



# CHARACTER COUNTS! COURIER

**CHARACTER COUNTS! Washington County**

**CHARACTER COUNTS! Courier**

**April 2022**

**Caring for the Environment**

**BE GENTLE WITH THE EARTH. — DALAI LAMA**

**Calendar:**

Month Long: Child Abuse Prevention, Arab American History Month, Scottish American History Month, Youth Sports Safety Month, Keep America Beautiful Month

Week of:

April 3-9: Library Week

April 17-23: Volunteer Week

April 1: April Fool's Day

April 22: Earth Day

April 28: Take Your Daughter and Son to Work Day

April 29: Arbor Day

**A person who is mindful of their CHARACTER is:** Trustworthy, Respectful, Responsible, Fair, Caring, and a good Citizen.

**People of CHARACTER:** wear a mask, wash your hands, and keep the distance!

**For more resources, please visit *charactercounts.org* and *Random Acts of Kindness*.**

***We do not inherit the earth from our ancestors; we borrow it from our children.*** Many of us are familiar with this proverb, but what meaning do each of us give to it? The easiest way for each of us to live within this "motto" is to think of those who will come after us and intentionally choose not to make a mess in any of our environments. If it is possible, *we should make any area we can better for those who follow in our footsteps.* This concept can be applied to our natural environments, as well as our school, work, and home environments, along with any area we spend time where others will eventually follow.

## **Keep America Beautiful – all month long**

**OUR GOALS** We believe in the shared American responsibility to build and maintain clean, green, and beautiful spaces. That's why we've taken action every day since 1953 to improve and beautify communities across America.

**END LITTERING** For more than six decades, we've served as our country's steward of litter prevention. Today, we've collected over 62 million pounds of litter and debris.

**IMPROVE RECYCLING** We've collected 262 million pounds of recyclables which in turn reaped greater environmental, economic, and community benefits.

**BEAUTIFY COMMUNITIES** We work with millions of volunteers on beautification and greening programs that impact more than 20,000 communities annually. Please check out the website to learn more at <https://kab.org/>

*How can I fulfill my role as a person who enhances the earth, water, and sea and not be one who depletes it? From Native Wisdom for White Minds by Anne Wilson Schaef*

## **Earth Day – April 22, 2022**

Theme is Invest in Our Planet. What Will You Do? Scroll down to find information on Earth Day events, activities, and what individuals and organizations can do to make a difference. For Earth Day 2022, together, for everyone, everything, every day...since 1970.

**INVEST IN OUR PLANET - IT'S THE ONLY HOME WE HAVE. WE NEED EVERYONE, WHILE THERE IS STILL TIME!!** Please check out the website to learn more at <https://www.earthday.org/earth-day-2022/>

*Environment is no one's property to destroy; it's everyone's responsibility to protect. – Mohith Agadi*

## **National Arbor Day is April 29, 2022.**

This year marks the 150<sup>th</sup> anniversary of the tree planter's holiday, and we're excited to celebrate with you! Please check out the website to learn more about Arbor Day events. <https://www.arborday.org/celebrate/>

*We are the keepers of the Earth!!*

## “Mindful Beaths”

### Mindfulness Activity: Wake up your mind and body

1. Sit mindfully, with your spine straight and body relaxed.
2. Every morning, notice your breathing. Take three soft, slow, mindful beaths and feel them in your body.
3. Breathe in and feel air coming into your nose. Does it feel soft in your nostrils? Breathe out and count one.
4. Breathe in and notice air filling your lungs. Does your ribcage go out? Breathe out and count two.
5. Breathe in and see the air expanding your middle. Does your tummy look round like a ball? Breathe out and count three.
6. Repeat for two more rounds of breathing into your nose, lungs, and tummy. Breathe mindfully to feel awake and ready for the day.

**CHARACTER COUNTS! Everywhere all the time!!**

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