

South Ayrshire Earth Hour Challenge

**20 -27
March**

8 days, 8 themes, 8 Earth actions!

Day 1 - Potty about Pollinators

Day 2 - Brilliant Birds

Day 3 - Eco Friendly Travel

Day 4 - Be a Waste Buster

Day 5 - Eat for your planet

Day 6 - Trees Please

Day 7 - Swat up on COP26

Day 8 - Earth Hour Day!

**Whether you have 10 minutes, 30 minutes
or an hour there's an activity for you!**

**Please follow Scottish Government
guidelines on physical distancing when
carrying out Earth Actions.**





Day 1- Potty about Pollinators



- Pollinators (insects that visit flowers) are declining rapidly due to habitat loss and climate change.
- Take some time today to learn about pollinators or make your own pollinator habitat!

Got 10 minutes?

Peek at a pollinator!

- Head out to your garden or local green space to where some flowers are growing and see if you can spot a pollinator.
- Watch closely as it flies from flower to flower collecting nectar and pollen.
- Use Buglife's [great pollinator chart](#) to help you identify your pollinator.

Please be careful not to disturb pollinators



**Sat- 20
March**

Got 30 minutes?

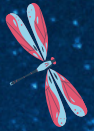
Go on a habitat hunt!

- Pollinators like flowers with open petals so they can access the nectar and pollen that they eat. The colour that they are most attracted to is purple but they also like other colours too.
- Try and spot as many different flowers as you can that you think a pollinator would love. Look up! Pollinators also like flowering trees!
- Woodlands Trust have some great [flower and blossom spotter sheets here](#) and [here](#) to help you with your quest!

Got an hour?

Make a pollinator habitat!

- **YOU NEED:** 1. a pot, container or window box with good drainage holes 2. some wildflower seed 3. multi-purpose, peat-free compost or garden soil.
- 1. Fill the container 3/4 full with soil or compost.
- 2. Mix the seed mix with some compost or soil and scatter it over the top of your filled container, sprinkle a small amount of soil over the top and water gently.
- 3. Keep the soil damp whilst the seed germinates.
- 4. Place the pot in a sunny spot, and don't overwater.
- 5. Grow until the flowers go to seed. Save the seed for next year! Then cut back the plants severely to about an inch.





Day 2- Brilliant Birds

- Did you know that listening to bird song is a great form of meditation? Studies have also shown that bird watching increases relaxation and improves mental health!
- Today's challenges are all about taking care of birds and letting them take care of you too!

Got 10 minutes? Listen to birdsong

- Take a seat in your garden or local park. Close your eyes and take 5 minutes to listen to the birds.
- If you get distracted by thoughts, that's ok. Notice that too, and then come back to just listening to the sounds of the birds.
- You can also make your own soundscape with birdsong using this [awesome tool](#) from the BBC!



Got 30 mins? Bird watch!

- **YOU NEED:** 1. a pen 2. a British garden birds spotter sheet ([you can use this one by the Woodlands Trust](#)) 3. binoculars (handy but not essential!)
- Go to your garden or park, preferably where there are some trees or bushes.
- Look up, can you see any birds? Use the bird spotter to identify them.

Got an hour? Make a bird feeder

- This is a great way to encourage birds into your garden and you can make it from recycled materials which good for the planet too!
- Follow the [Scottish Wildlife Trust's](#) brilliant how-to-guide!
- Please get a parent to help you with this especially when using scissors.





Day 3- Eco Friendly Travel



- The type of transport we use makes a big impact on our health and the health of our planet.
- Taking public transport, walking or cycling keeps you fit and also makes our air cleaner!

Got 10 minutes?

Get your 10,000 steps

- YOU NEED: 1. a pedometer or you can download a pedometer app on your phone.
- Turn it on and get running or walking!
- Make your travel choices active. Take the stairs instead of the lift, walk instead of getting the car, take regular breaks at school or work to stretch your legs and you will reach your goal in no time!

Mon - 22
March

Got 30 mins?

Calculate your transport emissions

- Transport can have a big impact on your carbon footprint.
- Use [Transport Scotland's Travel Calculator](#) to calculate the carbon footprint of your journey using different modes of transport.

