



# ways to give an hour for Earth



1

Read a story about nature; check out your local library for a local variety of books

2

Find one person to share your favourite book about nature with

3

Create and share with your friends a story about your favourite endangered animal

4

Learn how to cook your favourite vegetable dish with your family

5

Take a walk with your friends or family to your nearest park, river, or pocket of nature

6

Pick up trash at your nearest pocket of nature and weigh how much trash you collect!

7

Research how waste is recycled in your country

8

Find out which animals used to live in your neighbourhood or town fifty years ago

9

Research the edible plants that grow in your area

10

Calculate your family's carbon footprint

11

Get creative with an up-cycling craft activity

12

Research the concept of permaculture farming

13

Visit your nearest community garden, farm, or local market

14

Watch a documentary about nature – like Our Planet (available for free on Youtube)

15

Identify and name the trees that grow near your home with the help of Google Lens

16

Research how food scraps can be turned into compost. Perhaps try it out for yourself!

17

Try out a short guided meditation session with an adult!

18

Research and volunteer an hour at the environmental charities in your town or country

19

Create a map of the natural sites near your home. Include your favourite plants and spots for sighting animals!

20

Plant a small tree or edible plant

21

Find out where the food you eat comes from

22

Try out flower-pressing – a way to preserve wildflowers and grasses at home

23

Try out leaf-rubbing – a creative way of celebrating the uniqueness of leaves

24

Get creative making a poster that explains the concept of biodiversity and why it's important

25

Gather your friends and do a small fundraiser for one of your local environmental charities!

26

Have a picnic outdoors

27

Go bird-watching and try to identify the birds you spot

28

Go plogging – jog and pick up trash along the way

29

Go on a listening walk and try to notice every natural sound you hear

30

Watch the sunrise and sunset on the same day

