

Earth Day Essay

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Have you ever helped the earth, either by cleaning up outside or shutting the water off when you brush your teeth? If you have done anything like that you have helped the earth.

You can even help the earth by playing outside. You might be wondering how. Well if you are always sitting in your room watching tv or playing on your tablet, but if you play outside you will be saving money by not using the internet or the energy to power your device. You will also be getting some vitamin D from all that sun.

A lot of people don't believe us when we say that trees give you oxygen. How trees give you oxygen is with something called photosynthesis. Photosynthesis is something that happens in the leaves. The leaves take in carbon dioxide and send in all the oxygen. So make sure you are careful of what you cut down. If you do need to cut down trees for paper, firewood or build a house, you can replace it by planting a sapling tree that will grow in place of that tree that you cut down.

There is also grass. Grass helps all the animals live by giving them food. Grass can also do good things for you, like keep you healthy by giving you more oxygen just like trees. It can also give you a good place to play outside. Plants also provide us with the same type of oxygen as grass and trees.

There are many good reasons for you to play outside. When you do play outside you are helping the earth and yourself become healthier. I am really lucky to live in a beautiful place on the Connecticut River and I have so much fun playing year round outside. So stop watching Tv or playing on your tablet and go play outside.