Got an hour?

Plan a flight free holiday!

- Did you know that mile for mile, flying is the most damaging way to travel for the climate?
- We are all dreaming of our next holiday, right? So, we challenge you to make it flight free!
- Plan a staycation or even a trip abroad using trains, buses, bicycles cars... but no aeroplanes!



Tues 23
March

Day 4- Be a Waste Buster

- Reducing, reusing and recycling our waste is a great way to save money and do our bit for the planet too, so today we get waste busting!

Got 10 minutes?

Get to know your bins!

- Look on the [South Ayrshire Council website](#) to learn what goes in your household bins. You can also download the SAC My Bins App.
- Take the quiz on the next page to test your knowledge!



Got time throughout the day?



DO a plastic free day!

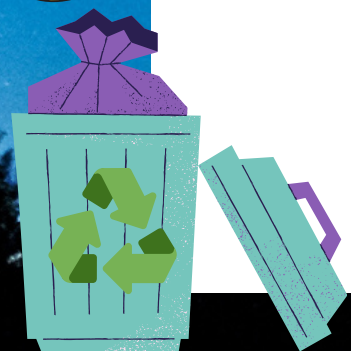
- Can you make the whole day without buying single use plastic?
- Follow these top tips to help you succeed!
 1. Plan ahead. Bring your own bag, cutlery, keep-cup, lunch etc.
 2. Say no! Don't be afraid to refuse that plastic straw.
 3. Get to know your local zero waste shops in South Ayrshire.



Got an hour?

Do a litter pick!

- This is a great way to help clean up your neighbourhood. It also helps to prevent litter from ending up in our oceans and protects animals who could eat or get trapped in litter.
- Why not take part in South Ayrshire Clean Up Campaign's 1 million litter pick project! Visit their [Facebook page](#) for more details.



Quiz- How well do you know your South Ayrshire bins?



1. What goes in the blue bin?

a) plastics b) cartons c) metals d) all of the above

2. What waste does not go in the food waste caddy?

**a) liquids and oils b) plastic packaging c) pet food
d) all cooked and uncooked food**

3. True or False? The green bin is for non-recyclable waste.

4. Which bin do you put egg boxes in?

5. What do you put in the brown bin?

a) garden waste b) batteries c) metals d) food waste

6. What goes in the purple lidded bin?

7. True or False? you can recycle laminated paper.

8. At what time should your bin be out by on the day of collection?

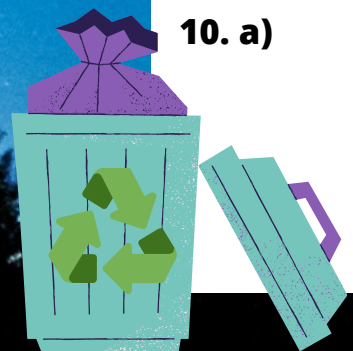
a) 6am b) 6pm c) 9am d) 10 am

9. True or False? Reusing an item is even better for the environment than recycling it.

10. Which item can you put in the blue bin?

a) aerosol cans b) batteries c) metal cutlery d) Pots, Pans and Oven Trays

Answers 1. d) 2. a) (take it to oil banks at Recycling Centres) & b) 3. True 4. Grey bin 5. a) 6. glass bottles and jars 7. False 8. a) 9. True 10. a)





Day 5- Eat for your Planet

- Whether its cutting out food waste or eating less meat there are lots of ways to eat for your planet. The following challenges will help you get a flavour for it!

Got 10 minutes?

Get your fill of the facts!

- Read these [eco-friendly eating facts from WWF](#) and share them with your family and friends.

Got time throughout the day?

Have a vegetarian or vegan day

- Introducing more plants into your diet is one of the best things you can do to reduce your carbon footprint.
- Use WWF's sustainable [recipe idea's](#) for cooking inspiration, or get creative and make up your own!

Wed-24
March

Got an hour?

Get meal planning!

- Take some time to discuss with your friends or family some of the changes that you would like to make to your diet for your own health and the planet's health.
- Follow [WWF's top tips](#) for sustainable food choices.
- See if you can plan your climate friendly diet for a week. Planning your meals also cuts food waste!



