



EARTH HOUR
BROUGHT TO YOU BY WWF



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Top 10 Ways to Celebrate Earth Hour

Here are 10 ways for the whole family to get involved in Earth Hour:

1. **Make a plan:** Earth Hour is a great opportunity to talk with your family about actions you can take to make Earth Hour every hour throughout the year. Some easy actions to start with are turning off the lights when no one is in a room or washing clothing in cold water. Ask children to come up with their own ideas to save energy, limit waste and make a positive impact on the environment. For inspiration visit The Living Planet Community www.wwf.ca/community
2. **Scavenge and save:** Set up a scavenger hunt in and around your house to mark off areas where energy can be saved. Place flags or stickers in spots where appliances or computers can be unplugged and lights turned off, highlighting the spots where they can make a difference.
3. **Join the Celebration:** There are tons of community events that are organized across the country to celebrate Earth Hour. See if there are any close to you or post your own event on www.EarthHourCanada.org. Attending an event and seeing the community come together in support for Earth Hour is a way to prompt your kids to start seeking out opportunities and get involved in their own.
4. **Go Stargazing:** Earth Hour is an opportunity to view the stars without competing with the lights from buildings and homes. Borrow an astronomy book from the library and see if you can find constellations and planets as a family.
5. **Issue a Challenge:** Turn off the television and computer! Gather the family, light a candle and pull out your favourite board games. Scrabble, Monopoly, Trivial Pursuit and Pictionary (with glow in the dark markers!) are great options. You might even notice you'll continue celebrating well past the hour!
6. **Do some math:** Calculate the ways you can save energy in and around your house and use the comparisons to help kids understand the impact they can have with their individual actions on the entire environment. Explain savings and benefits that result from every step they take to reduce the use of energy. If you want to calculate green house gas emissions that are saved from everyday actions, check out WWF's Living Planet Community www.wwf.ca/community
7. **Flashlight walk:** Go for a family walk around the neighbourhood with a flashlight. You can even put a glow stick on your dog's collar! You can talk about how to safely travel around the city by environmentally friendly means – walking, biking, skateboarding or taking the bus. Check out the lights around the area while you're out. If a neighbour's light is on, you can politely knock on the door and let them know that it's Earth Hour.
8. **Pass it on:** Invite family and friends over to celebrate Earth Hour together. Screen an environmentally themed movie and have a group discussion afterwards about actions everyone can take to help the problem. Write down the actions and have everyone pledge their commitment.

WWF-Canada

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9. **Cook a No-Cook Meal:** During the day, get the family involved in making a no-cook meal with local ingredients. During Earth Hour, serve the dinner by candlelight and talk about other no-cook recipes you plan on making as a family.
10. **Animal House:** Take this opportunity to talk about endangered species with your family, how they became endangered and what can be done to help them. Together you can brainstorm unique ways to help and learn what organizations such as WWF-Canada are doing to aid species at risk.

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