



EARTH HOUR

2025

SCHOOL AND FAMILY ACTIVITY GUIDE

EARTH HOUR 2025

What is **Earth Hour** and why is it so important?

Every March, millions of people around the world come together for one hour to show they care about the future of our planet.

From iconic landmarks like Big Ben and the Sydney Opera House to cities across the globe, the lights go out in a stunning display of solidarity for our natural world.

Our world needs **our help**.

Nature gives us so much; from the food we eat to the air we breathe; it keeps us healthy and thriving. WWF's Earth Hour is the perfect moment to switch off and give back to the planet by connecting with nature. Because when we restore nature, it restores us.

This year Earth Hour takes place on Saturday 22 March from 8:30-9:30. But you can also take part in school anytime between Earth Hour on 22 March and Earth Day on 22 April.



WHAT CAN SCHOOLS DO FOR EARTH HOUR?

Spending time in nature can do wonders for children's mental health and wellbeing – boosting their moods, easing anxieties and stresses, helping with confidence and building up skills like team working.

This Earth Hour we are asking schools to try and spend at least 60 minutes getting your dose of nature, anytime between 22 March (WWF's Earth Hour) and 22 April (Earth Day).

You could spend one whole hour connecting with your local nature or you could split this up into 5-10 minute smaller activities. Whatever works best for you and your school.

You could also use the time between Earth Hour and Earth Day to start some habit-forming, planet-friendly activities at school or at home with your family.

We think everyone deserves time in nature.

So, we've come up with a list of simple activity ideas to help you and your students get your daily dose of nature this Earth Hour and beyond.



Sign up for your free daily dose of nature at school classroom pack for quick and easy ways to get a bit more nature into school time:

www.wwf.org.uk/prescription-for-nature/schools-pack
(UK schools only)

You can also register for our free primary school Earth Hour live lesson on Tuesday 19 March at 10am:
www.wwf.org.uk/get-involved/schools/calendar



CLASS ACTIVITIES

GET YOUR
DOSE OF NATURE
AT SCHOOL

CLASS ACTIVITIES



Organise a nature walk

Go exploring! Get your students to use spotter guides or a wildlife identification app (such as the **Seek app by iNaturalist**) to identify trees, spring flowers, bugs and birds around your school grounds or on a trip to your local green space. How many different species can you find overall?

At a glance

- ✓ Outdoors
- ✓ Group exercises
- ✓ 30+ minutes

Give nearby nature a hand

This Earth Hour, why not make a difference right in your own backyard? Craft some bird feeders from recycled materials, design a cozy bee hotel, provide a bird nest buffet for nesting birds or make your own wildflower seed balls from compost, clay and native wildflower seeds. All fun and rewarding ways to support your local wildlife! Find easy-to-follow instructions for all of these activities in our **WWF Spring Activity Guide**.

Fundraise to help your local wildlife

Transforming your school grounds for wildlife is a wonderful idea but can cost money for your school. So why not try some school fundraising to cover the costs? There are lots of different ideas you can use to fundraise e.g. holding a school bake sale, running a wildlife quiz, planning a sponsored walk or even a sponsored silence. Find more ideas on **our fundraising page**.



CLASS ACTIVITIES



Nature in art

There are lots of ways you can use nature to make, or inspire your artwork at school or at home.

Here are a few ideas:

- Collect natural objects like fallen leaves and petals to make a nature collage of an animal, rainbow, sunset or natural landscape.
- Arrange fallen leaves, petals, stones, twigs and other natural items in circular patterns to create **nature mandalas** (see right).
- Collect leaves of different shapes and sizes, place them under a sheet of paper, and rub crayons over the top to create beautiful leaf impressions.
- Draw a bare tree trunk and use finger painting to create the spring leaves and blossom.
- Do some petal and leaf pressing by placing your natural materials between two sheets of blotting paper and using heavy books to apply pressure.

Remember to respect nature and only use things that have already fallen to the ground (don't pick leaves or petals off plants), and never disturb wildlife.

Mindful nature videos and soundtracks

Get your daily dose of nature by watching one of our **3 minute mindful nature videos**. Explore buzzing wildflower meadows, dappled woodlands, wild rainforests and peaceful underwater habitats through our beautiful WWF video footage.

