

# We are the Keepers

Caring for Mother Earth  
An Earth Day Coloring Book



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This coloring book belongs to:

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Coloring book illustrations by artist is Mona Cliff. Mona Cliff is a multidisciplinary indigenous visual artist, she explores the subject of contemporary Native American identity and culture through her use of traditional Native crafting methods such as seed bead embroidery and fabric applique. She currently lives and works in Lawrence, K.S. You can find more of her work by visiting [monacliff.com](http://monacliff.com).



THANK YOU  
&  
GRATITUDE  
TO THE  
FIRST NATION  
TRIBES  
OF THE

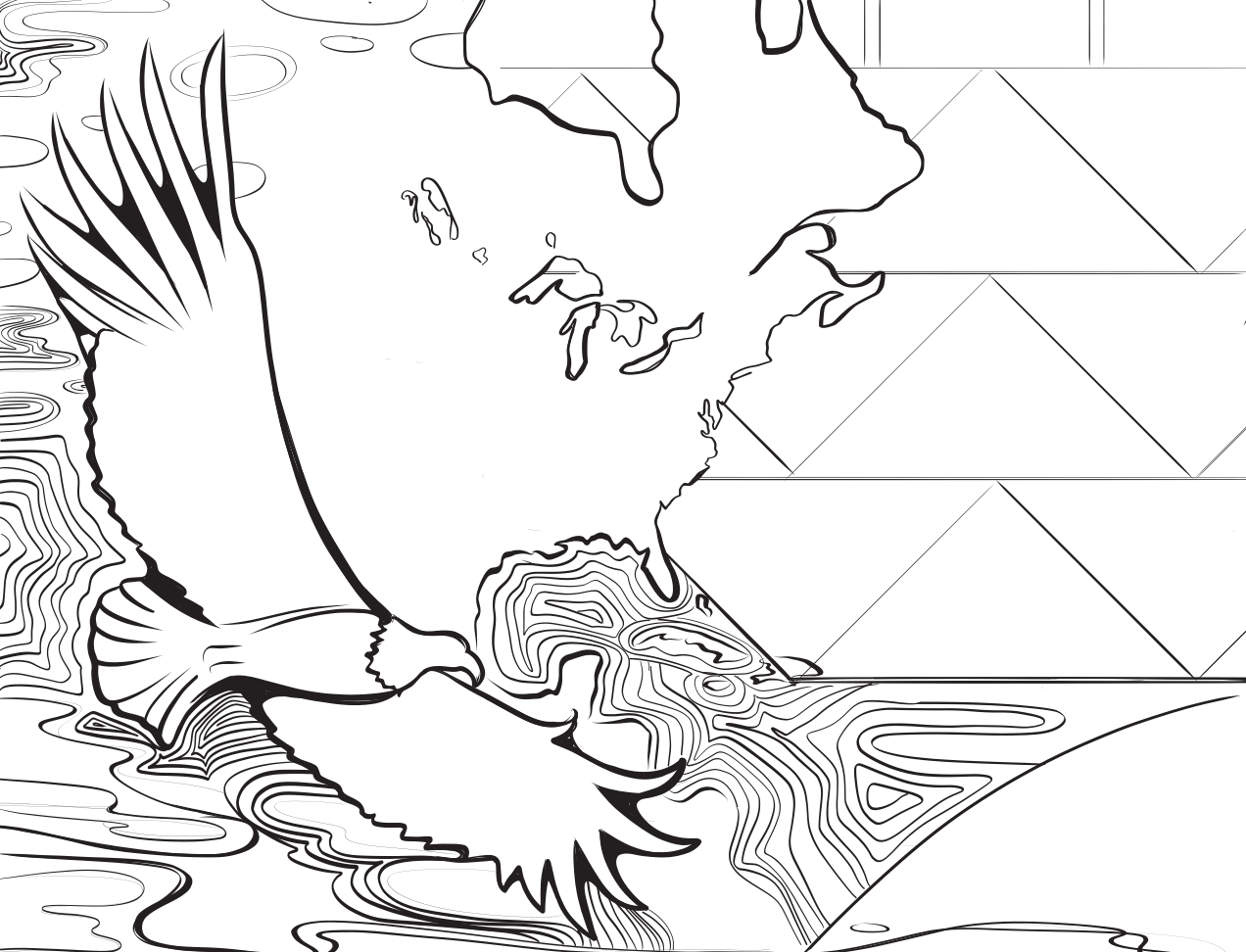
KANSA,  
KIIKAAPOI,  
WAZHAZHE,  
OČETI ŠAKÓWIN,  
PRARIE BAND  
POTAWATOMI.

