



**FOR
YOUR
WORLD**

EARTH HOUR 2023

A guide for schools, youth groups and families

Saturday 25th March, 8.30pm

WHAT IS EARTH HOUR?

On Saturday 25th March 2023 at 8.30pm, millions of people across the world will take part in Earth Hour by switching off their lights for an hour.

Earth Hour unites people across the world who are passionate about our planet. It also demonstrates to global leaders that we want urgent action to protect it.

When one person chooses to act it may seem like a small step, but when millions act together change can really happen. When nature thrives, so do we.

Join us for Earth Hour 2023 and together we can restore our planet for future generations.



Nature is vital, we simply can't survive without it.



We are part of nature, and nature is part of us. Nature provides us with everything we need. Yet we are not looking after these precious natural resources that are looking after us. From the Amazon rainforest to the deep sea, nature is under threat from human activity. But every living thing on our planet is part of one living system, and our local nature is also vital, and also under threat. The UK is sadly one of the most nature depleted countries in the world. More than one in seven of our wonderful native species face extinction, and more than 40% are in decline, including starlings, otters, hedgehogs and many insects and plants.

However we can make a difference. By standing together for Earth Hour we can inspire our friends, communities and leaders to join in the movement to save our wildlife and wild places. We have the opportunity to reset our relationship with nature and create a future where people and nature thrive together.

MEASURE YOUR FOOTPRINT



Find out what impact you're having on the planet – and how to reduce it.
footprint.wwf.org.uk

Will you stand up for nature this Earth Hour and help bring our world back to life?

JOIN IN FOR YOUR WORLD



There are many ways you can get involved in Earth Hour 2023.

As well as turning your lights off at home at 8.30pm on Saturday 25th March, you can also celebrate with your school or youth group in the weeks before or after, whether it's just the hour, a whole weekend of activities, a class lesson or even a community project.

We have suggested some ideas, but why not come up with your own ways to celebrate Earth Hour. **Check out the following pages for some inspirational ideas and to find out how to share with us!** Together, we can restore nature and protect the planet.

Every hour can be Earth Hour! Discover tips to bring nature and sustainability to the heart of school life with our free guide:
www.wwf.org.uk/get-involved/schools/sustainability-guide



CELEBRATE EARTH HOUR 2023



There are so many ways you can celebrate Earth Hour 2023 whether that's in the classroom, at home, in your weekly youth group or out and about in nature!

Here are some suggested activities that you can do before, during and after Earth Hour.



BEFORE EARTH HOUR:

Take action for nature.



1. WATCH A NATURE DOCUMENTARY

We recommend *Wild Isles* - available on BBC iPlayer - or one of the episodes from the Netflix series *Our Planet* which you can watch for free on **YouTube**!



6. GROW YOUR OWN

Plant seeds or vegetable root ends using recycled materials – egg cartons, yoghurt pots and paper cups work well. Just fill your pots with soil, pop in your seeds or roots, water and place near a window for sunlight.



2. MAKE AN EARTH HOUR POSTER

Get creative and make a poster to tell everyone why we need to protect our planet! Display it in your school or window at home. Use our poster **template** or come up with your own individual design.



7. GO EXPLORING

What trees or plants are nearby? What bugs can you find? Can you identify any different bird songs? You can use apps to help you such as **Smart Bird ID** and the **Seek App** by iNaturalist.



3. USE OUR SPOTTER SHEET

Use our nature spotter on page 7 to discover wildlife in your local area.



8. PLANET-FRIENDLY FOOD

Prepare a vegan, planet-friendly meal for your friends or family.



4. MAKE AN APPLE FEEDER

Help your local birds to stay healthy by making an **apple feeder**.



9. TAKE A WWF QUIZ

We have lots of **nature quizzes** on our website. Test your knowledge on everything from amazing apes and big cats to knowing your animal pool!



5. USE WWF EDUCATION RESOURCES

Take a look at the WWF **schools** and **youth group** resource pages for loads of activity ideas!



10. BUILD A BUG HOTEL

Help to look after bugs, bees and spiders by building a giant **bug hotel**.



DURING EARTH HOUR

Switch off for your world

The first step is easy! Join us in switching off your lights and devices on 25th March at 8.30pm!



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1. SWITCH OFF

Switch off – at 8.30pm switch off all of your lights and as many electronic devices as you can (television, laptops, phone chargers, etc).



2. MAKE AN EARTH HOUR POSTER

Get creative and make a poster to tell everyone why we need to protect our planet! Display it in your school or window at home. Use our poster **template** or come up with your own individual design..



3. PLAY GAMES

Play a board game by candlelight (make sure an adult supervises when using candles).



4. READ

Take some time to read your favourite storybook or see if you can research some fascinating facts about your favourite animal or habitat.



5. USE YOUR SENSES

Use Earth Hour to explore nocturnal nature. This could be on a walk or simply by opening a window. Can you hear any foxes or other nocturnal wildlife? Can you see the moon or stars? Make sure to only go out if it is safe to do so and only with an adult.



