



When we calmly think about ourselves and others, we find that success comes from taking small steps one at a time towards the ultimate goal.



Dear Parent/Guardian

This last month of Master Ted Sun's Emotional Wellness program centers around and celebrates **"Being One with the Universe"**. As your children have explored their interactions with friends, classmates, family and their elders, they have learned about their place in their school and family "worlds". This month, we add in care of the planet as we bring this program to a close.



Family activity:

**Get inspired by going to pick up litter at a park or beach!
Be sure to wear gloves and bring sturdy water proof gloves.**

PLEDGE FOR EARTH

Discuss Ways to Care for Earth

- ❖ Limit using paper
- ❖ Use paper or reusable bags instead of plastic
- ❖ Turn off lights and appliances when not using
- ❖ Reduce trash
- ❖ Buy products with recyclable packaging
- ❖ Use LED lightbulbs
- ❖ Walk whenever possible to save gas
- ❖ Consider using a hybrid car
- ❖ Use solar power
- ❖ Conserve water
- ❖ Run dishwasher when full
- ❖ Stop leaky faucets
- ❖ Reduce food waste by only taking what you will eat



Make a compost heap

You will need a place outdoors in a back yard or garden area. This shows children the full cycle of decomposition that leads to fertile soil to enrich new plants.

Start with a plastic tarp or bin. You need some soil to start, an old cotton rug or discarded linens.

Put it outdoors under the sun. Place only vegetable kitchen waste on top of a small layer of soil.

Have your child(ren) continue to place vegetable kitchen scraps in for a few weeks. Keep covered with rug/rug and in sunny areas. Turn over to stir as it decomposes. Use to fertilize plants. (If you put anything but vegetable waste you will attract vermin.)





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Lead by Example
Make home recycle stations for paper, metal cans and plastic
To see how waste is recycled into products and energy visit a solid waste station



Walk whenever possible to avoid driving!



A really special way to connect with plants at home is to grow herbs and then actually season food with them. Try Basil or Oregano. They like a lot of water and are easy to manage.



This is the last parent flyer for the Master Ted Sun Emotional Wellness Program

According to Master Ted Sun:

“We can begin to work in harmony to bring community closer and cooperate better in all areas of life. It is not just a slogan of “Love and Gratitude”. We want it to become a daily practice incorporated in all areas of our lives. We hope that we will unite together and passionately promote this principle in our daily practice. We envision a better and brighter future filled with Love and Gratitude, unity and harmony in our family, community, and throughout the world.”



If you would like to learn more about Master Ted Sun:

Read [Super Life Secret Codes](#)

Read [Say No to Depression](#)

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