



Earth Hour 2023

Education Pack



About this Pack

In this Education pack designed for educators, teachers and parents to use with children to celebrate Earth Hour, we aim to provide educational material to facilitate fun and accessible experiences for children to understand what it means to care for the planet – whether that means learning more about or reconnecting with nature, restoring the planet, or inspiring their community to care for the Earth.

This year, Earth Hour is all about creating the [‘Biggest Hour for Earth’](#). As landmarks and homes across the planet once again take part in the iconic switch off, we are also asking everyone to ‘switch off’ themselves, by taking a break from their routine and everyday distractions to spend 60 minutes doing something positive for the planet. And so, turning a singular Earth Hour into thousands and millions of hours of action!

Through these activities, we aim for children to take away the idea that every action counts – especially when working towards a larger goal, or solving a problem that is bigger than themselves.

While some content and resources have been referenced and suggested below, parents and educators are strongly encouraged to localise the activities based on what is relevant and applicable to the child’s community and context.

Sharing is caring: We’d love to celebrate your children’s creativity as they learn to care for the planet! Be sure to tag us in your social posts with the official #EarthHour 2023 hashtags – #BiggestHourForEarth and #MyHourForEarth – so we can share this with the wider community!



Contents

About this Pack	2
Activity Instructions	4-7
<i>Education Assets and Printables</i>	
30 Ways to Give An Hour for Earth	8-16
Earth Hour Creative Colouring Pages	17-18
Craft Your Earth Hour Wristwatch	19-21
Education Package by WWF-USA	22



30 Ways to Give An Hour for Earth

Suitable for children ages 8 and up in a group or as individuals, with the guidance of a teacher or adult.

This Earth Hour 30 Day Kids' Challenge gamifies the idea of giving an hour for Earth through a series of fun 60 minute activities designed for children to learn about, restore, inspire their community to care about and reconnect with our planet. This challenge aims to introduce children to different ways they can learn to care for the planet, and ultimately to weave this awareness into their everyday lives as habits, curiosities, and interactions with others.

How to use this document:

1. Print this activity page and the colouring sheet attached on recycled paper, and paste it in a visible place in your home or classroom, like a pinboard or the fridge.
2. Have fun trying out the activities listed on the activity page - you can do this as an individual challenge over 30 days, or with your friends or classmates as a group challenge!
3. When you complete each activity, locate and creatively colour or decorate the corresponding illustration on the colouring sheet attached to track and celebrate your progress.
4. As you progress in your journey to care for the planet through small but meaningful positive actions, watch as the scene in your colouring sheet comes to life!

Suggestions for facilitators:

- This challenge can be completed by children as individuals, or in a group in a classroom setting to illustrate the power of collective effort.
- This resource can be adapted for use throughout the year, not just in March!
- You're encouraged to localise the suggested activities to be applicable to your community - you can find a blank version of this template for customisation in this pack.

Earth Hour Creative Colouring Pages

Suitable for children ages 4 and up; the supervision of a teacher or parent is recommended for younger children.

Comprising a combination of 30 colour-in natural elements and scenes depicting nature and actions one can take to care for the Earth, this hands-on colouring activity is designed to engage young children to participate in Earth Hour celebrations. This activity also sparks introductory conversations about the small actions anyone can take to care for our planet – potentially amounting to meaningful collective impact.

How to use this document:

1. Print the colouring pages on recycled paper (or open it on the appropriate application on a tablet if you have one).
2. Gather the creative materials of your choice – whether that's crayons, paints, colour pencils, or something else altogether.
3. Exercise your creativity to bring the page to life, with lots of colour!
4. Parents and educators are encouraged to use this activity to introduce children to the various actions an individual can take to care for the planet, and facilitate discussions and explanations about the what, how, and why of the actions depicted on the page.

Suggestions for facilitators:

- The learning outcomes of this activity are best drawn out with the help of a parent or educator. Here are some suggested questions for guiding this activity:
 - What do you think the person in this picture is doing? How do you think it helps the Earth?
 - What sort of creature do you think this is? What other endangered animals do you know of? Why do you think they are endangered?
 - Can you insert a drawing of yourself caring for the planet into this picture? What will you draw yourself doing, and why?

Create Your Earth Hour Wristwatch

Suitable for children ages 5 and up, with the guidance and supervision of a teacher or parent

This hands-on crafting activity is designed to facilitate introductory conversations with children about the importance of nature and what they can do to give an hour for Earth. At the same time, the activity encourages children to take ownership of their commitment to care for the earth through the creation of a tangible reminder.