You can also find a variety of **different nature soundtracks** on our YouTube channel. Soothing and great to listen to while doing some calm working.

At a glance

- ✓ Indoors and outdoors
- ✓ Creative
- ✓ 30-60 minutes



CLASS ACTIVITIES



Play a game of Beetle Drive

- Gather your materials: You will need some scrap paper, dice, and a pen or pencil.
- Set Up: Each player should have their own piece of paper and writing tool.
- Start rolling: Players take turns rolling the dice. To begin drawing your beetle, you must first roll a 6 to draw the body.
- Continue drawing: Once you have the body, take it in turns to keep rolling the dice to add other parts of the beetle (e.g., head, legs, antennae).
- Winning the game: The first person to complete their beetle wins!

At a glance

- ✓ Indoors
- ✓ Games
- ✓ 15 minutes

Use the key below to guide you:



Body

You must have this to start



Two legs

Roll x3 for six legs



Head

Needed for eyes and antennae



Antennae

Roll x2 for two antennae



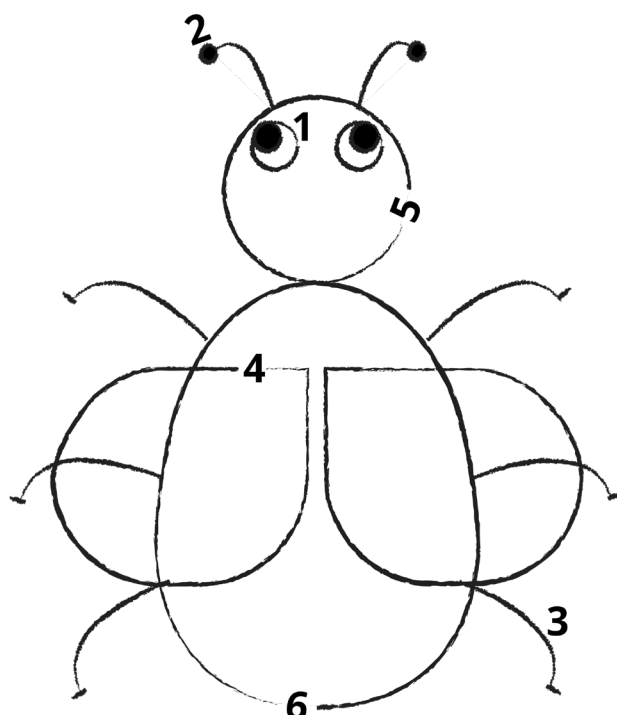
Wing

Roll x2 for two wings



Eye

Roll x2 for two eyes





CLASS ACTIVITIES



At a glance

- ✓ Indoors
- ✓ Games
- ✓ 30 minutes

Human nature bingo

- Prepare: Create a bingo sheet as a class with different statements in each box (e.g., enjoys birdwatching, favourite animal is a reptile)
- Distribute: Give each student a bingo sheet and a pen or pencil.
- Explain: Instruct students to ask each other questions to find someone who fits each statement. They should write the name of the person who matches the statement in the corresponding box
- Winning the game: The goal is to fill in all the boxes with different names. The first person to do so, wins!

Use the table below as an example:

Enjoys birdwatching <i>Name here</i>	Favourite animal is a reptile	Has had their daily dose of nature today
Has a favourite flower	Is scared of spiders	Is going to ask their family to take part in Earth Hour
Can name a bird found in the UK	Knows what animal is in the WWF logo	Has watched a nature documentary



DAILY ACTIVITIES

TRY THESE HABIT FORMING
ACTIVITIES BETWEEN **EARTH HOUR**,
EARTH DAY, AND BEYOND



DAILY ACTIVITIES

Signs of spring nature diary

Observing nature around us can help us to feel more connected to it, and regularly recording details of seasonal changes can help us to identify longer-term patterns of change. Go and take a closer look at what nature is up to around your local area this spring and record it in a signs of spring nature diary. If you enjoy drawing or photography, you can include these in your diary as well.

Signs of spring you might notice in March and April:

Tick them off as you go!

