a collage to do with Earth and all Earth's living things.
- * Write your own stories or poems.
- * Draw pictures of Earth, especially things about Earth that make you feel strongly in a caring way like you want to protect her and be kinder.
- * Go on an outdoor adventure and see what things you can learn through looking around ... collect items of the Earth to create your own Earth garden - put in little pictures and kind words so Earth can hear your care.
- * Make a poster about protecting the Earth and how the Earth is a part of us - like a mirror - how we see Earth and treat Earth is how we treat ourselves?
- * Create a time for an Earth project - learn more about Earth and relate the Earth to your self.

* Have an Earth tea party - make Earth cookies and cakes - decorate with icing - have Earth coloured balloons - write words on them like “Love Earth”, “Earth is Beautiful” and send them off into the sky; making a wish? In the tea party you could talk about Earth and how Earth teaches us?

* Share your wisdom and care with others.