Day 6- Trees Please!

- Trees provide oxygen, food and shelter, and they suck out carbon dioxide from the air- that's the gas that is causing global warming. Just looking at trees can make you feel calmer!
- So today, we celebrate trees!

Got 10 minutes?

Find out how trees breath!

- **YOU NEED:** 1. Shallow glass bowl or container 2. fresh leaves (removed from the tree) 3. lukewarm water 4. small heavy item (e.g. stone)
- Place a single layer of leaves inside the water, submerging them just below the surface with a small heavy item. Place the bowl in the sun and leave for 2-3 hours.
- Then you should see tiny bubbles rising from the leaves. This is oxygen! In a process called photosynthesis, plants use light energy to make food from carbon dioxide and water. In this process they release oxygen.

Thurs-25
March

Got 30 mins?

Draw a tree!

- **YOU NEED:** 1. drawing or painting materials 2. paper (use a paper and pad if you are going outside to draw).
- You can use a photo, a view from your window or go outside and find a tree you want to paint.
- This challenge can be as long or as short as you like

Got an hour?

Get to know your trees!

- Go on a walk and use a tree identification guide to identify the trees around you!
- You can download Woodlands Trust's tree ID app on your phone. Other ID apps are available too!



Day 7- Swat up on COP 26

- COP 26, also known as the 26th United Nations Conference of the Parties, is an international conference where leaders from around the world make decisions on how to tackle climate change.
- This November it takes place in Glasgow!

Got 10 minutes?

Learn the Basics

- Never heard of COP 26? This challenge is for you!
- Read this [article by BBC Newsround](#) to learn about COP 26

