



WORM MADNESS MONTH

What would happen if you were to cut a worm in half?

- A: It would grow arms and legs
- B: It will turn into two worms
- C: Its body will stop working
- D: Become one short worm



C: Its body will stop working because worms only have one brain. It isn't possible to make a new brain so it would cease. If you cut the worms tail off (after the clitellum), then it can survive and produce a new tail!

DID YOU KNOW?

Worms have no nose, eyes, or ears but can sense their environment through special cells that detect light and vibrations. They also have chemical receptors on their skin that can "smell" food.

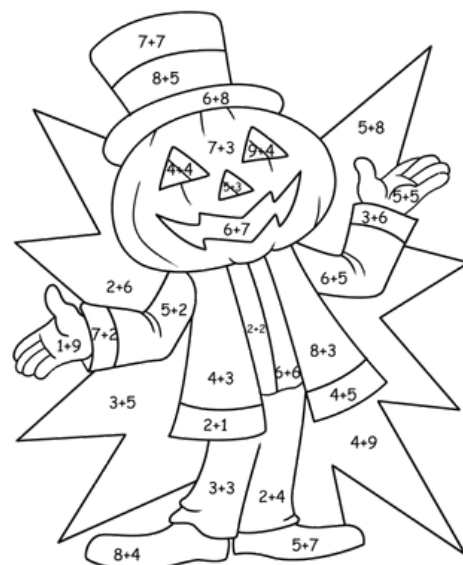
2026		OCTOBER						
SUN	MON	TUE	WED	THU	FRI	SAT		
				1	2	3		
4	5	6	7	8	9	10		
11	12	13	14	15	16	17		
18	19	20	21	22	23	24		
25	26	27	28	29	30	31		

7th – Energy Efficiency Day
 (19–24th) – Waste Reduction Week
 16th – World Food Day
 24th – International Day for Climate Action
 31st – Halloween

MAKE YOUR OWN WORMY STORY

In a bustling pumpkin patch, a _____ worm named
 Wiggles was feeling _____ as he wriggled through the
 vines. One day, Wiggles stumbled upon a group of _____
 he had never seen before. They were the mischievous cousins
 of his best friend, _____ Joe. Together, they hatched a
 plan to _____ the biggest pumpkin in the patch, all while
 trying to avoid the watchful eyes of Farmer _____. As
 the moon rose high in the sky, Wiggles and the _____
 celebrated their victory with a feast of pumpkin seeds and

_____ favorite food



Orange	5,10	Yellow	8,13
Blue	7,11	Brown	6,15
Purple	3,9,14	Green	4,12

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



NALINI NADKARNI Born October 13, 1954

Her passion is forest ecology of plant varieties within the rainforests of Costa Rico. This led to her fascination of plants like orchids and ferns which grow on branches and trunks of other plants, forming a nutrient-rich ground cover. This helps rain forests grow lush with plant life! Her work has helped many people form connections to these forests.



Waste Reduction Week

The week of October 19-24 focuses on reducing our waste by keeping things in a full circle! For this week, let's try to follow these micro-challenges.

- Monday - Ask your parents to pack your lunch with reusable containers/utensils. No single-use plastic.
- Tuesday - Find an item you have no use for and swap with a friend.
- Wednesday - Perform a waste audit. How much of your garbage could actually be recycled or composted.
- Thursday - Use up any leftover food in the fridge to make a tasty snack.
- Friday - Find an item that has no use and find a new use for it.



Energy Efficiency Day

This day celebrates the environmental benefits from saving energy. We can all do more to conserve energy and reduce our environmental footprint! Try some of these green habits:

- Unplug devices when not in use
- Turning off the lights when you leave the room
- Keeping the fridge door closed
- Wearing a sweater when you're cold instead of using a heater.



LIGHTS OUT CHALLENGE



For an extra spooky vibe, turn off all the lights you are not using. Turn off all room lights and switch to task lighting - these are lights like night lights, lamps, or desk lamps.

It is better for the planet because we are using less energy, and it makes it easier to hide to scare your friends. Boo!



World Food Day

Hungry for action? You can do your part to help food security and prevent food waste. This day brings awareness towards world hunger, poverty and food security. Supporting locally made foods can help strengthen your community and food production in your area!

