



Earth Hour Activities

With growing concern about the effects of Climate Change, Earth Hour demonstrated that collectively people can make a difference. Earth Hour is all about the small changes that everyone can make in their lives and building these into every day living. Although only one hour, the idea behind Earth Hour is that turning the lights *off* represents turning the lights *on* in your mind. Imagine the result, if everyone around the globe switched off their lights for one hour? Show the world you care with one simple action. Collectively we can make a big difference.

Here are some ideas for activities that you can do either by yourself or with your Patrol. Some of these activities could form the basis of a number of Create a Challenge badges such as World or Nature, keeping in mind that these badges require you to challenge yourself.

Earth Hour isn't just about one hour a year, it is about changing what we do each day to make a difference.

Individually

- Choose your climate future – go to: <https://www.earthhour.org.au/Discover/climatefuture>
- Find out how people travelled 100 years ago. Visit a museum or similar which shows a historic form of transport. Do you think it was better or worse for the environment? What new technologies are helping to reduce the impact of transport going forward?
- Some state in Australia have banned or are looking at banning the plastic bag. How and why will this help the environment?
- Compare recycled paper with 'normal' paper. Make a list of the advantages and disadvantages of each. Find out if you live in a state that has old growth trees being turned into paper. Make your own recycled paper.
- How does installing low energy light bulbs in your house help the environment? What are the advantages and disadvantages of using these?
- Walk to the shops instead of taking the car.
- Keep your own vegetable or herb garden.
- Cook a meal where everything is grown or manufactured in Australia. Try buying your ingredients with little or no packaging!
- Find out how to read your electricity meter. Read it at the start and end of a week to see how much electricity you use. Read the meter again after another week when you have



Earth Hour Activities

tried to save electricity. How much did you save? Try turning appliances off while not in use. Unplug any appliances like mobile phone chargers, TVs, microwaves, MP3 players, which are not being used and are on standby. Keep the doors & windows closed when the heating or air conditioning is running. Find out which appliances make the biggest difference to energy consumption.

- Work out how long you shower for and how much water you use. How can you save water while showering/washing?
- What temperature is your heating/ air conditioning set at? Is there an ideal temperature?

In Patrols or as a Unit

- Visit a power station.
- Investigate the difference in energy usage boiling water in a saucepan with and without a lid – which boils first and which cools faster? Make tea in a variety of glasses e.g. ceramic, glass, tin, thermos. Which keeps the tea hottest for longest?
- Learn about energy efficiency labels – tell your Patrol about them at Guides. Investigate the energy efficiency of items such as the fridge you might have in your meeting area.
- Talk to your teachers about turning off lights and fans, computers and monitors when no one is in the classroom, especially at recess and lunchtime. What other ways can you think of to save energy at school? Can you do the same at Guides or on a Guide camp?
- Investigate solar and wind-up battery chargers and torches. How could you use these?
- Make and use draught stoppers to save energy in heating.
- Learn how to change a washer to prevent leaking taps wasting water. You might like to invite someone in to your unit to teach this.
- How is your family saving water? Can you think of other ways to save water at home and at Guides? Design a poster demonstrating a water saving method and present it to your Patrol or Unit.
- How is your family saving energy, can you think of other ways to save energy at home and at Guides? What devices exist that can help you save energy (hint – think wind up torches)?
- Compare the fuel economy of different family cars used within the Unit.



Earth Hour Activities

- Find out about and make a poster to present to your Unit about Green energy – what is it, is it available in your area, how much more does it cost?
- Collect newspaper articles about climate change and ways you can make a difference.
- Find out about recycling symbols and what they mean. How do you know what can and what can't be recycled? Could you be recycling more things at home? How much energy is saved by recycling?
- Make a Snakes and Ladders game – ladders correspond to saving energy, snakes as wasted energy. Play it with your Patrol.
- Make a poster or model of a house or room and mark on all the places where energy is used and where energy is lost.
- Organise an inter-Patrol debate on whether one person can make a difference by taking part in Earth Hour, or another related topic.
- Make a map of your area and mark where all members of your Unit live. Arrange car-pooling to get to Unit meetings. Is it possible to walk or cycle to meetings during summer? Try it one week.
- Learn bicycle maintenance and safe cycling. Go on a bike ride.
- Does your school have a walking bus? If not, find out about this program and what it involves. Share with your Patrol how programs such as these are helping the environment.
- Does your school or Guide hall have a water tank? If not, how can they acquire one? Design a grant application or fundraising poster to raise money for a water tank.
- Plan and go on an outing with your Patrol or Unit using public transport.
- Make a rain gauge and use it.
- Make instruments out of recycled material and perform a musical item with them.
- design a poster to create awareness about global warming
- Have a fashion parade or building competition with items you would normally dispose of.



Earth Hour Activities

Proposed Unit Programs

Based on the 5 developmental stages, the suggested activities are for a one-and-a-half-hour meeting. If your Unit covers more than one developmental stage – then you may need to incorporate activities from more than one developmental stage to ensure an exciting and challenging program for all your Unit members. If your meeting goes for two hours – extra activities will be needed. The timings are only estimates – you may need less or more time depending on your Unit members.

Developmental Stage	Activity	Duration
5-7	<ul style="list-style-type: none"> • Play a game in the dark 	15 mins
	<ul style="list-style-type: none"> • Plant seedlings for the guide hall or make a Hairy Harry. Discuss the importance of plants in our environment and how they help reduce heat and provide us oxygen and animals a place to live. 	30 mins
	<ul style="list-style-type: none"> • Go on a Penny Hike, collecting any litter along the way. Discuss the impacts of litter on our environment and how recycling helps save energy. 	40 mins
	<ul style="list-style-type: none"> • Closing 	5 mins
7-9	<ul style="list-style-type: none"> • Play a game in the dark 	15 mins
	<ul style="list-style-type: none"> • Play Kim's Game using materials that are made of single use plastic. Discuss how these can enter our environment and the impact it has on us and the animals. 	20 mins
	<ul style="list-style-type: none"> • Plant seedlings for the guide hall or make a Hairy Harry. Discuss the importance of plants in maintaining our climate and providing habitat. 	20 mins
	<ul style="list-style-type: none"> • Go on a Penny Hike 	30 mins
	<ul style="list-style-type: none"> • Closing 	5 mins
9-12	<ul style="list-style-type: none"> • Design a form of transport for the future. 	20 mins



Earth Hour Activities

	<ul style="list-style-type: none"> • Play a game in the dark • Play Kim's Game using materials that are made of single use plastic. Discuss how these can enter our environment and the impact it has on us and the animals. • Discuss how you can save energy at the Guide Hall • Plant seedlings for the guide hall or make a Hairy Harry. Discuss the importance of plants in maintaining our climate and providing habitat. • Closing 	<p>15 mins</p> <p>20 mins</p> <p>15 mins</p> <p>15 mins</p> <p>5 mins</p>
12-14	<ul style="list-style-type: none"> • Design a form of transport for the future. • Play Kim's Game using items made of single use plastic. Discuss the impacts of these and how we can reduce our need to use them. • Try an alternative energy source e.g. solar cooking • Closing 	<p>15 mins</p> <p>15 mins</p> <p>55 mins</p> <p>5 mins</p>
14-17	<ul style="list-style-type: none"> • Organise an inter patrol debate on whether one person can make a difference by taking part in Earth hour or changing their current habits (think along the lines of plastic bag use.) • Try an alternative energy source e.g. solar cooking • Work out how you could save energy at the guide hall • Closing 	<p>20 mins</p> <p>60 mins</p> <p>5 mins</p> <p>5 mins</p>