



WILD CLASSROOM

# WHAT IS EARTH HOUR?

Every year, at 8:30 pm on the last Saturday of March, millions of people around the world show their support for our planet by raising awareness about two of its biggest threats: nature loss and climate change. This is done through the simple action of turning off household lights for one hour.

## Why Should We Care?

Nature provides us with everything we need to live, including food, raw materials, fresh water, and medicine. It is responsible for regulating air and water quality and climate. It helps protect us from erosion and disease. Nature also moderates extreme weather events such as hurricanes and blizzards. Unfortunately, nature is in danger.

Humans have only been around for 200,000 years, a tiny fraction of the 4.5 billion years of our planet's history, yet we have had a greater impact on the Earth than any other species. Humanity's unsustainable demands on the natural world are leading to climate breakdown, habitat loss, and biodiversity decline.

## But WE Can Make a Difference

One person choosing to turn off their lights for one hour may not seem to have a huge impact, but when millions of us come together, we can make a difference for nature.

With the symbolic act of turning off our lights, we can send a message about the threats our planet faces, and persuade friends, families, our community and local businesses, and even national and world leaders to make healthier choices that benefit nature and people.

# JOIN EARTH HOUR

and Support Nature



EARTH  
HOUR



## Before Earth Hour

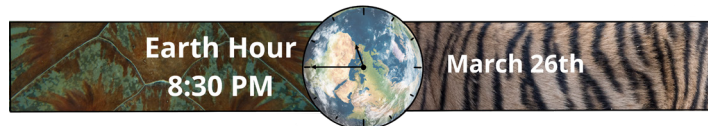
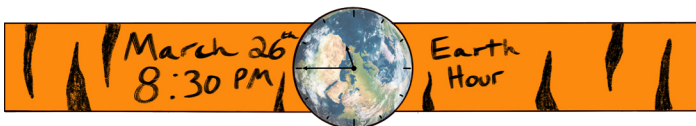
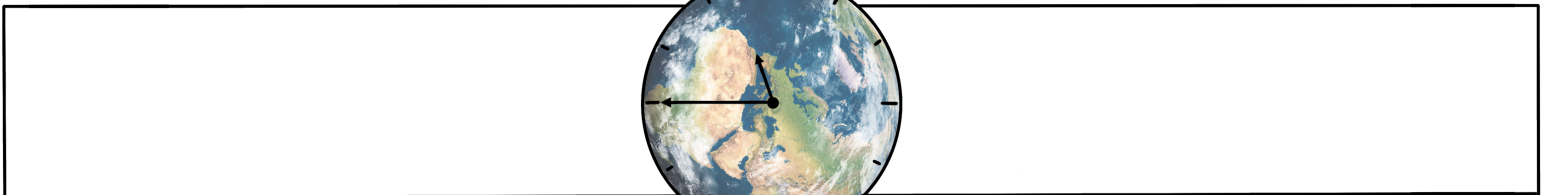
Here are a variety of ideas about how to prepare the young people in your life for this event and learn about the importance of nature before the hour begins:

**Discuss Why It's Important:** Think about the following questions before Earth Hour begins. Write your answers below or discuss them with a friend or family member.

- Why is nature important? What does it provide for us?
- What threats does our planet and its wildlife face? What can we do to help?
- Why is it important for us to take symbolic actions such as turning off lights for Earth Hour? What message does it give to our community and to the world?

**Create a Reminder Wristband:** Design your own reminder watch to make sure you don't forget to turn off your lights by following these steps:

- Put the date and time of Earth Hour on your band. Remember, it's at **8:30 pm on March 26th!**
- Use your creativity to add a wildlife- or nature-themed design or pattern.
- On the back/inside of your watch, write your own commitment to helping the planet (e.g., I will waste less food; I will turn off the lights when I leave a room).
- Use tape or glue to attach the edges of your reminder wristband around your wrist.



I will waste less food

**Get to Know Nature:** Learn more about nature and biodiversity, including what they provide and the threats they face, through these fun activities:

- **Get Outside**—Download the [Seek app by iNaturalist](#) to discover the biodiversity in your area.
- **Take a Quiz**—Play our Climate Change 101, Test Your Biodiversity IQ, or any of our other fun [Wild Classroom Kahoot! games](#) to learn more about our changing climate and other environmental topics.
- **Watch a Nature Documentary**—Learn why nature and biodiversity are so important by watching episodes from the [Netflix series Our Planet](#). View it for free on YouTube and discuss it afterwards, using [our downloadable guides](#).



