

Earth Hour Patch Program



Imagine a whole hour of fun where you get to be a hero for the planet! Earth Hour started in Sydney, Australia, in 2007, and now, millions of people around the world take part by turning off their lights and unplugging electronics. It's like a giant game of "lights out" to show how much we care about our Earth!

This year, we're shining a spotlight on the arctic fox. These adorable, fluffy creatures are facing big changes because of climate change—but guess what? You can help! Join us to discover cool facts about the arctic fox and learn simple ways to protect our planet.

So, grab a flashlight, light some candles, and get ready for an hour of fun, learning, and making a difference! Who's in?

Steps to Earn Your Earth Hour Patch

1. [Order your patch!](#)

1. Complete the activities in each section below.

Activities marked with * have additional resources attached to this document.

Activities [underlined](#) are linked to online resources.

Requirement 1: Learn how going dark makes a difference.

Electricity is the energy that powers things like lights, TVs, computers, and even your video games! We use it every day to help us do all kinds of things.

Most of the time, we make electricity by burning things like coal, oil, and natural gas. These things are called fossil fuels. When we burn them, they create energy, but they also make a lot of gases called carbon dioxide or CO₂.

What Happens When We Make CO₂?

These gases go up into the air and stay there. The CO₂ makes the Earth warmer, kind of like a big blanket covering the planet. This is called 'global warming,' and it's a big part of climate change.

How Does Global Warming Affect Us?

As the Earth gets warmer, it causes problems like melting ice, rising sea levels, and stronger storms. It can also make plants and animals have a harder time surviving, like the Arctic fox.

How Can We Help?

But we can help by using less electricity or using electricity from cleaner sources. For example, some places use the sun, wind, or water to make electricity. These are called 'renewable energy' sources, and they don't make harmful gases like fossil fuels do! Celebrating Earth Hour helps us to think about the ways to cut down energy use in our daily lives.

Earth Hour is more than making a small change on one day. Giving an hour for Earth reminds us that even small actions can make a big difference. Because we're not alone. There are millions of people joining to reduce our environmental impacts.

When we make changes in our own lives to reduce energy use, we inspire others to do the same. So, even one person making a small change can really make a difference in shaping our beliefs and values for the future of our planet.

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.

Requirement 2: Learn about the Arctic Fox and complete an activity.

The Arctic fox is a little animal that lives in really cold places, like the North Pole. It has thick fur to keep it warm in the snow and ice. Climate change means the Earth is getting warmer, which is making the weather different than it used to be. The Earth's temperature is slowly going up, and this is causing some places to get hotter. The Arctic fox needs the cold weather to survive. Its fur helps it stay warm when it's freezing outside. But because of climate change, the ice and snow where the Arctic fox lives are melting. This makes it harder for the fox to find food. As the ice melts, the Arctic fox's home is disappearing. It's also harder for them to find places to hide or raise their babies. They may have to move to other areas, but it's not as safe or as good for them. The warmer climate is also allowing the larger red fox to move North and take over the Arctic fox' dens.

But there's good news! We can all help slow down climate change by taking care of the Earth, like using less plastic, saving energy, and planting trees. That way, we can protect animals like the Arctic fox and keep their homes safe.

Complete 1 activity:

- Read a book about the Arctic Fox
- Look up 5 fun facts about the Arctic Fox
- [Draw several Arctic foxes.](#) Cut out and place around your home as a reminder to save energy.

Requirement 3: Participate in Earth Hour

Commit to turning off your lights on Saturday, March 22 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. Note: If this time doesn't work, find another hour to participate.

Complete 3 activities:

- Go on an evening stroll
- Star gaze
- Play some games
- Tell stories you already know or make up your own
- Brainstorm actions you can do everyday to help the planet
- Make a no waste and no electricity snack or meal
- Camp in your backyard or living room
- Make a nighttime obstacle course
- Have a dance party
- Write yourself a letter or ecopledge
- Light a candle
- Build a pillow and blanket fort
- Make an earth-focused craft (use recyclables when able)
- Have a glow in the dark scavenger hunt
- 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)
- [Play games with glow sticks](#)
- Play an instrument or sing some songs
- Do some yoga or other form of exercise
- Hold a puppet show
- Have a snack, drink, or dessert taste test without using your sense of sight
- Try night photography or light painting
- Try to draw or paint in the dark (use glow paint for even more fun!)
- Have a talent show
- Share ways that you can be more eco-friendly with others