

## O'Neill Sea Odyssey Earth Hour Challenge



Although the official Earth Hour event may have passed, we are challenging you to keep the Earth Hour tradition alive and take it further than ever before by scheduling one hour of “lights out” and unplugged time, once per week or once per month as your living situation allows. Of course, if you are able to do more Earth Hours than once per week, you are strongly encouraged to do so! Reducing electricity usage in our homes helps support a healthy ocean environment. Energy-use creates emissions that contribute to climate change, and turning off a light here in Monterey Bay can have a ripple effect, even contributing to healthy coral ecosystems on the other side of the planet. An added bonus, you can take advantage of your time in the dark by identifying constellations in the night sky, including stars that ancient voyagers used to navigate across the seas.

**Challenge:** Set a date and time with your family/housemates to disconnect from devices and turn off all lights in your home (for example, 8 PM on Wednesdays). This should be one hour in length, and often is nice to do in the evening when everyone is home together and can participate. Additionally, unplugging at night can give your home an enhanced relationship with the night, night sky, and sounds of nature that only exist in the quiet of the dark.

### Preparation Checklist:

I have turned off the following...

- Television/Projector.
- Lights throughout the house.
- Cell phones.
- Ipads/hand-held game devices.
- Lights outside the home, especially those that will prevent me from viewing the stars.

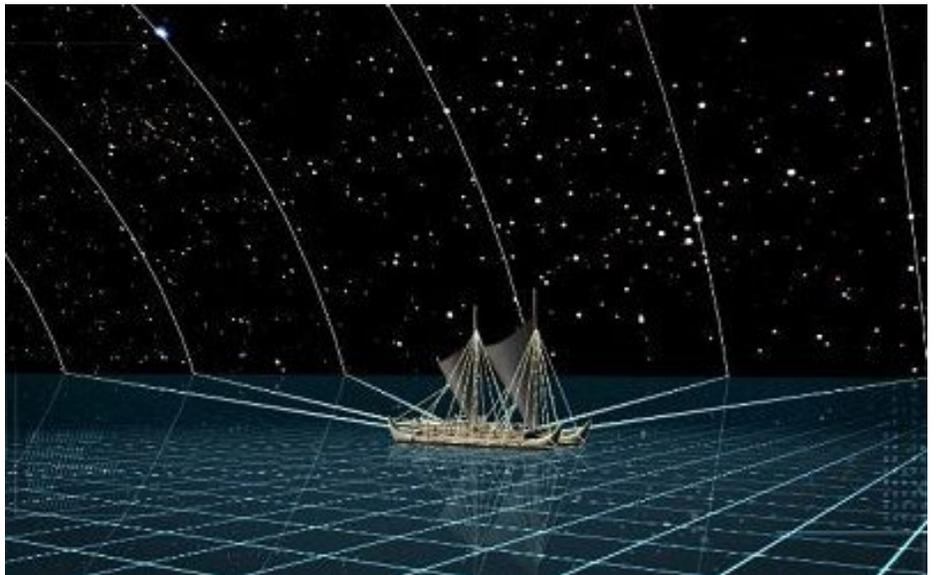


Image credit Bishop Museum Press

### Earth Hour Participation Log

<b>Date, Time, and Location: When did you have your Earth Hour and where do you live (Santa Cruz , Monterey, etc.)?</b>	<b>Participants: Who joined you? Mom, dad, grandma, your brothers and sisters? List their names here:</b>	<b>What did you turn off? What items were on that you needed to seek out and turn off. Did those items need to be on at this moment?</b>	<b>Where did you spend your hour? What could you do during Earth Hour that uses no electricity?</b>	<b>What did you notice about your surroundings while being “unplugged”? What did you think about?</b>