



EARTH HOUR at Home



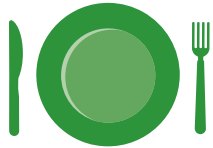






WHAT IS EARTH HOUR?

Earth Hour started in 2007 as a lights-out event in Sydney, Australia, to show support for a healthy planet. Since then, every year **on the last Saturday in March at 8:30 p.m.**, millions of people across the globe join to inspire action, and to raise awareness for nature.

Participating in Earth Hour gives us all an opportunity to unplug, and to draw attention to the issues facing our planet. Each of us can use this hour to make a commitment to conservation—even small actions can make a difference in fighting against issues like biodiversity loss, plastic pollution, and climate change.

Activity 1: Earth Hour Challenge

See how many of these challenges you can complete during Earth Hour! Check off each one as you complete them!

<input type="checkbox"/>  Turn off the lights.	<input type="checkbox"/>  _____ Count the number of stars in the sky and write it in the space above.	<input type="checkbox"/>  Prepare a meal or a snack without using any electricity.
<input type="checkbox"/>  Tell someone else about why you are participating in Earth Hour.	<input type="checkbox"/>  Light a candle or two! Remember to stay safe, and keep an eye on any burning candles.	<input type="checkbox"/>  _____ Take a walk down the street. Count the number of homes or buildings with their lights off and write it in the space above.
<input type="checkbox"/>  Read a book by candlelight. You may even want to try something scary!	<input type="checkbox"/>  Play a board game together! See who can win a game in the dark.	<input type="checkbox"/>  Get your heart rate up and complete your favourite workout in the dark! Try yoga, jump rope, stretching, or lifting weights.

WHAT ARE THE ISSUES FACING OUR PLANET?

During Earth Hour, take some time to learn about a few of the issues facing our planet. You can take it one step further and find ways that YOU can make a difference! Talk with your family and friends about how you can reduce your impact on the planet. To get you started, here are a few key issues, and some commitments that you can make to contribute to conservation!

BIODIVERSITY is the rich variety of animals, plants, fungi, and microorganisms, and it includes the habitats in which they live. Land-use changes, and the loss of habitat have caused dramatic declines, and some species have even disappeared completely.

HOW CAN YOU HELP? Plant native trees, shrubs, and wildflowers and leave critical habitat undisturbed. Join organizations that work to protect habitat and decrease threats to biodiversity!



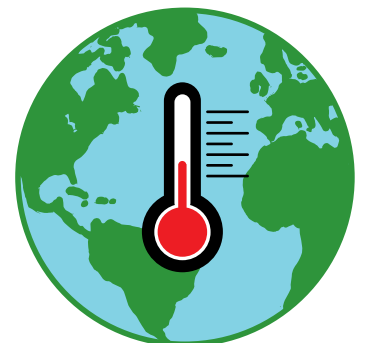
PLASTIC POLLUTION is the harmful collection of plastics in the environment. Single use plastics like plastic bags and water bottles are found in every corner of the planet, and millions of animals are killed by plastics every year.

HOW CAN YOU HELP? Look at some of the plastic items you use daily and see if you can find alternatives that are not made of plastic. Consider swapping out that plastic water bottle for an eco-friendly one and bring reusable bags to the grocery store instead of using plastic ones.



CLIMATE CHANGE is the change in the average temperature and rainfall conditions over a long period of time. Carbon dioxide (CO₂) is a greenhouse gas and has contributed to a rise in global temperatures. In Canada, climate change causes an increase in droughts, forest fires, and impacts where plants and animals can survive. Climate change impacts our growing season and affects the stability of our agricultural systems.

HOW CAN YOU HELP? Reduce your carbon footprint! Update to appliances that conserve energy, and support organizations that work to plant trees and restore forest and wetland ecosystems. Eat a climate-friendly diet by eating more meat-free meals and limiting food waste and reduce your emissions by choosing more sustainable transportation options. Take public transit when possible or consider other active modes of transportation like walking or biking to get to your destination!



Activity 2: Commitment To Conservation

Think about some of the ways you can limit your impact on the environment! Consider what you can do to save energy, protect the environment, and limit waste! Earth Hour is not just about doing good for one hour a year, but for finding ways to do better every day! What will you pledge to reduce your impact on the environment? You can write down a few ideas or even draw a picture!

Activity 3: Word Search

For a bonus activity, complete the word search below! See how many Earth Hour words you can find. For an added challenge, time yourself to see how quickly you can find them all!

ENERGY
WASTE
IMPACT
MARCH

LIGHTS
GREEN
EARTH
HOUR

POLLUTION
ENVIRONMENT
CONSUMPTION

BIODIVERSITY
CONSERVATION
CLIMATE CHANGE

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