

Mae'r syniad yma yn First News heddiw yn hyfryd. Os oes amser gennych chi, beth am wneud un o'r lampau yma dros y penwythnos?

This idea in today's issue of First News is lovely. If you have time this weekend, how about making one of these lanterns to mark Earth Hour 2019?

10. SPECIAL REPORT by WWF

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EARTH HOUR 2019

SWITCH OFF FOR YOUR WORLD

EARTH Hour takes place on Saturday 30 March from 8:30-9:30pm. It's the world's biggest switch-off event, with the aim of inspiring global awareness of the nature all around us. By working together globally, we can take action and protect our amazing planet.

WHAT'S HAPPENING?

Earth Hour 2019 is set to bring millions of people around the world together by showing their support to protect the planet. Earth Hour will raise awareness of the need to protect our planet and inspire people and governments around the world to act. We have the solutions, we just need to be heard.

CLIMATE CHANGE

Climate change is one of the biggest issues affecting our natural world, people and animals. In the polar regions, wildlife including polar bears, seals and penguins is under threat from the changes to our climate and the impact this is having on their habitats and food supplies.

WE NEED TO WORK TOGETHER



More than 180 countries and territories are coming together in 2019 to take action on environmental issues. Kenya, for example, aims to plant one billion trees by 2030 to restore its forests, and Finland will be challenging over a quarter of its population to try a more planet-friendly diet.

There are lots of things we can all do to help the planet. This Earth Hour, WWF is asking people to make a promise for the planet. It could be a small, simple change you'll make to your daily life to help protect our world. What would you like to try? Here are some ideas:

- Walking or cycling to school
- Saying no to plastic drinking straws
- Planting wildlife-friendly areas with your school or family
- Not leaving your TV or computer on standby
- Trying to recycle more at home

MAKE YOUR OWN POLAR BEAR LANTERN

This year, why not reflect on your promise for Earth Hour by making a recycled polar bear lantern. Using recycled milk cartons is a great way to re-purpose plastic and you'll need a few lanterns when we switch off on Earth Hour night! Here's what to do:

You'll need:

- A plastic milk carton
- Tissue paper
- Pens
- PVA glue
- Scissors

What to do:

1. Rinse out and cut off the bottom of an empty milk carton.
 2. Tear some tissue paper into small pieces and stick it to your milk carton using PVA glue. Have a look at images of the colourful Arctic sky and the northern lights for some inspiration.
 3. Trace and cut out a picture of a polar bear and stick it in its snowy habitat. Make sure the polar bear has everything it needs to survive: sea ice to hunt, seals and fish to eat and a den for its cubs.
 4. Why not try and find other animals that live in the Arctic and draw them on your lantern?
 5. Decorate with stars and patterns.
 6. Then place an LED light in the lantern and turn it on during Earth Hour to celebrate our amazing planet.
- Share images of your polar bear creations with us by emailing schools@wwf.org.uk.



RAISING AWARENESS

Earth Hour 2019 is raising awareness and inspiring conversations on why nature matters. We can all help and create our own solutions to the planet's biggest environmental challenges. By thinking and working together, we can start to build a sustainable future.

Join in and switch off for your world this Earth Hour.

WWF IS CALLING ALL SCHOOLS TO REGISTER AND ACCESS A WIDE RANGE OF FREE CLASSROOM RESOURCES TO EMPOWER YOUR PUPILS TO TAKE ACTION FOR OUR PLANET. SEE WWF.ORG.UK/SCHOOLS