- Dawn chorus**
Songbirds singing to find mates and defend their nests
- Changing trees**
New leaves and flowers begin to blossom
- Spring flowers**
Crocuses, daffodils, primroses, lesser celandine and bluebells start to bloom
- Early flutters**
Butterflies such as peacocks, brimstones and small tortoiseshells emerge
- Minibeasts**
Warmer temperatures bring out ladybirds, beetles and spiders
- Frog and toad spawn**
Find their spawn in ponds
- Swallows and swifts**
Return on their long journey from Africa to the UK



DAILY ACTIVITIES

Exercising in nature

Exercise is a fantastic way to support our physical and mental health. It gets our bodies moving, relieves tension and can help us regulate our breathing. But did you know that combining exercise with being out in nature can be even better for us? Try to have your PE lessons or exercise time outside as much as possible this month to get that extra benefit of being in the fresh air. You could also try some of our nature-themed **warm up exercises and games**.



Have a clean up

Organise a weekly litter pick between Earth Hour and Earth Day to help clean up your school grounds, local area or nearby park and make it better for local wildlife. For safety it's recommended to use litter pickers if you have them and to make sure children don't touch anything dirty, sharp or otherwise harmful.





DAILY ACTIVITIES

Daily mindfulness activities in nature

Mindfulness exercises can be great for children's wellbeing, and even better if you can add in a connection with nature. So, switch off from phones and tablets and take a 5-10 minute mindfulness break.



There are lots of different options you could try below:

Sit or lie down outside and listen for any nature sounds. Are there any you can identify?	Take slow deep breaths in through the nose and out through the mouth. Can you feel your stomach rise and fall?	On a sunny day, close your eyes and feel the warmth of the sun on your body.
Stand barefoot on the earth to feel the soil, grass or leaves beneath your feet.	Spend some time looking for animal shapes in the clouds.	What can you see, hear, smell and feel?

How do these nature mindfulness activities make you feel?



Safety note - don't pick up or touch anything unless you're sure it's safe, and make sure children know to check with an adult if they're unsure.

DAILY ACTIVITIES

Cut your waste

Our schools and homes can use up a lot of energy and can produce a lot of waste - a lot of which can be reduced. Between Earth Hour and Earth Day why not see if you can cut down some of your school or home energy usage or it's food, plastic or paper waste to help limit our impact on the planet.

Some tips to get you on your way:



Appoint electricity monitors to make sure all lights, computers and other electrical items are turned off when they are not needed.



Know your waste – conduct audits to find out the most common items being thrown away are. Could they be recycled? Are there any items that you could stop using completely?



Make posters to remind everyone of the waste hierarchy: Refuse, Reduce, Reuse, Recycle and Rot all come before Rubbish!



Remove single-use plastic and other disposables and replace with reusables wherever you can. Record how many items you have saved from going into landfill or into the ocean.



Have recycling bins to recycle your waste properly. Check how your waste provider collects recycling (they are not all the same!) so that you can decide on the appropriate bins you need.

Check out **WWF's Schools Sustainability Guide** for loads more handy tips on improving your school's environmental footprint.



DAILY ACTIVITIES

Environmental monitoring

Use the time between Earth Hour and Earth Day to monitor the environment around your school grounds or local area, and see if you can use your data to make any improvements to support your local biodiversity.

Here are some ideas on what you could monitor:



Monitor the number of cars and other vehicles passing by your school each day. Or if your school has one, use an air quality monitoring kit to assess the pollution levels around your school.



Set up a rain gauge and monitor the rainfall throughout the month.



Organize a **BioBlitz** to identify and record all the different species in your school grounds or local greenspace.

FURTHER RESOURCES

Daily dose of nature at school classroom pack:
[wwf.org.uk/prescription-for-nature/schools-pack](https://www.wwf.org.uk/prescription-for-nature/schools-pack)

Sign up for an Earth hour live lesson on 19 March:
[wwf.org.uk/get-involved/schools/calendar](https://www.wwf.org.uk/get-involved/schools/calendar)

Sign up to our WWF teacher email newsletter:
[wwf.org.uk/get-involved/schools/register](https://www.wwf.org.uk/get-involved/schools/register)

Try out some more of our seasonal activities for young people:
[wwf.org.uk/get-involved/youth-groups/resources/seasonal-activities](https://www.wwf.org.uk/get-involved/youth-groups/resources/seasonal-activities)

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