



Sustainability



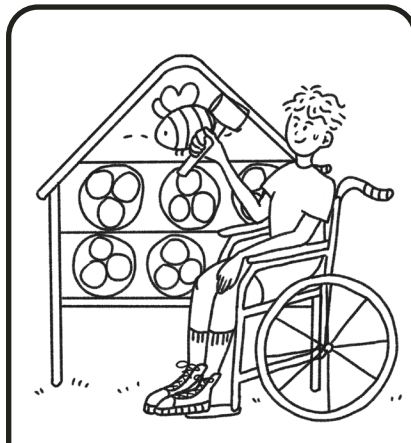
Nature



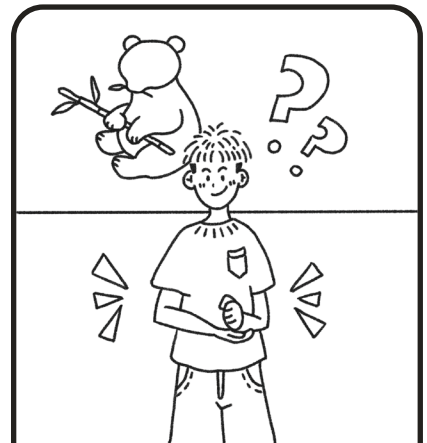
Food



Fitness & Wellness



Arts & Creativity



Entertainment

Earth Hour 2024

Education Pack

— Fitness & Wellness —

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About this pack

Hi there, and thanks for celebrating Earth Hour with us and the little people in your lives! This Pack comprises content and resources designed for educators and parents to engage children of different ages in giving an hour for Earth while doing something they love – whatever they're interested in! Comprising six themed sections – creativity, fitness and wellness, sustainability, nature, entertainment, and food – there's something for everyone, and together our actions amount to the **Biggest Hour for Earth**.

While some content and resources have been referenced and suggested throughout the pack, we encourage any parent or educator to localise activities to best suit the child's context.

Sharing is caring: We'd love to celebrate alongside you this Earth Hour – tag us in your social posts with the official #EarthHour 2024 hashtags – **#BiggestHourForEarth** and **#MyHourForEarth** and fill out the short form at the end of the pack with your feedback to win some sustainable Earth Hour swag!

Let nature power your workout!

Time

1 hour

Age group

All ages

Get up and moving while learning about the importance of species and habitats with this wild workout challenge!

Enjoy exercises tied to fun facts about species — pick and choose your exercises, and follow up by reflecting on your experience of stretching your wings, fins and paws!

What you need

- None

What to do

1. Check out the various activities part of WWF USA's Work Out Your Wild Side challenge via our **Resources** page on Page 5.
2. Pick and choose five activities (alternatively, choose one of the provided weeks) to enjoy an hour-long of fun! If you're up for it, complete all five weeks in full!
3. Follow up the challenge by having your students / children complete our discussion questions to reflect on their experience.

Additional resources

- Work Out Your Wild Side by WWF USA
- <http://tinyurl.com/eh2024workout>

Fitness & Wellness

Activity

Resources

Let nature power your next moment of calm

Time

1 hour

Age group

All ages

Find inner calm outdoors! Unplug and try practising mindfulness or meditation in nature, and experience how nature activates your senses. By taking yourself away from digital distractions, not only may you find it easier to be present in the present, but you may also discover calm and focus, and develop a newfound appreciation for the natural world around you.

What you need

- None

What to do

1. Find a comfortable position sitting or lying down. Begin with a few deep breaths, breathing deep into the belly, to help you relax and to bring you to the sensations of the present moment.
2. Now close your eyes and be present to what is being experienced with your eyes closed. Notice how your body feels, as well as the activity of your mind and emotions. Experience whatever is present without resisting anything or trying to change it. Do this for a few minutes.
3. Now bring your awareness to everything that you can experience in your surroundings. Feel the temperature of the air on your skin, the feeling of the

breeze and the sun. Notice the sounds around you – birds, bees, crickets, flowing water. Listen to the symphony of nature. For the rest of the meditation, continue to experience these feelings and sounds. Whenever your mind wanders, gently bring it back to the experience of nature.

4. As you meditate, you can see where your attention is naturally drawn, or purposefully scan for different experiences. You can also focus on one experience and notice the experience in greater detail. If it is a bird's song – notice the quality of the sound – as if you are going more deeply into the sound. (It may seem to have a shape or texture.) Don't analyse the sound and label it with your mind – simply notice the quality of it.

5. Once again, whenever you notice that the mind has become absorbed in thoughts, easily bring it back to the sounds and sensations of being in nature. At times both awareness of the sensations from the environment and thoughts will be present. That's fine. Just easily favour the experiences of nature.

Adapted from [Nature Meditation](#) by Meditation Oasis

Additional resources

- Additional simple meditation exercises by Mindworks
- <http://tinyurl.com/eh2024meditate>

Fitness & Wellness

Activity

Resources

Assemble a nature clean-up crew

Time

1 hour

Age group

All ages

Here's a not-so-fun fact about waste: Did you know that a dump truck's worth of plastic enters our oceans every minute?

While plastic can help make our hospitals safer, our food last longer, and our packages more efficient to ship, it has no place in nature. Whether it's plastic or other kinds of waste, trash that's not properly disposed of ends up polluting our air, water and soil – what both people and wildlife need to survive.

While systemic change in waste management is urgently needed in many parts of the world, we can take baby steps towards alleviating pollution in our neighbourhoods. Grab your friends and family to host a clean up in your community – have fun with your loved ones while protecting the wildlife around you!

What you need

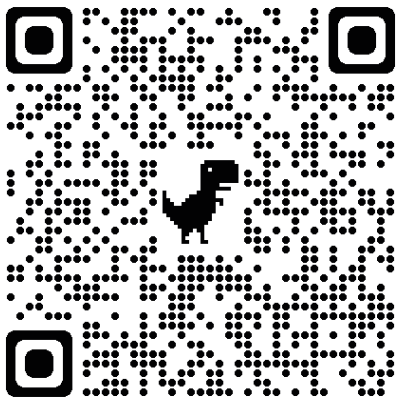
- Trash bags
- Gloves
- Trash pickers or tongs
- Wet wipes

What to do

1. Heading out for a walk? Assemble in small groups, equipping yourselves with trash bags, gloves, and tongs!
2. Pick up any trash you see along the way and bin them in your trash bag.
3. Remember to protect yourselves from dangerous objects. Never pick up trash with your bare hands. Keep your gloves on, and if possible, use a pair of tongs.
4. Feeling competitive? See who can pick up the most trash in an hour!
5. Keen on finding out more about the various trash items you've collected? Head over to the **Resources** page on Page 11, and find out how long the trash you find – from cigarette butts to disposable diapers – takes to decompose.

Additional resources

- Trash Timeline by Leave No Trace
- <http://tinyurl.com/eh2024trashtimeline>



Sharing is caring!

We'd love to celebrate your children's creativity as they learn to care for the planet! Share your works via ehnetwork@earthhour.org and feedback your thoughts about the pack to us via the QR code!

Stand a chance to win exclusive EH2024 stickers!