IT IS THEIR LANDS  
THAT WE CURRENTLY  
LIVE ON.

MAY THEY KNOW  
JUSTICE  
AND PEACE.



*Prairie Sage*




Have you ever seen an Eagle up close?  
The Eagle flies around North America  
representing all Indigenous people.



The Condor is the one who flies  
for all Indigenous people in South America.  
When the condor and eagle unite,  
this means that Indigenous people  
will unite to bring peace.



Take a deep breath,  
look up at the clean skies,  
and witness  
these two creatures  
taking flight.



Land is sacred.  
You can let your mind run and  
feel the Earth with your presence.

You can  
see, hear,  
or smell the land,  
make a pause  
for the flowing river.

You can also witness  
a seed  
become food  
for your  
nourishment.

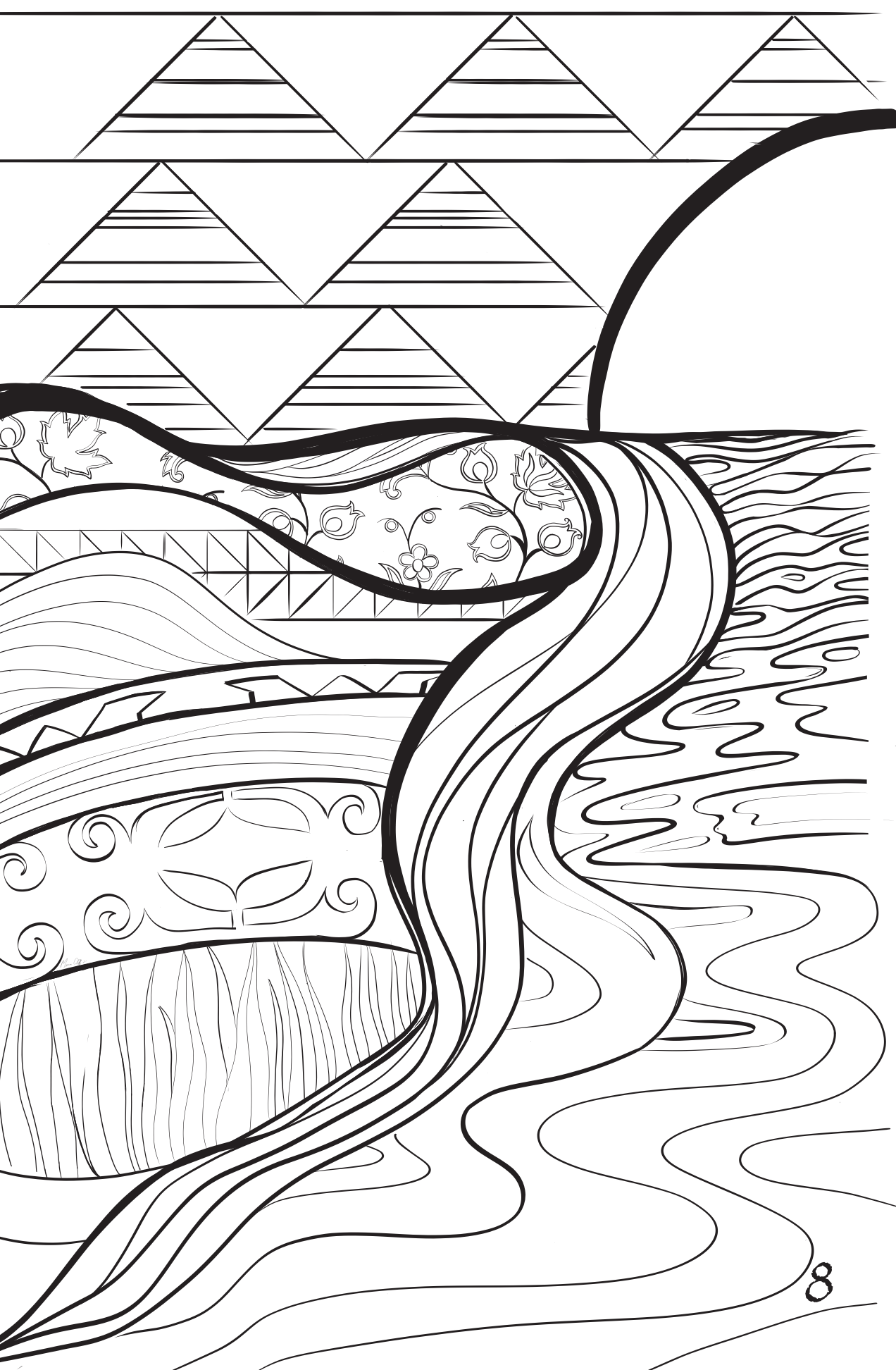
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When possible, put the rainbow of foods in your belly. At all times, give thanks for the land and make sure to help keep Mother Earth healthy and clean.

