



What is Earth Hour?

Earth Hour is a global movement started in Sydney, Australia in 2007 by the World Wildlife Fund (WWF). Participants across the world turn off their lights and unplug for an hour, a symbolic gesture made by millions to shed light on our impact on the environment. The ultimate purpose of this movement is to get people to think about actions that we can each take, big and small, in our everyday lives to contribute to a more environmentally sustainable way of living (and, ultimately, help protect our planet). For more information about Earth Hour, visit earthhour.org.

Earth Hour is from 8:30 - 9:30 pm on March 26, 2022.

How Can I Participate?

Commit to turning off your lights on March 26 from 8:30 - 9:30 pm. Talk with your family to see if this is something you can safely commit to doing in your whole home, or even just turn off your own lights when you might normally keep them on.

Here are some electricity-free activities you can do during Earth Hour:

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| <input type="checkbox"/> Go on an evening stroll | <input type="checkbox"/> Light a candle | <input type="checkbox"/> Do some yoga or other form of exercise |
| <input type="checkbox"/> Star gaze | <input type="checkbox"/> Build a pillow and blanket fort | <input type="checkbox"/> Hold a puppet show |
| <input type="checkbox"/> Play some games | <input type="checkbox"/> Make an earth-focused craft using recyclables | <input type="checkbox"/> Have a snack, drink, or dessert taste test without using your sense of sight |
| <input type="checkbox"/> Tell stories you already know or make up your own | <input type="checkbox"/> Have a glow in the dark scavenger hunt | <input type="checkbox"/> Try night photography or light painting |
| <input type="checkbox"/> Brainstorm actions you can do everyday to help the planet | <input type="checkbox"/> Hold a funky fashion show with the clothes in your closet (decide what clothes can be donated, reused, or repurposed while you're at it) | <input type="checkbox"/> Try to draw or paint in the dark (use glow paint for even more fun!) |
| <input type="checkbox"/> Make a no waste and no electricity snack or meal | <input type="checkbox"/> Play trivia by answering questions with glow sticks | <input type="checkbox"/> Have a talent show |
| <input type="checkbox"/> Camp in your backyard or living room | <input type="checkbox"/> Read a book by candlelight | <input type="checkbox"/> Share ways that you can be more eco-friendly with others |
| <input type="checkbox"/> Make a nighttime obstacle course | <input type="checkbox"/> Play an instrument or sing some songs | |
| <input type="checkbox"/> Have a dance party | | |
| <input type="checkbox"/> Write yourself a letter or eco-pledge | | |

Let's Reflect!

Even though Earth Hour only happens for one hour, YOU can continue to make a positive difference for the environment. Brainstorm ways you can help the world below and think about why it is so important to care for and protect our environment now and always— you can write on the back of this page, or on scratch paper. Share with others!