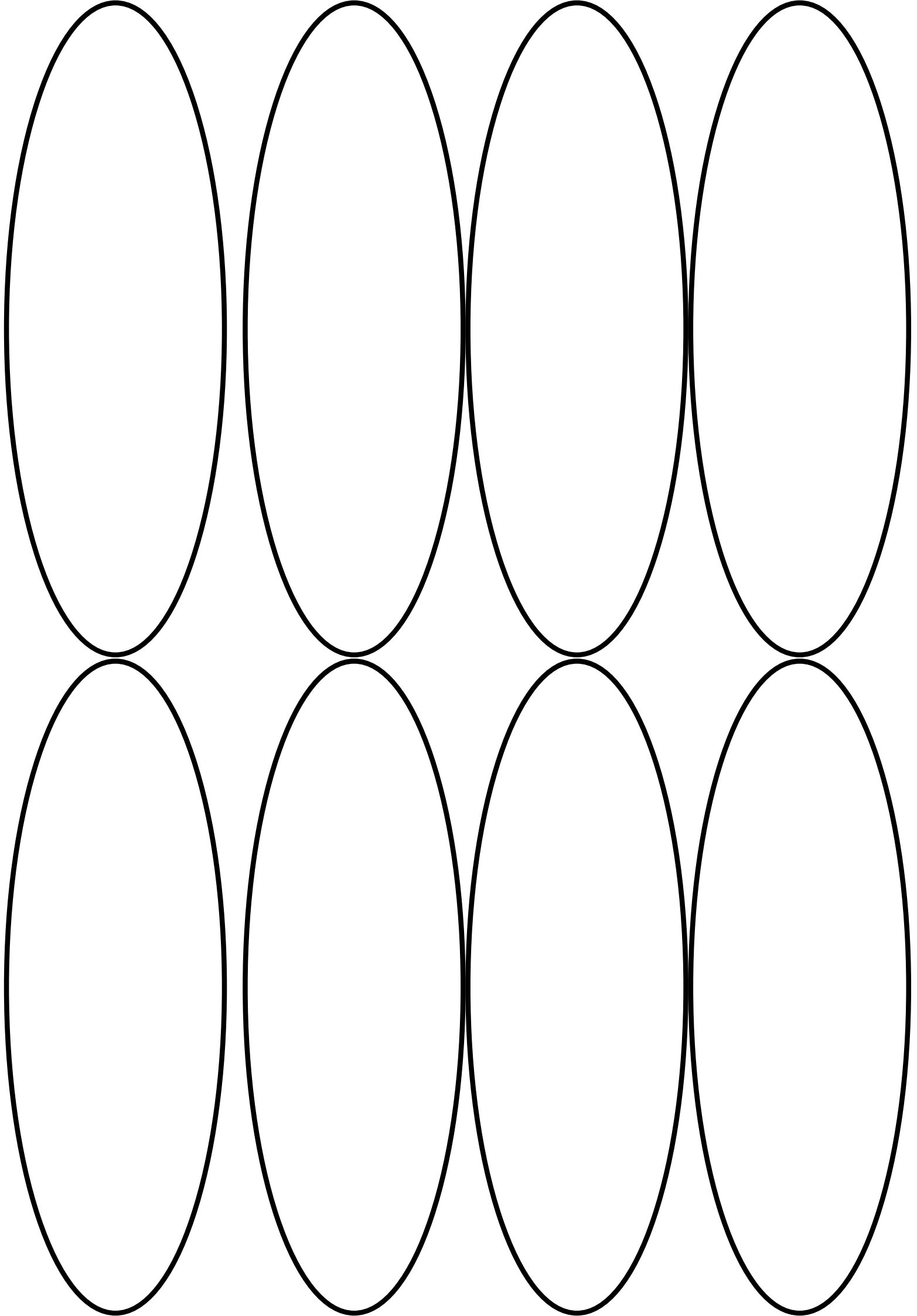
Fri- 26
March

Got 30 mins or an hour?

Time to reflect!

- Think about the past year. Are there any changes that you have made in your own life or you have noticed around you during lockdown that have been good for the environment?
- How can we make sure that we keep up these good habits?
- Write your ideas on the petals on the sheet provided. You can decorate them, cut them out and arrange them in a colourful flower collage!





Day 8- Earth Hour Day!

- Millions of homes across the world will switch off their non-essential lights for 1 hour today at 8.30pm to celebrate Earth Hour. If we all work together our actions can make a difference! Here are some fun Earth Hour activities to get you in the mood!

Got 10 minutes?

Do the Earth Hour Quiz

- Play the our very own Earth Hour quiz (see the next page) to get you thinking about our natural world and how to protect it!

Got 30 mins?

Play the Energy I-Spy Game

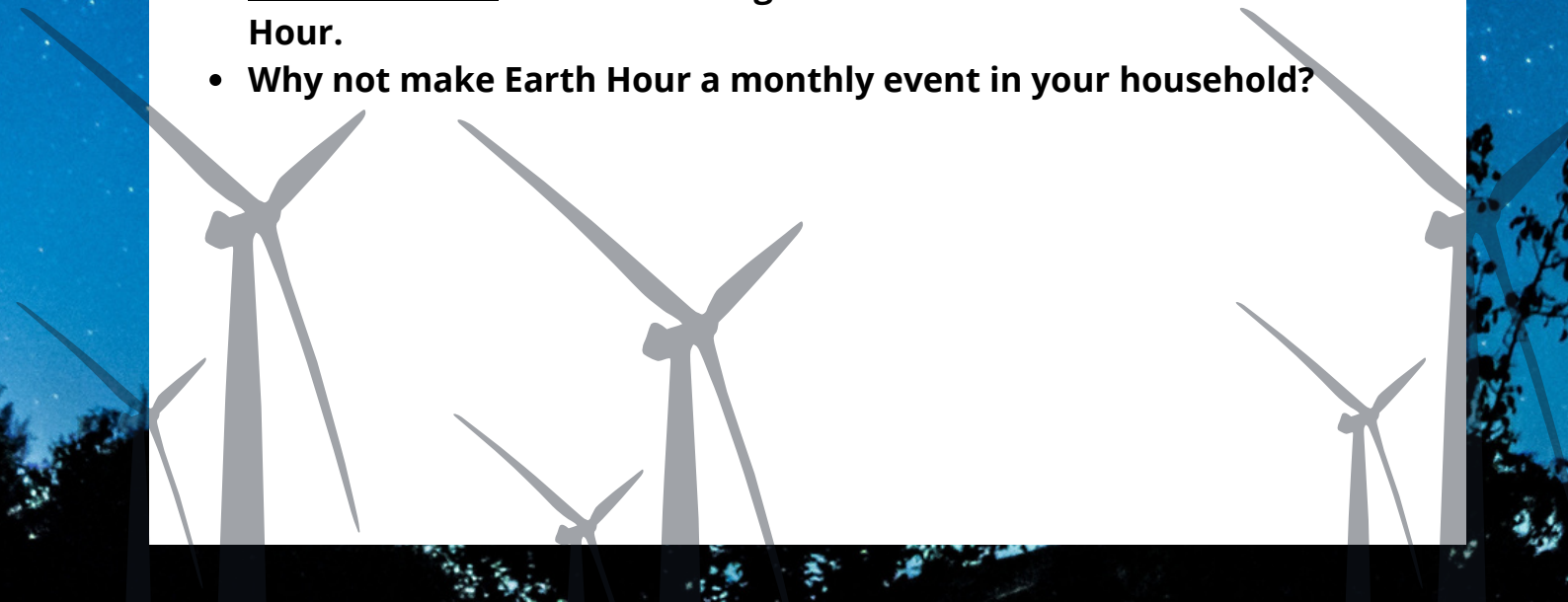
- Do a tour of your house or school with another player. Take it in turns to give clues about an appliance that you have spotted that uses energy, while the other person guesses what it is and suggests ways to reduce energy waste.
- Why not use all your ideas to make an energy saver poster?

