

# ENTERTAINED AND IN THE ENVIRONMENT ON EARTH DAY!



MAKE A BIRD FEEDER-

PROMOTE LOCAL WILDLIFE!

[\(BIRDFEEDER TUTORIAL\)](#)

TAKE A HIKE-

STAY ACTIVE!

LOCAL QUIET TRAILS INCLUDE BARBERVILLE FALLS AND  
THATCHER PARK ETC.



GET IN THE SUN-

SUNLIGHT IS ESSENTIAL FOR PROPER  
CIRCADIAN RHYTHM FUNCTION!

OUR BODIES NEED SUNLIGHT DURING THE DAY SO THAT IT KNOWS WHEN IT  
SHOULD BE FALLING ASLEEP

SUNLIGHT EXPOSURE ALSO  
IMPROVES MOOD!

[SEASONAL AFFECTIVE DISORDER](#) IS A FORM OF MENTAL  
ILLNESS THAT IS ASSOCIATED WITH REDUCED SUNLIGHT



STAY SAFE! - STUDENTS FOR ENVIRONMENTAL ACTION AKA  
OUTDOORS CLUB