The water that you, your family, and your garden drink in Topeka is from the Kansas River.









Trash that ends up in the Kansas River goes all the way to the ocean because the Kansas River flows to the Missouri River.



The Mississippi River flows  
to the Atlantic Ocean  
at the Gulf of Mexico.



The Missouri River flows  
to the Mississippi River.



We are all  
connected  
by water.  
Water is  
is life.

What can you and grownups do?

- Bring a sack when you go for walks so you and your grownups can pick up litter
- When you go for walks, notice the birds, insects, and plants in your neighborhood and where they live. You're part of the same ecosystem.
- When you're outside, sit next to a tree and put your hands flat on the ground. Imagine how deep the roots go as you breathe in and out.
- Plant bee-friendly flowers and plants in your yard to help the bees stay healthy: milkweed, mint, rosemary, thyme, and sunflowers are some of them.
- If you open a treat outside, make sure you can put the wrapping in your pocket until you find a trash can.
- Dumping is littering.

Ask your grownups to read "Berenstain bears don't pollute" with you if they need a reminder.



Whose homelands are you on? Share your zip code in a text to (907) 312-5085 or at [land.codeforanchorage.org](http://land.codeforanchorage.org) to find out.

Lnt.org - Leave No Trace. Learn about environmental ethics and get more ideas for how you can take care of Mother Earth.



## Tonantzin Society

The TONANTZIN SOCIETY IS AN ORGANIZATION OF MEXICAN-AMERICAN COMMUNITY MEMBERS THAT FOCUS ON SHARING THEIR CULTURE AND ART. WE CARE ABOUT THE WORLD, JUSTICE, AND HUMANITY. THAT MEANS WE CARE ABOUT YOU TOO! WE ARE ALL-VOLUNTEER AND ARE HAPPY TO BE PART OF THIS COLORING BOOK PROJECT. OUR MISSION IS TO PRESERVE AND EDUCATE ON CHICANX/XICANX ART AND CULTURE INCLUDING OUR INDIGENOUS HERITAGE. ENVIRONMENTAL JUSTICE IS OF GROWING IMPORTANCE TO OUR MISSION.



## Topeka Sustainability Advisory Board

THE SUSTAINABILITY ADVISORY BOARD (SAB) WAS ESTABLISHED BY THE TOPEKA CITY COUNCIL IN 2008 TO SERVE AS AN ADVISORY BOARD TO THE TOPEKA CITY COUNCIL. THE MISSION OF SAB IS TO PROMOTE AND ADVOCATE FOR POLICIES THAT SUPPORT SUSTAINABILITY. THIS SPECIFICALLY INCLUDES BUT NOT LIMITED TO ENVIRONMENTAL ASSESSMENT, WASTE REDUCTION, RECYCLING, ENERGY CONSERVATION IN THE CITY OF TOPEKA, AND ENHANCING THE QUALITY OF LIFE BY IMPROVING THE CITY'S EFFORTS IN THESE AREAS. THE SUSTAINABILITY ADVISORY BOARD MEETS ON THE FIRST FRIDAY OF THE MONTH. EMAIL: [SUSTAINTOPEKA@GMAIL.COM](mailto:SUSTAINTOPEKA@GMAIL.COM) FOR INFORMATION VISIT US ON FACEBOOK AT [WWW.FACEBOOK.COM/GREENTOPEKA](http://WWW.FACEBOOK.COM/GREENTOPEKA).