How to use this document:

1. Print this page on recycled paper, then cut along the dotted lines of the wristwatch with a pair of craft scissors.
2. Gather the creative materials of your choice - whether that's crayons, paints, colour pencils, or something else.
3. Decorate your wristwatch with a wildlife or nature-themed design or pattern, writing the date and time of Earth Hour on your band. Remember, it's at 8:30 pm on March 25th!
4. On the back/inside of your watch, write how you will give an hour for Earth (e.g., I will do a beach clean-up with my family; I will volunteer at a local charity).
5. Use tape or glue to attach the edges of your reminder wristband around your wrist.
6. To illustrate the power of how small actions can amount to meaningful collective impact, educators can organise a show-and-tell session where children showcase their wristwatches to their classmates, and/or display their wristwatches in a visible location in the classroom as a reminder of their commitment to care for the planet and to inspire their peers.

Suggestions for facilitators:

- The learning outcomes of this activity are best drawn out with a facilitated discussion by a parent or educator. Here are some suggested questions for guiding this conversation:
 - 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?
- What do you think you can do in an hour to care for the Earth?
- Check out our [Community Engagement Handbook](#) for a wide range of ideas for how children can give an hour for Earth.



30 Ways to Give an Hour for Earth

- Supplement with resources and content suggestions
- Activity page - Black background
- Activity page - White background (most printer-friendly)
- Activity page - Green background
- Activity page templates - Fill it in with your own ideas about giving an hour for our planet!
- Link to download the above:
https://drive.google.com/drive/folders/12InPqUeWpVaXHInL5B7UDecgqSeGESo4?usp=share_link

30 Ways to Give an Hour for Earth

A 30-day Earth Hour Challenge for Kids

This year, Earth Hour is all about creating the [‘Biggest Hour for Earth’](#). As landmarks and homes across the planet once again take part in the iconic switch off, we are also asking everyone to ‘switch off’ themselves, by taking a break from their routine and everyday distractions to spend 60 minutes doing something positive for the planet. And so, turning a singular Earth Hour into thousands and millions of hours of action.

In line with this theme, the objective of this 30-day challenge is designed to introduce children to the idea of collective impact through individual or small-group efforts. Through fun, accessible, and modular activities that children, educators, and parents can weave into their daily lives, we hope for participants to take away the idea that every action counts, especially when working towards a larger goal or solving a problem that is bigger than themselves.

While some content and resources have been referenced and suggested below, parents and educators are strongly encouraged to localise the activities based on what is relevant and applicable to the child’s community and context.

This document is a supplement to the 30 Ways to Give an Hour for Earth activity sheet, and provides helpful links and resources to encourage children to take part meaningfully in this challenge.

30 Ways to Give an Hour for Earth

- Read a story about nature - [here](#) are some suggestions for titles but do check out your local library for a local variety of books.
- Find one person to share your favourite book about nature with.
- Create and share with your friends a story about your favourite [endangered animal](#).
- Learn how to cook your favourite vegetable dish with your family.
- Take a walk with your friends or family to your nearest park, river, or pocket of nature.
- Do a clean-up session to pick up trash at your nearest park, river, or beach, and weigh how much trash you collect!
- Research how waste is recycled in your country.
- Find out which animals used to live in your neighbourhood or town 50 years ago - search for information on the internet, go to your local library, or ask your neighbours.
- Research the edible plants that grow in your area.

- Calculate your family's carbon footprint - [here](#) is a simple online calculator you can use.
- Get creative with an upcycling craft activity - [here](#) are a couple of fun ideas to try
- Research the concept of [permaculture farming](#).
- Visit your nearest community garden, farm, or local market.
- Watch a documentary about nature - like [Our Planet](#) (available for free on Youtube and for Netflix subscribers).
- Identify and name the trees that grow near your home - you can use an app like [Google Lens](#) to help you!
- Research [how food scraps can be turned into useful compost](#) - and perhaps even try it out for yourself!
- Try out a short guided meditation session with an adult - like [this one](#), inspired by trees!
- Research and volunteer an hour at the environmental charities in your town or country.
- Create a map of the natural sites near your home, be sure to include your favourite trees, plants, and spots for sighting animals!
- Plant a small tree or edible plant.
- Find out where the food you eat comes from by asking your parents, reading labels at the market or supermarket, or doing a Google search.
- Try out [flower-pressing](#) - a way to preserve wild flowers and grasses at home.
- Try out [leaf-rubbing](#) - a creative way of celebrating the uniqueness of leaves.
- Get creative making a poster that explains the concept of [biodiversity](#) and why it's important.
- Gather your friends and do a small fundraiser for a local environmental charity.
- Have a picnic outdoors.
- Go bird-watching and try to identify the birds you spot.
- Go [plogging](#) - jog and pick up trash along the way.
- Go on a [listening walk](#) and try to notice every sound you hear, and figure out how many sounds are natural .
- Watch the sunrise and sunset on the same day.

