

## **Earth hour is a family affair**

(NC)—Earth Hour is a global lights out phenomenon, led by WWF (World Wildlife Fund) to show support for action on climate change and demonstrate that individual action can make a big difference. It's also a great opportunity to talk to your family about the environment and look at what you can do to reduce your environmental impact.

This year, Earth Hour takes place on Saturday, March 27 from 8:30 to 9:30 p.m. (local time). Families are encouraged to join millions of people around the world and turn off their lights for one hour in support of action on climate change. Small acts can make a big difference. For more information or to join the movement, visit [www.EarthHourCanada.org](http://www.EarthHourCanada.org).

Here are some activities to help you and your family make an evening out of Earth Hour:

- 1. Make a plan:** Engage your family in a conversation about conservation and come up with ideas on how to save energy, limit waste, and make a positive impact on the environment at home. Then discuss other ways your family can take action for the planet year-round, like switching to CFL light bulbs, using cold water to wash your clothes, and buying energy efficient appliances. More ideas can be found online at [wwf.ca](http://wwf.ca).
- 2. Community involvement:** Find Earth Hour events happening in your community and get involved. Being part of a community with purpose will prompt your kids to start seeking out other opportunities to get involved on their own and inspire more action.
- 3. Candle-lit games night:** Dust off the board games or play a game of flashlight tag. Gather the family for some old-fashioned quality time to remind your children that games can be played without a computer or TV screen and that fun can be had with mom or dad.
- 4. Take a tour:** Explore your neighbourhood in a whole new light and take a flashlight walk, or tour around your city using “green” modes of transportation. Walk, bike, skateboard, scooter, or take the bus and show your kids that travel can be fun, and sometimes faster, when you leave the car at home.

**5. Scavenge and save:** Set up a scavenger hunt in and around your house to mark off areas where energy can be saved. Encourage the kids to place flags or stickers in spots where appliances or computers can be unplugged and lights turned off – highlighting the spots where they can make a difference.

*More information and ideas are available online at [www.EarthHourCanada.org](http://www.EarthHourCanada.org).*

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