

EARTH WEEK ACTIVITIES



Celebrate our precious planet all week long! Get inspired by these suggestions for themed action days at school. All of these activities can be modified for almost any age and can be adapted for your school community. Additionally, all of the **bolded resources** can be found and downloaded for free on the Green Schools Resources page of the website:

<http://greenschoolsns.ca/feeling-resourceful>. Connect with your Engagement Officer for more ideas such as Support Packages that can connect to Earth Month!

MONDAY THEME: Lights Out for the Earth

P-5: Ask students in each classroom to turn off lights that do not need to be on in the classroom. If it is a sunny day, open the blinds so that natural light can illuminate the classroom. If there are classrooms with banked lighting, instead of having every light on you can turn off some of the lights to use less electricity.

6-12: In addition to having students turn off classroom lights, ask older students investigate common areas such as hallways or atriums to turn out unnecessary lighting.

Announcement: Don't forget that Monday is Lights Out for the Earth! Make sure that your classroom is using minimal power and ask students to turn off unnecessary lights around the school. Look for incandescent light bulbs and remember, Efficiency Nova Scotia can exchange those inefficient lights for LED light bulbs that waste less energy!

Resources:

- **Lights Off Monday Support Package:** Use this action plan to kick off a school-wide energy-saving campaign!
- **Energy Navigators for P-2:** Discover where power is used and where it can be reduced. Tour the classroom or the school with this activity sheet to guide your investigation. Also available for P-6.
- **Historic Electricity Game:** For middle school grades, use this game to better understand of how much electricity is used on a daily basis today. Alternatively, host a virtual visit with your Green Schools NS Engagement Officer about **History Before Electricity**.
- **Lights Out at Home Challenge:** High school students can complete the challenge and follow up with the next day.

TUESDAY THEME: Sweater Day or Pajama Day

P-12: Ask all students to wear a sweater, wear pajamas, or bring a blanket to stay cozy because you will turn down the heat by 2 degrees Celsius to bring attention to energy waste and its environmental cost.

Announcement: Don't forget to bring your sweaters or blankets on Tuesday! We ask that teachers who have control over their thermostats turn down their heat by two degrees to celebrate Earth Week on our school-wide Sweater Day.

Resources:

- **Sweater Day Slideshow:** Students can understand more about why turning down the heat is important for protecting the environment and the impacts of energy waste.
- **Sweater Day Support Package:** Follow the action plan to celebrate sweater day whenever you can!

WEDNESDAY THEME: Litterless Lunch or Waste Less Wednesday

P-5: Send a note home to parents and guardians the week before to encourage everyone to bring a litterless lunch. That means that no packaging, plastic wrap, or disposable cutlery are thrown away from lunches, and food is not wasted. See below for resources where you can find out more tips for making litterless lunches. In addition to bringing a litterless lunch, talk with the students about where their food comes from and what energy is needed to make their foods and its packaging.

6-12: Encourage older students to bring a litterless lunch. In addition, discuss the origins of food and the energy that is needed to grow, prepare, ship, and cook their foods. As well, you can introduce “food miles” and the distance travelled by different foods that we commonly see in stores or restaurants. Student leaders are encouraged to do a Waste Assessment using the **WasteLess Assessment Support Package**.

Announcement: On Wednesday, make sure you pack a litterless lunch, and tell your mum and dad to pack one too! That means that no packaging, plastic wrap, or disposable cutlery will be thrown away from school lunches, and food is not wasted. We can reduce the trash on our planet by working together to Waste Less!

Resources:

- For a great way to introduce the litterless lunch theme to the younger students, check out the **Litterless Lunch Slideshow**.
- To help students understand the relationship between food and energy, play the **Electric Lunch Activity (3-8)** or use the **Food and Energy Slideshow (6-12)**.
- The **Where Does our Food Come From?** activity is a great way to show grade 3-8 students how far their food often travels before it can get to them.
- **Food Miles Game** to show high school students how far our food travels.
- Use the **Waste Less Wednesday Support Package** to kick off a weekly initiative on Wednesday during Earth Week!
- Coldbrook & District School made a video to encourage their fellow students to create litterless lunches in a video you can find on the Green Schools NS YouTube platform called the **Litterless Lunch Video**. Or, you can make your own to show your school!

THURSDAY THEME: Get Outside & Earth Day Pledge

P-12: Every student should make an effort to get outside for at least 30 minutes today. Once they have experienced the outdoors, ask all students to make an Earth Day pledge. They can pledge something as small as turning out the bathroom light when they are finished, or more intense commitments such as walking or biking to school every day. You can hang the Earth Day pledges so they are showcased for all to see.

Announcement: Try to spend at least 30 minutes outside today, and don't forget to fill out your Earth Day Pledge so it can be posted for everyone to see!

Resources:

- If you are looking for some background or ideas for spending time outside, check out the Green Schools NS videos for **Winter Walk Day, Winter Activities, Beach Activities** or **Take Me Outside Day**.
- For a formatted pledge, use the **Earth Day Pledge** or take your learning even further with the **Carbon Footprint Pledge**.

FRIDAY THEME: Wear Green & Power Down Friday

P-12: Encourage all students to wear something green today- or if you would like, have a competition for the most creative “green costume” that is made from upcycled materials. Additionally, at the end of the school day, ensure that all the students have powered down their classrooms and common areas. This is a great opportunity to talk about phantom power with students.

Announcement: Remember to wear green on Friday to celebrate Earth Day^{and} to power down all electronics at the end of the week to save energy and help the Earth!

Resources:

- At school on Friday you can help students get an understanding of unintentional and inefficient power use by using the **Phantom Power Activity 6-12**.
- The **Home Energy Experiment** would be a great activity for junior high or high school students to take their learning about phantom power to their homes.
- Use the **Classroom Energy Checklist** at the end of each day of Earth Week. On Friday, use the **Power Down Checklist** to make sure that everything has been turned off before the weekend.

Other Earth Week Activity Suggestions

Seed Paper Activity

Micro Greens Activity

Nature Scavenger Hunt

Schoolyard & Roadside Cleanup Support Package

Tree Planting Support Package