



GIVE AN HOUR FOR EARTH

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Earth Hour unites individuals, communities, businesses, organisations, and governments in over 190 countries and territories around the world, bringing them together for our planet. On 28 March, Hong Kong will celebrate its 18th Earth Hour with a theme "Give an Hour for Earth". Your participation will help make it the Biggest Hour for Earth!

SUPPORT EARTH HOUR BY

- Signing the Earth Hour petition
- Switching off non-essential lights at 8:30pm on 28 March for one hour

THEN, GO BEYOND THE HOUR

Let's go beyond the hour and support Earth Hour year-round! There is so much more you can do to save our planet and its incredible natural habitats. Select one or more activities that you want to start doing from today!

LIFESTYLE INTEREST

ACTIONS



FOOD

● Support International Day of Zero Waste (30 March)

The waste pollution crisis demands a shift to sustainable consumption. Observed annually on 30 March, the International Day of Zero Waste highlights the urgency of global waste management.

The 2026 theme focuses on **Food Waste**—one of the most effective and achievable climate solutions. By prioritizing prevention and resource efficiency, we can tackle this environmental threat and safeguard our future.

● Give an Hour to Tackle Food Waste (Zero Waste Priority)

- **"Empty Plate" Challenge:** Spend 60 minutes during lunch encouraging students to finish their meals to learn how tackling food waste is a cost-effective climate solution.

- **Creative Upcycling:** Use an hour to teach students how to turn fruit scraps or "ugly" produce into compost, reducing the environmental threat of food loss.

- Offer vegetarian lunch boxes or options with less meat in schools.



OUTDOOR

- Invite students and teachers to take a walk in the school garden or a nearby park.

- Join the Earth Hour activities and Ceremony.



FITNESS & WELLNESS

- Exercise in nature: Host or gather students, parents and teachers and get together for outdoor events like hiking, camping, cycling, and more.

- Connect with nature: Embrace our natural world by organising a school picnic in a natural spot.



ARTS & CREATIVITY

- Decorative plants: Encourage your community to grow their own plants and use them to decorate their workstations or personal spaces.

- Design nature-themed crafting activities during art and design-related classes.



ENTERTAINMENT

- Watch a nature-themed movie or documentary.

(For example: Our Planet:

https://www.youtube.com/watch?v=GfO-3Oir-qM&list=PLydZ2Hrp_gPS1DRwFcownNTRNR1B9QbPm3

- Conduct a nature-themed storytelling, drama or role-play session.



SUSTAINABILITY

- Enact an energy saving policy during lunchtime breaks.

- Waste Reduction Takeaway Month: Encourage everyone in your community to bring their own reusable containers when ordering takeaway meals for a month.

(If you would like to support us, you can purchase reusable containers from WWF-Hong Kong)

- Try to go paperless, or use recycled or FSC-certified paper for worksheets and document printing for students.

- Set up recycling stations around the school and in the school office.

- Spread the word to encourage your community to change their profile pictures on social media, and like-and-share Earth Hour contents.