



**Earth Hour takes place in 2020 of 28 March, from 8:30 pm to 9:30 pm.**

During this time, millions of people all over the world will turn off their lights. This symbolises peoples' recognition of the challenges facing our planet in terms of climate change and biodiversity loss, but also the hope that, working together, we can all make a difference.

As well as turning off the lights, Earth Hours gives scouts an opportunity to do something more than just sit in the darkness. Here are some activities that will make sure that this 60 minutes is time well spent

#### ***Go outside and look up***

When the lights are off is the best time to look up at the night sky. When we think of pollution we often forget about 'light pollution', where our street lights and other bright lights cause a glow that makes it harder to see the stars.

You could just gaze up at the sky, and be amazed at the universe, and that would be wonderful. As a scout, you might like to learn something practical, such as how to find your way using the moon and stars. Use the *Navigation by the Night Sky* sheet to find North and South in the dark!

#### ***Do an eco-quiz with your family***

Once the lights are off, some people wonder what to do for the hour. Why not run a quiz for your family based on the environment and sustainability? Find out who knows more in your household – the parents or the kids!

To get you started, we have set up the first round of the quiz for you on our Eco-Quiz sheet. It also has advice on how to research your own additional questions, and tweak the whole lot to get the most fun out of it!

#### ***Turn off more than the lights***

Getting ready for Earth Hour, why not turn off lots of electrical devices in the house? When doing it,

use the *Big Switch Off* sheet to record them. Then, while sitting around as a family during Earth Hour, try to come up with ways to reduce the usage of each one.

#### ***Patience is a virtue***

Have a deck of cards ready and play some Patience. These games are easy to play, don't need anyone else to play with you, and are an easy way to switch off from everything around you. When a round is done, just start another. It is not about winning, but just about playing.

#### ***Sow a seed***

Earth Hour is symbolic, so make a symbolic start to growing some of your own food. This can be as simple as taking a single seed and placing it in a small pot of soil. For more ideas on growing, check out our *Grow some Goodies* sheet.

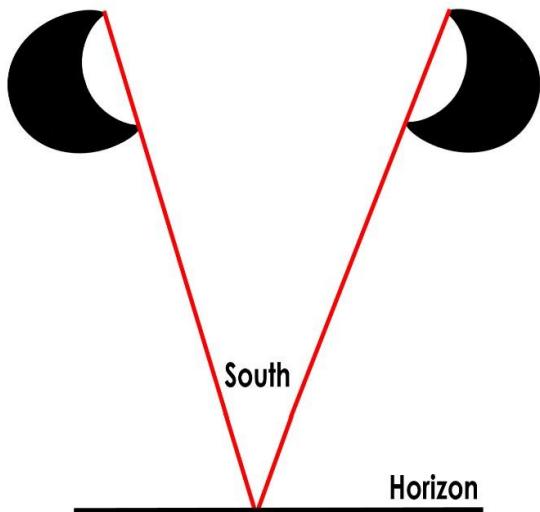
#### ***Sow a seed***

Earth Hour is a chance to stop and think. It is also a chance to talk. You could use this time to find out what was different for your parents or grandparents when they were growing up, and what was just the same. Ask them about school, music, games, clothes, music, manners, religion and what things they got in trouble for!





These days everyone can find their way in the world, once they have their mobile phone! Scouts learn to find direction by other methods, and this can even be done at night. Here are two really handy ways to find North and South. Go outside during Earth Hour to see how easy it is.



## Navigation by the moon

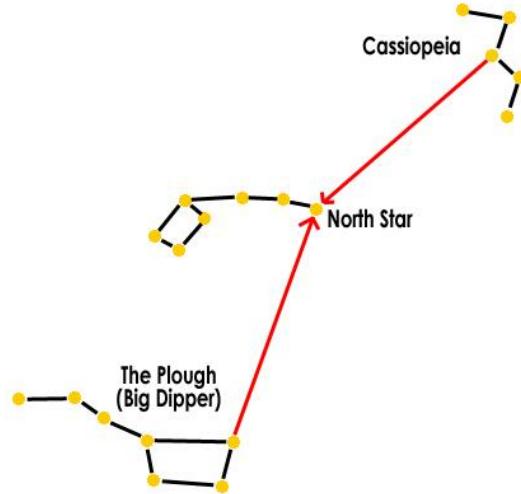
When the moon is not full – a crescent or a half moon – you can find where South is. Draw an imaginary line between the top and bottom points of the crescent and continue the line down to the horizon. That will be due South.

