



APRIL 17

Climate Action Day: Health, Wellness, and Green Space

Climate action and wellness are linked by a common goal: healthy students and healthy school environments.

That's why on Wednesday, April 17th, the theme of Climate Action Day is "Health, Wellness, and Green Space." Your school will have the opportunity to highlight outdoor learning and play, access to clean air, and stewardship of open green spaces.

Suggested schoolwide activities are available in the right margin. In addition, you are encouraged to plan lessons and activities to supplement your schoolwide action and highlight how addressing climate change can improve the health and wellness of our students and our communities.

For resources to help you plan your Health, Wellness, and Green Space Climate Action Day, visit on.nyc.gov/psSustainabilityHub.

Join with schools across NYC to keep our communities clean, green, and safe for future generations!

Ideas for schoolwide actions:

"Plant-Powered" Day – encourage everyone to eat at least two plant-based meals

Wellness Pledge – create a pledge for staff, students, and families to commit to a healthy practice

2-Minute Meditation - Set aside time for a schoolwide meditation using Mindful Breathing activities

"Sit with Nature" Day – encourage classes to spend time outdoors for a lesson or activity

Learn more about Climate Action Days:

on.nyc.gov/psClimateActionDays