6. TELL STORIES

Sit in a circle with some candles and make up some imaginative stories about wildlife and protecting the Earth (make sure an adult supervises when using candles).



7. CREATE SHADOWS

Using a torch or candlelight create a shadow puppet display. What animals can you create?



8. MAKE A PLEDGE

Discuss and agree on how you can make sustainable choices to help save our planet's wildlife.

AFTER EARTH HOUR

Understanding the environmental challenges.

SCHOOLS & HOME EDUCATORS

Our free educational resources enable teachers and pupils to develop their understanding of the environmental challenges facing our planet.



Our Planet

Educational resources for primary and secondary schools in the UK, to support Netflix's *Our Planet* series.



Climate Change Resources

Use our Introduction to Climate Change or Shaping our Future resources with your class.



Live Lessons and Events

Upcoming live learning events for teachers and pupils and a range of engaging resources to support world environment days.



Teacher Development

We support the professional development of teachers and leaders who want to put ESD at the heart of their school and inspire a new generation of sustainability champions.

YOUTH GROUPS

We work with youth groups and leaders to help young people develop their skills to do something about the environmental challenges facing our planet.



A Million Hands

We're proud to be a part of the Scouts' A Million Hands programme, providing ready-made activities and ideas to support young people who want to take action to protect our planet.



Green Ambassadors 4 Youth

This WWF scheme offers practical activities that will enable your group to explore the links between wildlife, the environment and our lifestyles.



Our Planet

Our Planet educational resources for young people in the UK to support Netflix's *Our Planet* series.

OTHER



Thriving With Nature

We've joined forces with the Mental Health Foundation to bring you *Thriving with Nature* – a free guide exploring the relationships between nature, wellbeing and mental health.



Footprint app

Your answer to the question 'how can I help the environment?'



Call of the Wild

Our podcast series with WWF ambassador, Cel Spellman. In each episode, Cel meets a special guest to dig deeper into the threats we're facing.

Click each of the **headings** to link to the resources.



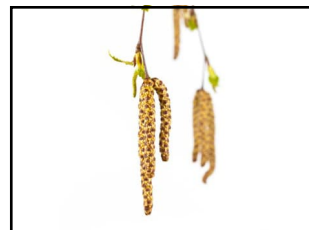
Wild Isles airs on BBC from 12th March 2023.
Resources and events for schools can be found at
www.saveourwildisles.org.uk

NATURE SPOTTER

Your challenge is to find all the items in our Nature Spotter game. Play against others or work as a team!


☐ OAK LEAF

☐ STINGING NETTLE

☐ FERN

☐ CATKIN

☐ BLOSSOM

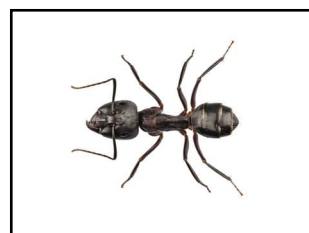
☐ PRIMROSE

☐ CROCUS

☐ BLUEBELL

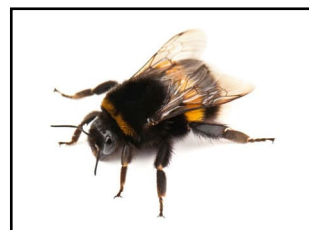
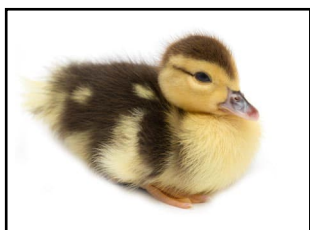
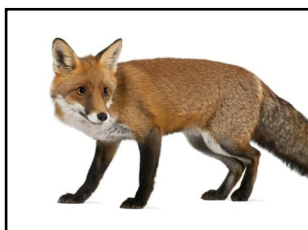
☐ EARTHWORM

☐ WOODLOUSE

☐ SNAIL

☐ ANT

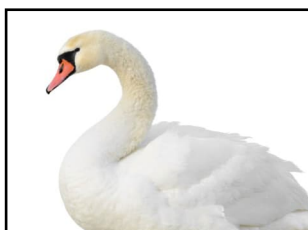
☐ CENTIPEDE

☐ LADYBIRD

☐ FROG

☐ BEE

☐ DUCKLING

☐ FOX

☐ SQUIRREL

☐ FEATHER

☐ BLACKBIRD

☐ SWAN

☐ CHAFFINCH

☐ BLUE TIT



JOIN THE CONVERSATION

When we come together we can make a change. This Earth Hour, let's shape our future and stand up for our one shared home! Show your support for Earth Hour using:

#EarthHourUK



@WWFUK_Education and **@WWF_UK**

In Scotland, **@WWFScotland** and **#EarthHourScotland**

In Wales, **@WWFCymru** and **#EarthHourWales**



WWF's Earth Hour-United Kingdom



@wwf_uk



youtube.com/WWFUnitedkingdom



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For a future where people and nature thrive | wwf.org.uk

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