Go out now and check it out.

## Navigation by the stars

Only one star stays in exactly the same position all night, and that is the **North Star**, also called Polaris. Guess what direction it is in?!

To find it, first find The Plough (also called The Big Dipper and The Great Bear). Then draw a line between the two stars on the right of it, and extend that line five times the distance of the gap between these two. The middle of the big "W", Cassiopeia, also roughly points towards it.



**Keep it up** Make a habit of looking at the sky at night, especially when you are out in the countryside or camping. Before long you will only need to glance up to spot the stars you need to guide you. Once you have the hang of it, share this skill with other scouts. Teach them how to understand the night sky. Finally, why not learn more about navigation by the stars to allow for partly cloudy nights when you can't spot what you need. Look up the constellation Orion, and find out which star rises exactly in the East and sets in the West





# Eco-Quiz



Here are the first ten questions of your quiz. Why not get on and add more yourself in advance of Earth Hour. Make up questions about Climate Change, Recycling and Waste, Disappearing Wildlife and so on. Another way to mod the quiz is to add in an extra answer for each one – D) can be as silly as you want!

After your effort in getting things ready, you get to be the quizmaster! The whole family can go against each other, or what about Kids V Grownups? Hand out scrap paper and pens for recording answers, and then tot up the scores at the end. The winner has bragging rights for the entirety of Earth Hour!

1. *WHAT PERCENTAGE OF IRELAND'S ELECTRICITY COMES FROM RENEWABLE ENERGY?*

- A) 27%      B) 11%      C) 56%

2. *WHICH ONE OF THE FOLLOWING COUNTRIES HAVE BANNED SINGLE USE PLASTICS?*

- A) INDIA    B) KENYA    C) ITALY

3. *WHICH IS THE MOST ENERGY EFFICIENT LIGHTBULB?*

- A) CFL      B) INCANDESCENT    C) LED

4. *WHAT PERCENT OF THE EARTH IS WATER?*

- A) 64%      B) 29%      C) 71%

5. *WHICH OF THE FOLLOWING IS NOT RECYCLABLE?*

- A) CARDBOARD    B) COFFEE CUPS    C) TINS

6. *WHAT COLOUR IS WIDELY ASSOCIATE WITH THE ENVIRONMENT?*

- A) RED      B) BLACK    C) GREEN

7. *WHAT FOOD PRODUCTS ARE MOST LIKELY TO GET THROWN AWAY?*

- A) DAIRY      B) MEAT    C) BREAD

8. *WHICH EUROPEAN COUNTRY GETS A MAJORITY OF ITS ENERGY FROM RENEWABLE SOURCES?*

- A) NORWAY    B) ENGLAND    C) SWEDEN

9. *HOW MANY YEARS DOES IT TAKE FOR AN ALUMINIUM CAN TO DECOMPOSE?*

- A) 100      B) 40      C) 7

10. *WHAT SHOULD YOU DO WHEN YOUR AREN'T USING THE COMPUTER?*

- A) SWITCH OFF      B) SWITCH OFF AND UNPLUG    C) PUT TO SLEEP

**Answer Key:** 1-B, 2-B, 3-A, 4-C, 5-B, 6-C, 7-C, 8-C, 9-A, 10-B





# The Big Switch Off



When switching off the lights for Earth Hour, take it further and shut off some other electrical devices. Then, during Earth Hour itself, sit with your family and go down through the list, figuring out how to reduce the usage of each device. Think of using devices less, switching them off when not in use, finding other ways to do the same job, turning them down or running on shorter cycles.

**That's a lot of solutions** How about picking a few to start with today? Maybe go with the easier ones first to get people used to the idea and see how quickly they can make a difference. Or, you could go with some of the bigger ones that involve higher electricity use, such as the clothes drier, and make a big impact on your electricity use straight away. Keep the list, and add in more solutions when you find them. Compare with friends to share ideas and, together, save even more electricity!

