



Kindness to Nature Challenge

Choose 7 days or complete all 14!

Inspired by Maya and *The Night the Garden Went Quiet*



Small acts of care help gardens, pollinators,
and outdoor spaces stay healthy and welcoming.



My Name: _____

I will try for: ☐ 7 days ☐ 14 days

- 1 ☐ Sit quietly and listen to the garden.
- 2 ☐ Look for a bee, butterfly, bird, or moth.
- 3 ☐ Water a plant with a grown-up's help.
- 4 ☐ Refill a shallow pollinator water dish.
- 5 ☐ Notice which flowers are blooming today.
- 6 ☐ Leave leaves or sticks for tiny shelter spots.
- 7 ☐ Pick up a piece of litter outside.

- 8 ☐ Draw a flower or garden visitor.
- 9 ☐ Watch wildlife gently without touching.
- 10 ☐ Count how many different visitors you see.
- 11 ☐ Tell someone one way to help pollinators.
- 12 ☐ Choose flowers for day and night visitors.
- 13 ☐ Thank the earth by caring for a plant.
- 14 ☐ Write or draw one kind thing nature told you.

My favorite act of kindness was...

I helped nature by...



A healthy garden keeps a welcome ready.