

Earth Element Journey

Caring for the Planet

Sit or lie comfortably and shut your eyes. Take slow deep breaths in and out of your nose. Now imagine that you get up and walk around the room. You look down at yourself and notice that you are wearing a space suit. You feel strong and capable. You go out the door, and see a small spaceship with a door open. A friend of yours is in the spaceship and is waving you over. Your friend is wearing a space suit too. "Hop in!" your friend says. "We're going to go on an adventure!" Since this is a friend you trust, you climb in to the spaceship and shut the door. Your friend operates the control panel and you lift off. You fly into the sky until the blue turns to black. Now you are floating in outer space. You can see the stars and other planets around you. It is so peaceful. You take a moment to enjoy the beauty and peace of the starlit sky. (Pause) The spaceship turns around and suddenly; there in the big window in front of you, is the planet earth! It looks so small, and so beautiful.

"Let's get a little closer." You tell your friend, and your friend answers, "Sure. Do you want to navigate?" You nod your head and sit at the control panel. You move the spaceship closer to earth. You can see from space that the earth has more water on it than land. What did your teacher say? 70% water, 30% land. You remember that the earth is spinning at more than 1,000 miles per hour, but it doesn't look like it's spinning. There are two pairs of magic binoculars on the spaceship for you and your friend. You pick them up and look at the earth. You see zebras, giraffes and gazelles. "That's Africa!" your friend says. You see a group of people who are harvesting green beans. It's a big beautiful garden. You remember what your teacher said – "There are people everywhere who love our planet."

You travel around the earth and see tall white mountains pushing into the sky. Using your magic binoculars, you see people climbing the trails of these mountains up to small houses on the hillside. "That's the Himalayas in Nepal!" you say excitedly. You look closer and you see a group of people planting trees in this area. "There are people in Nepal who love the earth." You think to yourself.

You see a large continent to the south. "Let's go there." Your friend suggests. You fly the spaceship over this continent and use your magic binoculars to look down on it. You see many kangaroos hopping across grasslands. "It's Australia!" you tell your friend. You see something moving under a tree. You look a little closer and you see a wallaby under a tree. Her baby, who is called a Joey, is playing nearby. A dingo comes running across the grass and the Joey leaps into its mother's pouch. You travel across

this great continent until you come to a long beautiful beach. The color of the ocean is a deep turquoise. There are many people on the beach bending over. You look closer and you see men, women and children picking up trash and cleaning up the beach.

Your friend says, "It's getting late, we'd better head back."

You travel over the Pacific Ocean until you come to North America. You can see the United States with the Pacific Ocean on the west side and the Atlantic on the east side. You find your state and you use your magic binoculars to look at your state. You see the animals, gardens, forests and parks of your state. Then you see your school. Your magic binoculars can look right through the roof of your school, and you see your classroom. You hear your teacher say, "Imagine what we can do together if every person, in every part of our world cares about the earth. Together we can protect our beautiful planet."

"Hang on," your friend says. "We're coming in for a landing."

You feel the space ship move back toward the earth. Your body begins to feel heavy again as it feels the pull of gravity. The space ship lands right outside your room. You get out, thank your friend and come back to your spot in the room.