30

ways to give an hour for Earth



3 Create and share with your friends a story about your favourite endangered animal.

2 Find one person to share your favourite book about nature with.

1 Read a story about nature; check out your local library for a local variety of books.

8 Find out which animals used to live in your neighbourhood or town fifty years ago.

7 Research how waste is recycled in your country.

6 Pick up trash at your nearest pocket of nature and weigh how much trash you collect!

5 Take a walk with your friends or family to your nearest park, river, or pocket of nature.

4 Learn how to cook your favourite vegetable dish with your family.

13 Visit your nearest community garden, farm, or local market.

12 Research the concept of permaculture farming.

11 Get creative with an upcycling craft activity.

10 Calculate your family's carbon footprint.

9 Research the edible plants that grow in your area.

18 Research and volunteer an hour at the environmental charities in your town or country.

17 Try out a short guided meditation session with an adult!

16 Research how food scraps can be turned into compost. Perhaps try it out for yourself!

15 Identify and name the trees that grow near your home with the help of Google Lens.

14 Watch a documentary about nature – like Our Planet (available for free on Youtube).

23 Try out leaf-rubbing – a creative way of celebrating the uniqueness of leaves.

22 Try out flower-pressing – a way to preserve wildflowers and grasses at home.

21 Find out where the food you eat comes from.

20 Plant a small tree or edible plant.

19 Create a map of the natural sites near your home. Include your favourite plants and spots for sighting animals!

28 Go jogging – jog and pick up trash along the way.

27 Go bird-watching and try to identify the birds you spot.

26 Have a picnic outdoors.

25 Gather your friends and do a small fundraiser for one of your local environmental charities!

24 Get creative making a poster that explains the concept of biodiversity and why it's important.

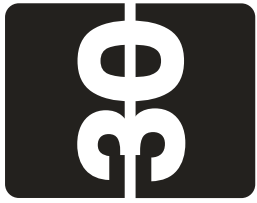
30 Watch the sunrise and sunset on the same day.

29 Go on a listening walk and try to notice every natural sound you hear.



60 EARTH HOUR

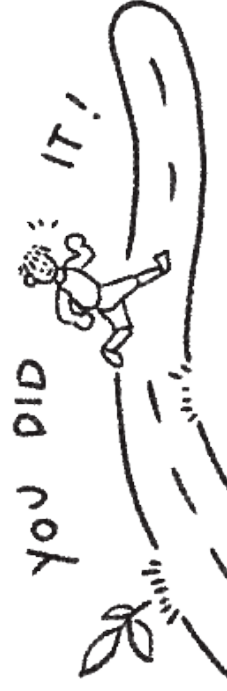




ways to give an hour for Earth



- 1** Read a story about nature; check out your local library for a local variety of books
- 2** Find one person to share your favourite book about nature with
- 3** Create and share with your friends a story about your favourite endangered animal
- 4** Learn how to cook your favourite vegetable dish with your family
- 5** Take a walk with your friends or family to your nearest park, river, or pocket of nature
- 6** Pick up trash at your nearest pocket of nature and weigh how much trash you collect!
- 7** Research how waste is recycled in your country
- 8** Find out which animals used to live in your neighbourhood or town fifty years ago
- 9** Research the edible plants that grow in your area
- 10** Calculate your family's carbon footprint
- 11** Get creative with an upcycling craft activity
- 12** Research the concept of permaculture farming
- 13** Visit your nearest community garden, farm, or local market
- 14** Watch a documentary about nature – like Our Planet (available for free on Youtube)
- 15** Identify and name the trees that grow near your home with the help of Google Lens
- 16** Research how food scraps can be turned into compost. Perhaps try it out for yourself!
- 17** Try out a short-guided meditation session with an adult!
- 18** Research and volunteer an hour at the environmental charities in your town or country
- 19** Create a map of the natural sites near your home. Include your favourite plants and spots for sighting animals!
- 20** Plant a small tree or edible plant
- 21** Find out where the food you eat comes from
- 22** Try out flower-pressing – a way to preserve wildflowers and grasses at home
- 23** Try out leaf-rubbing – a creative way of celebrating the uniqueness of leaves
- 24** Get creative making a poster that explains the concept of biodiversity and why it's important
- 25** Gather your friends and do a small fundraiser for one of your local environmental charities!
- 26** Have a picnic outdoors
- 27** Go bird-watching and try to identify the birds you spot
- 28** Go jogging – jog and pick up trash along the way
- 29** Go on a listening walk and try to notice every natural sound you hear
- 30** Watch the sunrise and sunset on the same day



