

7 ways we can celebrate Mother Earth during a pandemic

By [Tammy Fry](#)

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Today, 5 June is World Environment Day and it's such an important one for us to acknowledge, especially as we are smack bang in the middle of a global crisis that is affecting the whole planet.

There's no doubt that World Environment Day will feel slightly different this year. With everyone navigating Level 3 lockdown, a lot of people are likely feeling helpless and wondering whether it's worth trying to make a real impact this year. But we are not helpless, and this year it is more important than ever to take a stand. Now is the time to be active and not passive in our love of this planet.



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The last few months of lockdown has made us feel like all days are merged into one, but it felt important to help this day stand out and explore ways we could significantly participate.

“Doing something, however small, will make you feel empowered. There are thousands of real-world examples of how small steps now affect massive shifts later. One of my favourite quotes is from the author Robert Louis Stevenson who once wrote: “Don’t judge each day by the harvest you reap, but by the seeds you plant.””



Tammy Fry

Navigating through the realities of life under Covid-19 has made us more industrious and innovative. So, why not approach today in the same way? Here are a few easy and rewarding ways you can participate.

Watch films about sustainability

If you're like our family, you've probably spent a large amount of time watching Netflix, and the plethora of other on-demand streaming channels that are available. Next time someone asks you for movie ideas – and isn't everyone at the point now where they're ticking everything off their want-to-see list – why not rattle off any of [these](#) films which all take an intriguing look at how we are reacting to the world around us?

Spread a sustainable message on social media

Social media has been our lifeline since the pandemic hit so why not make a commitment to focus all your social media activity today on spreading the message of the importance of getting serious about our planet and the fellow sentient beings that inhabit it.

Buy eco-friendly products

Celebrate World Environment Day with your wallet – buy products from brands that have committed to leaving a positive imprint on the planet. Remember, as consumers, we have the power.



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Plant indigenous

Indeed, we can't congregate for a mass clean-up today but that doesn't mean we can't focus on our gardens, balconies and homes. Why not plant some spekboom, the wonder plant known for its carbon-absorbing abilities? It's indigenous to SA, resilient, loves poor soil and is easy to propagate. Just break off a small piece, let it dry for a couple of days and then pop it into a small pot. Why not grow multiple little plants over lockdown and give them to family and friends as a post-lockdown celebratory gift.



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Try and reduce meat and dairy consumption

Commit to eating less animal meat and dairy. Reducing your impact, however small, is a big win for the planet (and your health). Check out [TheReducetarian.org's](https://www.thereducetarian.org/) pledge page [here](#).

Grow your own veggies and herbs

If you are lucky enough to have some garden space, why not commit to growing your veggies and herbs. You can start small with easy to grow edibles like rosemary, lettuce, chillies, tomatoes and carrots. We will be trying to avoid supermarkets for a while still and having access to pesticide-free, home-grown veggies from our gardens is a great way to do this.

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Choose plant-based

Choose plant-based foods over animal-based foods to lighten your impact on the environment. Join Meat Free Mondays to get your journey started.

Put on your comfortable sweatpants and participate. Do it for humanity, for the insanely cool animals, the picture-perfect mountains, the crystal clear running streams and the spectacular blue oceans.

We've got this.

ABOUT THE AUTHOR

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