



EARTH HOUR

Saturday 28 March
8:30-9:30pm

WORKPLACE TOOLKIT

EARTH HOUR 2026

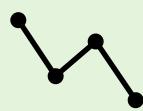
Join us on **Saturday 28 March at 8.30pm** for WWF's Earth Hour, when people around the world switch off, connect with nature and discover its rejuvenating powers.

3 REASONS TO SUPPORT EARTH HOUR



Business leaders consistently name climate change and nature loss amongst the most urgent global risks.

According to PwC, **55%** of global GDP is moderately or highly dependent on nature.



Global wildlife populations have decreased on average by **73%** since 1970. And the UK is one of the most nature-depleted countries in the world.



Just a **20-minute** daily dose of nature can improve mental health and boost employee wellbeing.



3 WAYS YOUR BUSINESS CAN GET INVOLVED



1 SWITCH OFF



Join landmark buildings around the world by switching off non-essential lights, illuminated signs and logos for Earth Hour.

Share details of your switch-off on your socials using [#EarthHour](#)



2 GO GREENER

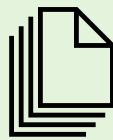
Use Earth Hour to tell your external audiences and employees what you're doing to be a greener business or to announce new sustainability initiatives.

Here are some things you can do:



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SET SCIENCE-BASED TARGETS



These targets provide a pathway to reduce your greenhouse gas emissions and impacts on nature. Find out more:

sciencebasedtargets.org

GREEN YOUR PENSION SCHEME



Aligning your company pension with a sustainable future is one of the most powerful actions you can take for nature.

Check out Make My Money Matter's campaign to see how pensions can help tackle the climate crisis:

makemymoneymatter.co.uk

PUT EARTH HOUR ON THE MENU



Food production is a key driver of nature destruction and climate change. Choosing more plant-based food can help reduce our impact, so why not run a special plant-based menu in your shop or canteen during the week of Earth Hour?

Check out **naturesworkforce.org.uk**, our guide to help employees explore nature-positive change at work.

3 ENCOURAGE TIME IN NATURE

89% of Britons say that spending time in nature has a positive effect on their mental health and 49% of people say being close to nature helps them cope with stress.

Help your staff be more productive and positive throughout the day by making nature part of the work routine and bringing the outside in.

For more ideas, download our **Prescription for Nature toolkit for workplaces**.



MAKE IT PART OF THE ROUTINE

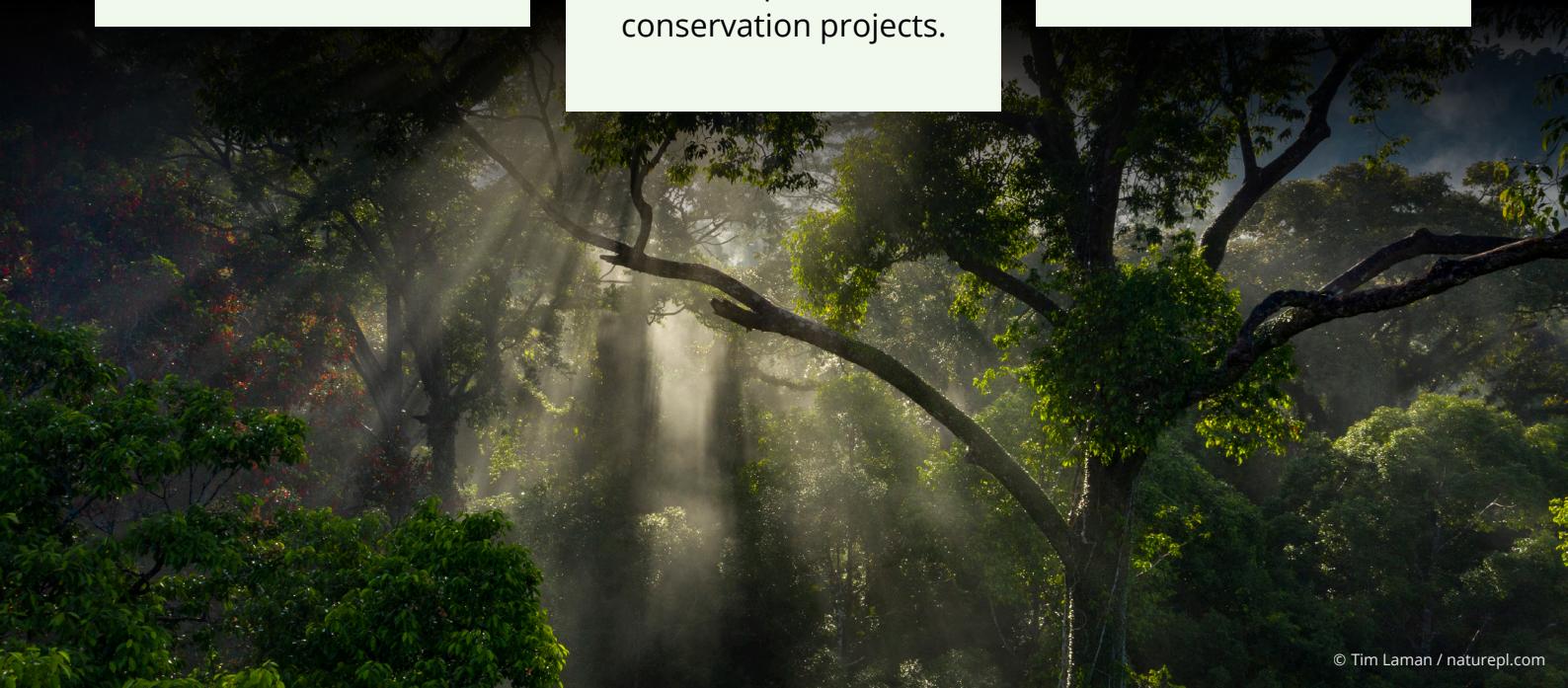
Allocate 20 minutes of wellbeing time in calendars to encourage employees to take a break outside.

