

SHOW THE LOVE

green hearts activity guide




BEAUTIFUL THINGS ARE POSSIBLE

Climate change is impacting on all the things we love—from our back gardens to the local woodland, from football pitches to beaches, from farms to fields. It can be seen in increased flooding, summer heatwaves, and dwindling bee populations. It is changing the seasons, upsetting crops and flowers, disturbing the journeys of migrating birds, and contributing to extreme weather events around the world that are wreaking havoc on people's hopes and lives.

These places may be changing, but our love for them is stronger than ever. Over the past three years, hundreds of thousands of people have made and shared green hearts to show the love for all the things they love that are affected by climate change. Green hearts winged their way across the web and made a special appearance on the BT Tower. They were spotted in Parliament and on Premier League football managers. And in one giant leap for green heart-kind, one was even sent back to earth by astronaut Tim Peake from the International Space Station!

This year, even more beautiful things are possible.

This coming February, people across the country will use the power of green hearts to begin conversations about the things we love that climate change threatens and the opportunities for a world powered by clean and secure energy. Together we can show the love for the places, people and life we want to protect.



"Mild winters can be a real problem for some of our butterflies. Several of our British species need cold winters, because it keeps their hibernating caterpillars asleep, and hits hard the various parasites that afflict them. So, after the incredibly mild winter of 2015 and 2016, the numbers of butterflies in my garden dropped compared to the previous year, despite me working hard to vastly improve their habitat."

*Adrian Thomas,
wildlife gardener*

THREE WAYS TO SHOW THE LOVE

Green hearts are for everyone. Whether you have a couple of minutes, an afternoon, or all the time in the world, there are lots of ways to take part—you can do all three activities, combine them how you like, or just choose one!

1. NOTICE THE CHANGES AROUND YOU

There are signs of climate change all around us. Keep an eye out for early signs of spring in your neighbourhood and let us know what you've seen.

Turn to page 5 for inspiration and ideas.

2. MAKE A GREEN HEART AND WEAR IT WITH PRIDE

Surprising and beautiful, green hearts can move worlds. Craft a heart to wear or even plant a heart and watch it grow.

Turn to page 7 for craft ideas.

3. GREEN HEARTS BRING PEOPLE TOGETHER

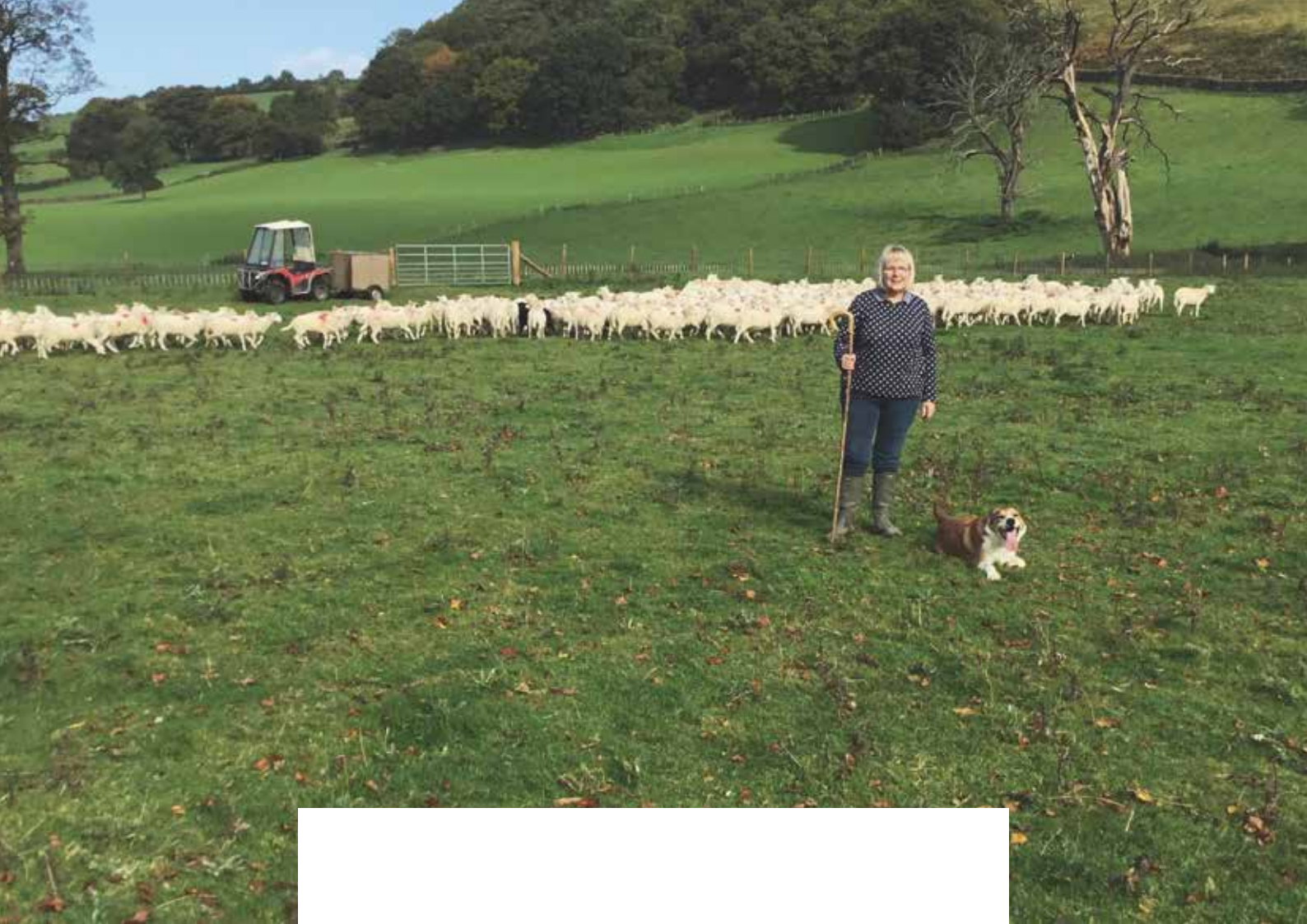
Help the love go even further by holding a green heart crafting get together with friends, or leaving your green heart in a special place for someone in your neighbourhood to find and follow its journey.