Got an hour?

Switch Off for your world

- At 8.30pm its time for the big switch off! Turn off all non-essential lights for a whole hour!
- WWF Scotland has lots of things to do from home to celebrate Earth Hour.
- Why not make Earth Hour a monthly event in your household?

Sat -27
March



Earth Hour Quiz



1. Which of the following should you feed a garden bird?

a) peanuts b) sunflower seeds c) mealworms d) all of the above

2. There is a big international conference this November in Glasgow called COP26 where very important decisions will be made. But which issue are will they make decisions on?

a) fighting climate change b) improving mental health c) reducing poverty d) fighting crime

3. Which is not a way to encourage a hedgehog into your garden?

a) put out milk b) make a hole in your fence to allow it to pass through
c) make a log-pile for shelter d) feed it meaty dog or cat food

4. How many people could you feed with all the food wasted in the world in 2020?

a) 10 million b) 50 million c) none d) 2 billion

5. True or False? Buying less stuff is better for the planet than buying environmentally friendly stuff?

6. In 30 seconds, name as many benefits of active travel over taking the car as you can.

7. Name 3 ways changing your diet can reduce your carbon footprint.

8. On average, how long is a plastic bag used by a person before being thrown away?

a) 12 minutes b) 1 day c) 1 hour d) 1 week

9. True or False? Scientists believe that there will be more plastic in the ocean than fish by 2050.

10. Which colour of flower do bees like best?

a) purple b) yellow c) red d) pink

See the next page for answers!

Answers



1. Which of the following should you feed a garden bird?

d) all of the above

2. There is a big international conference this November in Glasgow called COP26 where very important decisions will be made. But which issue are will they make decisions on?

a) fighting climate change

3. Which is not a way to encourage a hedgehog into your garden?

a) put out milk - it will give them diarrhoea!

4. How many people could you feed with all the food wasted in the world in 2020?

d) 2 billion - to put this into perspective there were 690 million hungry people in the world in 2020. So, we could feed them all easily with the food we waste.

5. True or False? Buying less stuff is better for the planet than buying environmentally friendly stuff?

True! - in most cases it's better to focus on reducing the amount of stuff you buy.

6. In 30 seconds, name all the benefits of active travel over taking the car you can think of.

Answers include: less stress, improved fitness, less air pollution, less greenhouse gases, more space for parks, less noise pollution, less road accidents

7. Name 3 ways changing your diet can reduce your carbon footprint.

Answers include: less meat, less dairy products, more plant-based products, shop local, products without plastic wrapping, organic products

8. On average, how long is a plastic bag used by a person before being thrown away?

a) 12 minutes

9. True or False? Scientists believe that there will be more plastic in the ocean than fish by 2050.

True! So, we really need to cut out our plastic and stop littering!

10. Which colour of flower do bees like best?

a) purple