30

ways to give an hour for Earth



60 EARTH HOUR



1

Read a story about nature; check out your local library for a local variety of books

2

Find one person to share your favourite book about nature with

3

Create and share with your friends a story about your favourite endangered animal

4

Learn how to cook your favourite vegetable dish with your family

5

Take a walk with your friends or family to your nearest park, river, or pocket of nature

6

Pick up trash at your nearest pocket of nature and weigh how much trash you collect!

7

Research how waste is recycled in your country

8

Find out which animals used to live in your neighbourhood or town fifty years ago

9

Research the edible plants that grow in your area

10

Calculate your family's carbon footprint

11

Get creative with an upcycling craft activity

12

Research the concept of permaculture farming

13

Visit your nearest community garden, farm, or local market

14

Watch a documentary about nature — like Our Planet (available for free on Youtube)

15

Identify and name the trees that grow near your home with the help of Google Lens

16

Research how food scraps can be turned into compost. Perhaps try it out for yourself!

17

Try out a short-guided meditation session with an adult!

18

Research and volunteer an hour at the environmental charities in your town or country

19

Create a map of the natural sites near your home. Include your favourite plants and spots for sighting animals!

20

Plant a small tree or edible plant

21

Find out where the food you eat comes from

22

Try out flower-pressing — a way to preserve wildflowers and grasses at home

23

Try out leaf-rubbing — a creative way of celebrating the uniqueness of leaves

24

Get creative making a poster that explains the concept of biodiversity and why it's important

25

Gather your friends and do a small fundraiser for one of your local environmental charities!

26

Have a picnic outdoors

27

Go bird-watching and try to identify the birds you spot

28

Go plogging — jog and pick up trash along the way

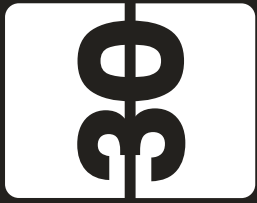
29

Go on a listening walk and try to notice every natural sound you hear

30

Watch the sunrise and sunset on the same day





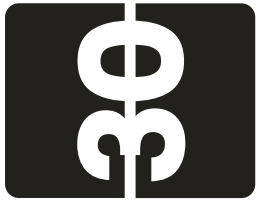
ways to
give an hour
for Earth

START!



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
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----





ways to
give an hour
for Earth



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

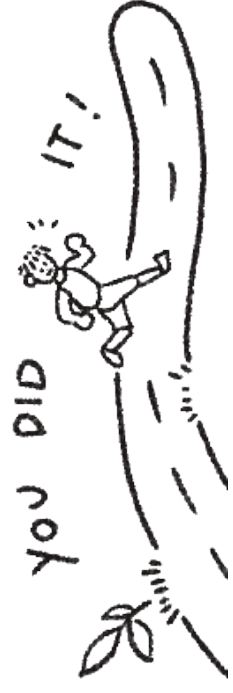
26

27

28

29

30





ways to give an hour for Earth



START!



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
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----



Earth Hour Creative Colouring Page

- Colouring sheet
- Link to download:

https://drive.google.com/drive/folders/1Lp1G_cr6KfuDj1chE14mAUVMKgL7QAEk?usp=share_link



Let's create the #BiggestHourForEarth!



