



DECEMBER



FUN FACT

Worms don't hibernate, but they slow their activity in winter and wriggle deeper into the compost to stay warm. Nature's version of bundling up in a cozy blanket!



? Question of the month

What helps keep soil healthy and alive?

- A) Glitter
- B) Compost and worms
- C) Bubble wrap
- D) Candy canes

Answer: B! Worms add nutrients and fluff up the soil to help plants grow.

DEC 2025

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

- ♥ Dec 5 – World Soil Day
- ♥ Dec 21 – Winter Solstice
- ♥ Dec 25 – Green Christmas
- ♥ Dec 26 – Boxing Day (Waste Less Day!)

DID YOU KNOW?

The average person throws away 110 pounds of extra garbage during the holidays. Most of this comes from excess packaging and gift wrap.

WHAT CAN YOU DO?

Let's give Earth the gift of being more sustainable over the holidays. We can do this by swapping out the wrapping paper for something that can be reused such as a nice bag, fabric wrap or basket.

HAVE FUN WITH IT

You can also try to make your own! You can use old newspaper, calendar pictures or magazines. Then decorating it with stickers, stamps or painting pictures on it.



Wilbur the worm and the staff from REAPS would like to wish you all a Wonderful Green Christmas!



Send any questions, art or inquiries to:
The Worm Lady c/o R.E.A.P.S Box 444 Prince George, BC V2L 4S6
 Ph: 250-561-7327 or email: thewormlady@reaps.org

REAPS READER



SHEILA WATT-CLOUTIER

Born December 2, 1953 (Canada)

Sheila is a Canadian Inuk activist. She spent the first 10 years of her life living the traditional ways of Inuit people. She spoke on behalf of indigenous people about Northern climate issues such as melting sea ice, thawing permafrost and global contamination sources.



Reminder to save your food scraps to add into a composter or feed your classroom worms.



Holiday Leftovers to feed Worms

N Y C G F Q L H V A U D H F Z
 K K S R I U O U E X O F P P N
 R Q E M A M V A W S H R O A A
 D P E I R N R R N H O V T P Q
 P P L P D I B P M K Z J A E B
 X O J N I Q N E H X G Q T R R
 Y I A S N P K U R U B E O D F
 F N Q A N M B W T R X N M D R
 S S S S E S Y K Q S Y L E E Z
 R E E L R N D F H Q S T M N K
 J T H O R O K Y R X Z C E J L
 A T I O O N K O H Z S S E P I
 M I R E L C A R R O T X J N V
 C A Z N L O D I Y Y L T U T N
 H V S T W S D R Z X S H A E S

Poinsettia
Cranberry

Dinner Roll
Cranberry

Jam
Nuts

Potato
Carrot



World Soil Day

Let's give dirt some recognition! World soil day is held Dec 5th to bring awareness to the importance of healthy soils and to advocate for sustainable soil resources. Through sustainable soil practices we can improve biodiversity and plant growth, as well as reducing our carbon emissions.



CRAFT IDEA

Make your own tree ornaments with somethings found in nature. Go outside to collect sticks, pinecones or leaves, and decorate them. Glue on materials found in your home like beads, pom-poms, or string. Try to decorate it to look like a Christmas tree.

You can also use scented things like dried flowers, cinnamon bark or cloves to glue onto your pinecone. These homemade tree ornaments will give your tree a rustic charm.



"Meet the Marvelous Christmas Tree Worm" - PBS, Youtube