OFFER OUTDOOR ACTIVITIES

Encourage meetings and team days which include activities in nature. Create outdoor workspace areas. Or link up with local conservation projects.

BRING THE OUTSIDE IN

Put plants around workspaces, play nature sounds in the office or host a screening of nature documentaries.

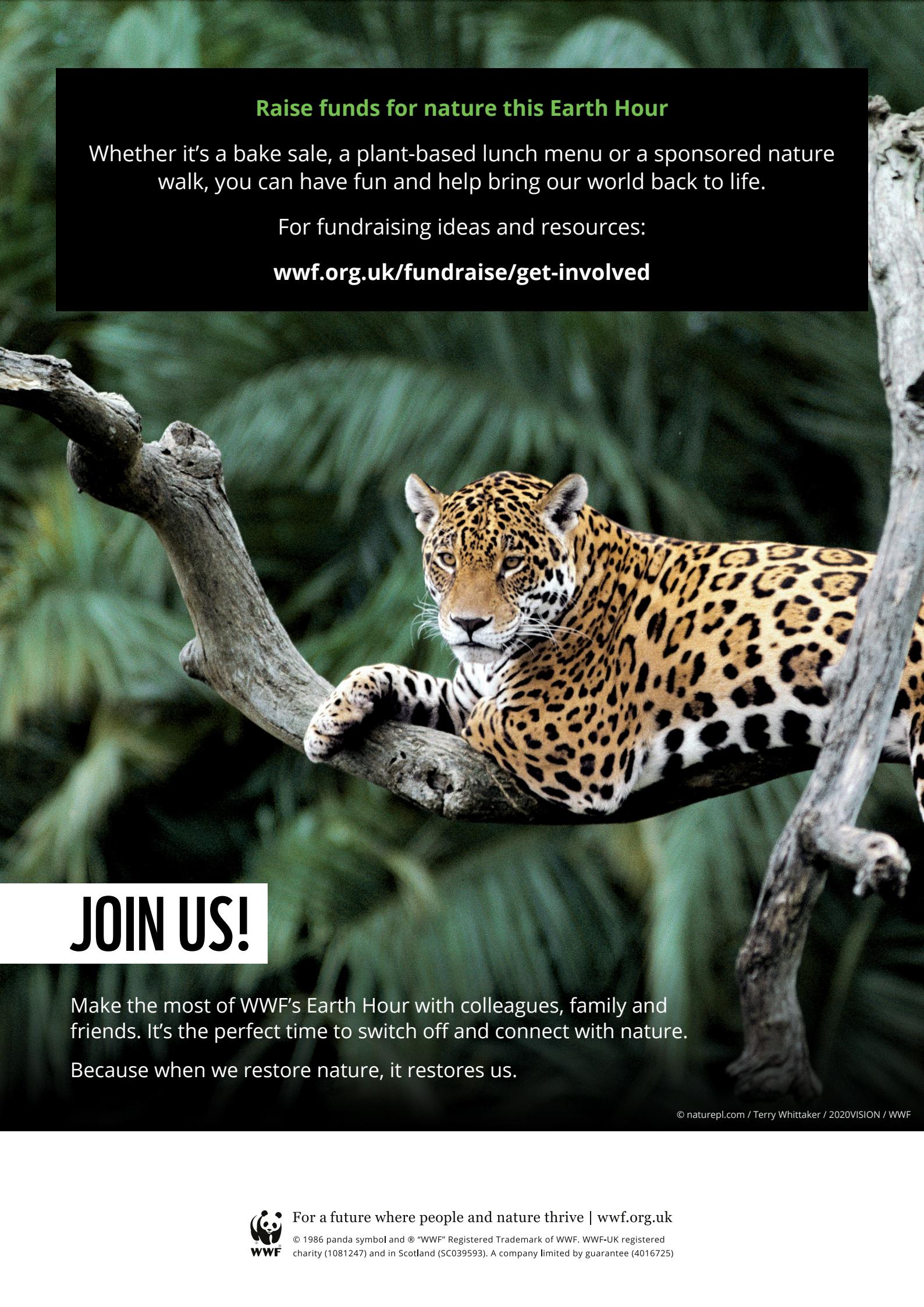


Raise funds for nature this Earth Hour

Whether it's a bake sale, a plant-based lunch menu or a sponsored nature walk, you can have fun and help bring our world back to life.

For fundraising ideas and resources:

wwf.org.uk/fundraise/get-involved

A jaguar with a distinctive orange and black spotted coat is resting on a thick, curved tree branch. The background is a soft-focus view of dense green foliage, creating a natural and wild atmosphere.

JOIN US!

Make the most of WWF's Earth Hour with colleagues, family and friends. It's the perfect time to switch off and connect with nature.

Because when we restore nature, it restores us.

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

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