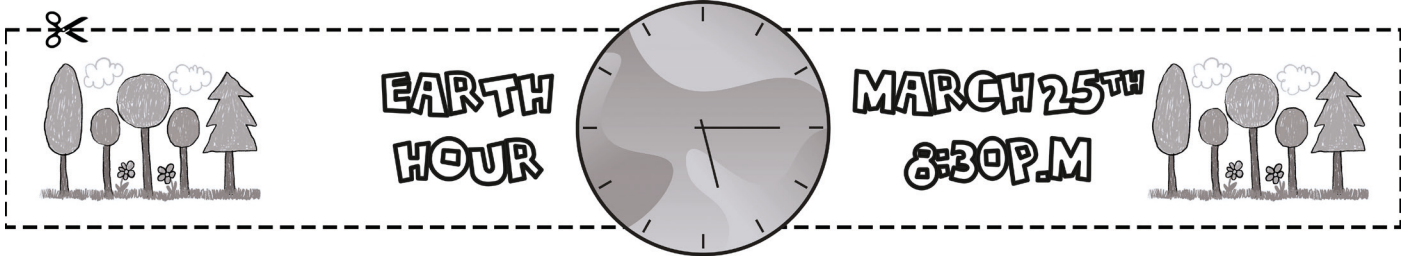
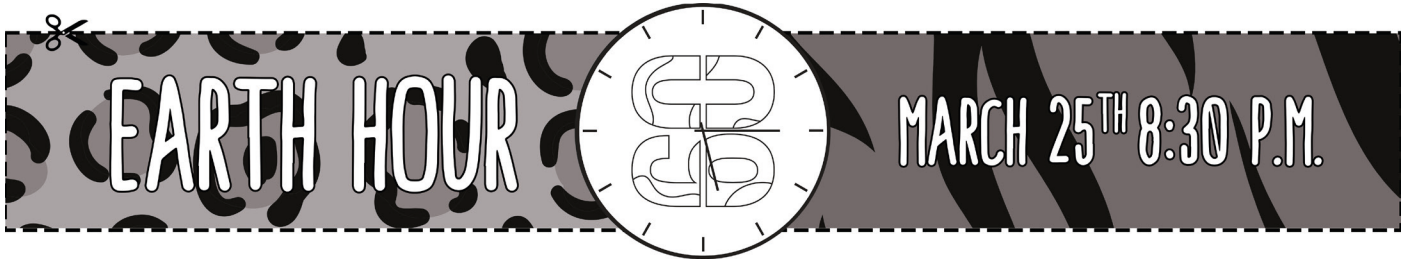
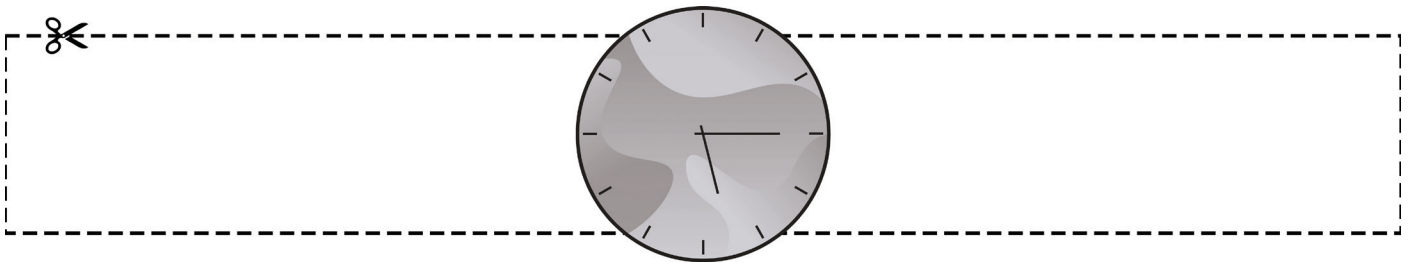
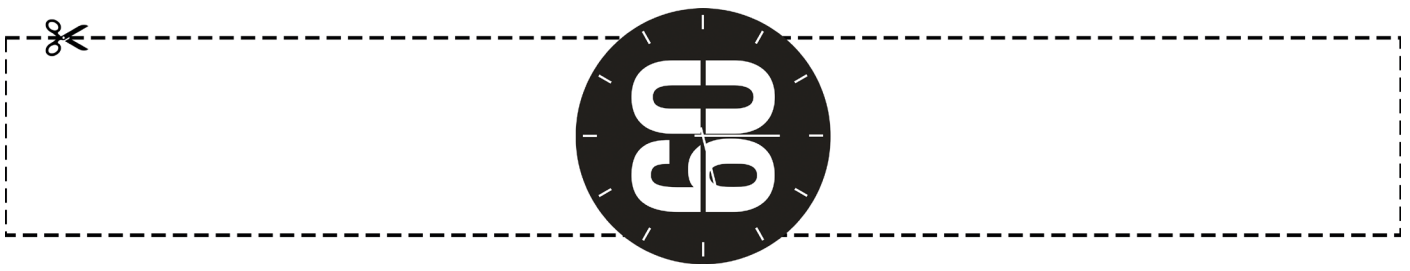
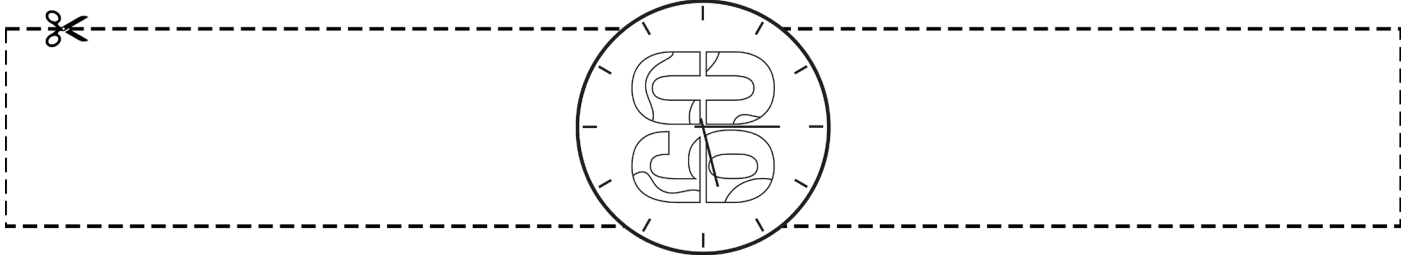


