

Earth Hour is March 25th from 8:30-9:30pm

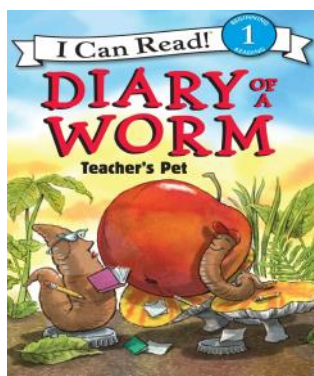
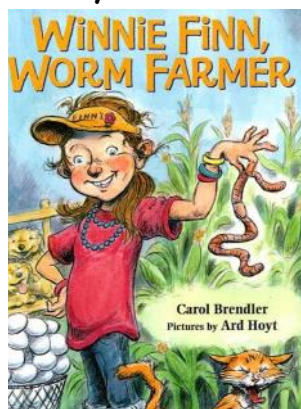
What is Earth Hour?

Earth Hour is a day celebrated on the last Saturday of March every year. Earth Hour helps to bring awareness and start conversations about protecting nature and tackling the climate crisis.



Books about worms!

- Diary of a Worm by Doreen Cronin
- Worm Weather by Jean Taft
- Winnie Finn, Worm Farmer by Carol Brendler



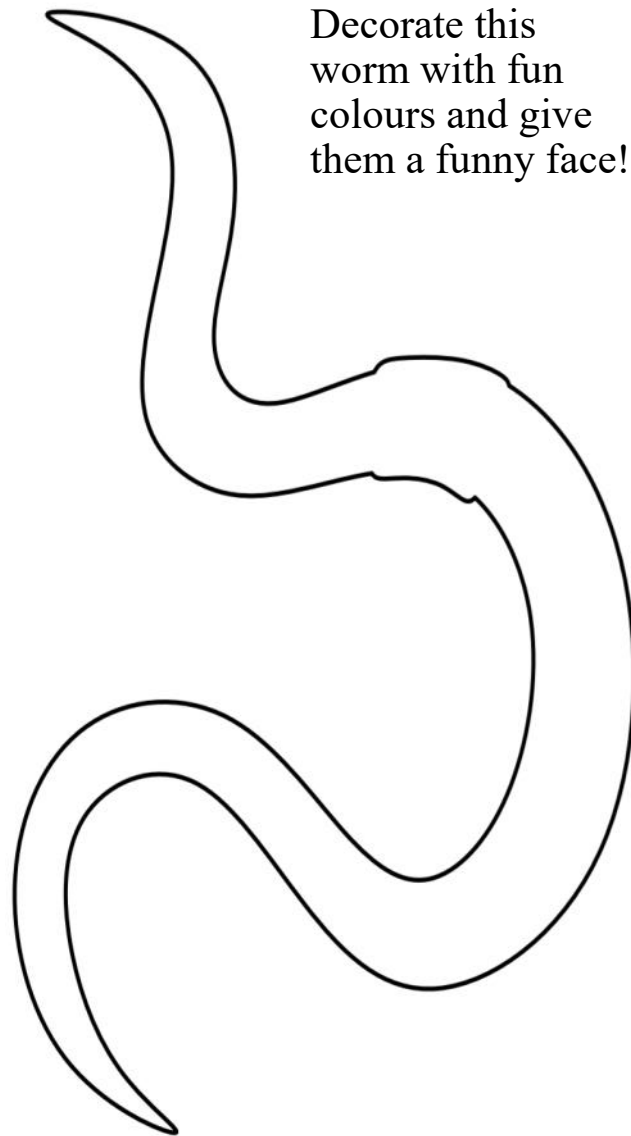
What do worms have to do with Earth Hour?

As much as the climate crisis impacts humans, it also impacts worms! Increasing temperatures makes it very hot for worms. That is why it's important to check your worm box often to make sure it is damp like a wrung out sponge. The moisture in your worm box helps them keep cool and prevent them from drying up. Another way to help keep your worms cool is to keep the lid of your worm closed so the moisture can't escape and it stays nice and cool.

Send any questions, art or inquiries to:
 The Worm Lady c/o R.E.A.P.S Box 444 Prince George, BC V2L 4S6
 Ph: 250-561-7327 or email: thewormlady@reaps.org

Earth Hour

Decorate this worm with fun colours and give them a funny face!



How can you celebrate Earth Hour?

- Turn off /unplug and unused appliances or lights
- go for a walk with your family or family pet
- Cook a meal with friends and family
- Play board games with friends and family
- Read a book
- Pick up garbage at a local park or beach

Participating in Earth Hour is an easy and impactful way to bring everyone together. Earth Hour was started in 2007 by the World Wildlife Fund Australia (WWF)

Going beyond the hour

Earth Hour doesn't just need to be celebrated for one hour once a year. Earth hour was created to encourage power conservation. Going beyond the set hour and reducing your electricity consumption every day will make a huge impact on your carbon footprint! Easy ways to lower your electricity consumption everyday are: turn off lights when you leave the room, keep your blinds closed on hot days to keep cool air inside, only use your dishwasher or washing machine when you have a full load, air dry clothes instead of throwing them in the dryer, put on extra layer and blankets on cold days rather than turning on your heater. These are just a few ways we can all be eco-conscious. For more eco-friendly ideas you can visit www.earthhour.org!