

How You Can Celebrate the UN International Day of Families 2019 on May 15

Demian Dunkley
May 10, 2019



Although every day is a good day to spend with family, May 15 marks the International Day of Families and it's time to celebrate!

In 1993, the UN General Assembly declared May 15 the annual observance of the International Day of Families. Each year a theme is chosen to highlight a social, economic or demographic issue affecting families. The theme this year is "Family and Climate Action", which emphasizes the importance of family in addressing environmental issues. Here are a few ideas for you and your family to make this holiday a nature-focused celebration.



Get Outside

Whether you live in a bustling city, a packed suburb or even a rural community, there is always some form of nature to explore. Bring a frisbee or a ball and head to the park to play a game of pass. Walk around a local public garden and admire the exquisite foliage. Find a trail and go for a family hike. It doesn't have to be elaborate -- just get outside and enjoy spring with the people you love.



Clean Up Your Neighborhood

Cleaning alone can feel like a chore, but cleaning with the people you love can be thoroughly gratifying. Embark on a mission to clean up your neighborhood with those closest to you. [Check out this page](#) for some great tips on how to make de-littering an enjoyable activity for your family.



Enjoy a Plastic-Free Meal

According to plasticoceans.org, of the 300 million tons of plastic produced each year, 50% is from single-use items. A great majority of this plastic takes hundreds of years to decompose and is dumped into the ocean, thus harming the ecosystem: for example, over 90% of birds have plastic pieces in their stomachs.

On this International Day of Families, which heavily ties into preserving the environment, challenge yourselves to eat a meal without producing any plastic waste. For example, bring reusable bags to the grocery store and buy items that are not packaged in plastic. Use reusable plates, bowls, cups and silverware. These are small actions that can have long-lasting positive effects.

The Divine Principle teaches that the most substantial expression of God is found within families, and within the relationship between a perfected man and perfected woman living in accordance with the will of God. Within this family unit, love can grow between the parents and children and expand to the world. It is crucial to take care of our environment, for the wellbeing of future generations, and also for the wellbeing of our families.

So, as the International Day of Families approaches, find a small way to take care of the environment while enjoying time with your family.