Craft Your Earth Hour Wristwatch

- Wristwatch Cut-outs - Black and white version
- Wristwatch Cut-outs - Full colour version
- Link to download:

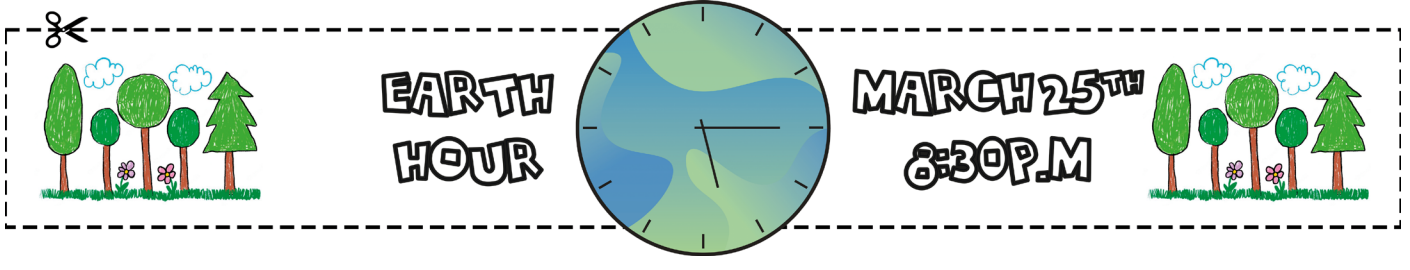
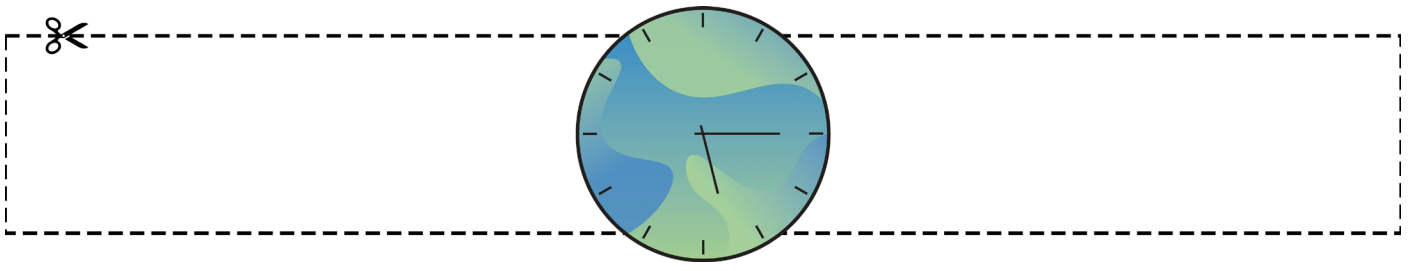
https://drive.google.com/drive/folders/15Qw3vYwloicTYG8o6_HRMK7AWAtYISik?usp=share_link

Wristwatch Cutouts



I will do a beach clean-up with my family.

Wristwatch Cutouts



I will do a beach clean-up with my family.



Education Package by WWF-USA

- Available in English, French, Spanish and Dutch
- Link to download:

https://drive.google.com/drive/folders/1CXkqzchMcPKPk7drioDnsUX7QBL5rLVh?usp=share_link