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## During Earth Hour

**Switch off your nonessential lights and any other electronics (e.g., television, phone chargers) on Saturday, March 26th at 8:30 pm (local time)!**

Here are some ideas of what kids can do with family or friends during the hour:

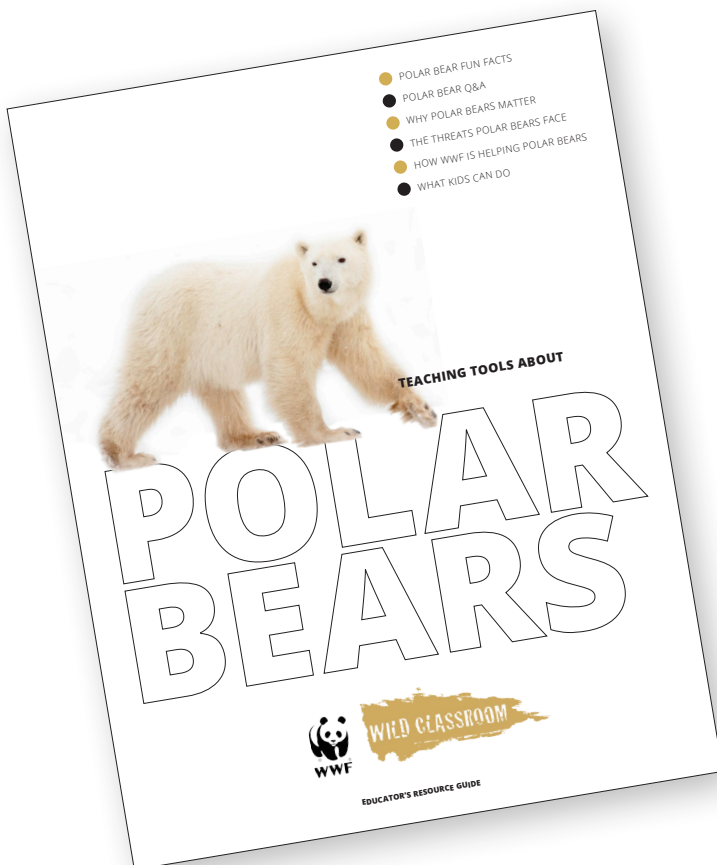
**Create a Lantern:** Create a [polar bear lantern](#) to learn more about how human actions contribute to climate change and light the night.

**Read:** Spend your time reading a storybook or article about nature. We suggest [Uporny's Story](#), an illustrated story about a rescued and released tiger.

**Have a Conservation Conversation:** Gather around with your family and friends to discuss nature and its importance. You can use the Nature Acknowledgment activity in our [Grasslands and Pollinators activity book](#) to guide your discussion.

**Make a Plan to Save Energy:** Discover how your actions can affect areas and species in faraway places by completing the cause-and-effect activity "What's the Connection?" from our [Polar Bear Toolkit](#).

**Exercise:** Clear some space and get moving while learning the importance of species and habitats with [Work Out Your Wild Side](#) exercises.





## After Earth Hour

Taking action for the health of our planet doesn't have to stop after the hour. Here are some earth-friendly tips for continuing to support nature at school, at home, or in your community:

### Save Energy

Turn off lights and appliances when they are not in use. Bike, carpool, or walk when you can, rather than using a car.

### Reduce Food and Water Waste

If you have extra food, save it for later, share it with a friend, or compost it. Be aware of how much water you use each day—for example, for showers and brushing your teeth—and try not to be wasteful.

### Make Smart Decisions When You Shop

When shopping for items such as paper products or seafood, check the labels to make sure they were produced responsibly and in a way that doesn't threaten nature and its resources.

### Plant a Wildflower Garden

Provide a source of food and shelter for bees, butterflies, and other insects. These animals help support our food systems through their pollination activities.

### Reduce, Reuse, Recycle

Try to avoid using single-use plastics such as straws, bottles, and forks. Reuse plastic when you can and recycle any plastic when you are done using it.

### Speak Out

Talk with your friends, family, and teachers about the importance of protecting nature. To take further action, write a letter to a local politician or business leader.

For more green tips, check out our [webpage](#).





# CELEBRATING THE ACHIEVEMENT

*presented to*

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for your participation in **Earth Hour** and showing outstanding effort in learning the importance of conservation by committing to doing your part to help protect wildlife, habitats, and communities around the world.

Date

Signature