Turn to pages 9 and 10 for more information.

SHARE THE LOVE

Show the world how you're taking part! Take pictures of your homemade hearts, the unique ways you're sharing them, or an event you're hosting. If your MP or another special guest makes a special appearance with your heart, don't forget to snap a picture with them too.

To make sure even more people see your photos and hear your stories, please share them on social media using the hashtag #ShowTheLove



“As a sheep farmer in the foothills of the Cambrian Mountains in Mid Wales, I have seen an increase in extreme weather patterns; be it long periods of rain leading to flooding and soil erosion or lengthy periods of dry weather leading to crop failure or a lower yield.”

Ann Jones

*National Federation of
Women's Institutes Vice Chair and
Chair of Public Affairs Committee*

NOTICE THE CHANGES AROUND YOU

There are signs of climate change all around us, from our lawns needing a trim at Christmas to daffodils poking their heads out early in the New Year. Take a moment to look for these early signs of spring in your neighbourhood, note what you see and how it's different from the past, and tell others all about it.

People across the country are already starting conversations on the pages of this guide about the changes they're noticing. Take a moment to read their quotes and reflect on the changes that are happening in your own backyard. By talking about the things we love, we have the opportunity to protect them.

You can even record your sightings to contribute to the Woodland Trust's Nature's Calendar project to help scientists monitor the changes that are happening around the country.

START NOTICING CHANGES AROUND YOU BY...

Holding a group walk in your neighbourhood. From changes in your gardening calendar to the wildlife you're seeing in the countryside, reflect on the changes you've noticed in recent years.

Tweeting the most striking sign of an early spring you've noticed in your neighbourhood. Use the hashtag #ShowTheLove so we can see and share your message.

Telling others about the changes you've seen by holding a crafting conversation. Turn to page 9 for more ideas.


Looking for the signs on the checklist on the next page and submitting it online at showthelove.org.uk to make an important contribution to the Woodland Trust's Nature's Calendar project. By contributing, you can be part of the UK's largest database of the seasonal changes in plants and animals!

NOTICING CHANGE

There are many signs of early spring happening in your own backyard. Take a look below at a couple changes you might notice, and then visit our online activity hub to learn about even more changes and how you can contribute your sightings to the Woodland Trust's Nature's Calendar project to help scientists monitor the changes that are happening around the country.

To be part of this important project and learn more about early signs of spring, visit showthelove.org.uk

EARLY SIGNS OF SPRING TO LOOK FOR

<i>Have you seen this?</i>	<i>Signs to watch for & why it's important</i>
<p>Lawn</p> 	<p>Grasses, including those found in your lawn, are a really useful indicator of the overall length of the active growing season for plants as they are one of the earliest species to start into growth in the spring and one of the latest to stop growing in the winter. And of course whether you need to mow or not is a pretty reliable indicator as to whether the grass is growing or not!</p> <p>Many lawn grasses can grow at average temperatures above only 5°C. The MET office recently estimated that the plant growing season has increased by around a month and indeed in some areas we get records nearly every year of some people having mown their lawn all year round.</p>
<p>Frogspawn</p> 	<p>As cold-blooded creatures, amphibians are totally dependent on ambient temperatures to dictate how active they are able to be—hence, they will only emerge from hibernation and become active in mild conditions. The frog lifecycle could be particularly badly adapted to cope with climate change. Unseasonally mild weather can trigger early emergence from hibernation and breeding behaviour. Adults can easily take shelter should a cold snap then occur, which is so common during our winter months. However frog spawn floats near the surface of ponds and is very vulnerable to being frozen at this stage in its life cycle.</p>

MAKE A GREEN HEART AND WEAR IT WITH PRIDE

Green hearts will be popping up across the country on Valentine's Day—make your own special heart and join in the fun! Hearts don't need to be fancy, furry, or sewn. Simple is powerful too.

Make your green hearts in a way you enjoy, and use what you have on hand. No matter what you choose, your heart will be special because it comes from you.

HERE IS SOME INSPIRATION TO GET YOU STARTED

Find the full instructions to these and other fun craft and baking projects at showthelove.org.uk

Create this fabulous handmade paper heart, filled with flower seeds. Simply pop into the ground, water and watch how your seeds start to grow!



This eco-friendly rag rug heart can be worn with pride on your jacket, jumper or shopping bag.





“As Woodland Manager at the Centre for Alternative Technology, I’m out and about in our woodland trails all year round and am really aware of the changing seasons. The spring tends to kick off earlier each year with buds emerging on the Hazel and Hawthorne earlier than expected. Another noticeable change is the reduction in various migratory birds such as the Wood Warbler.”

Rob Goodsell
Woodland Manager at the Centre
for Alternative Technology

GREEN HEARTS BRING PEOPLE TOGETHER

When you make a green heart, help it go even further by sharing it with others in your neighbourhood. Bringing your friends together over a green heart get together or leaving your heart in a special place for someone to find are great ways to share how climate change is affecting your area and the things you love.

A green heart crafting session is a chance to meet with friends and neighbours, team mates or colleagues, or members of your book group, place of worship, or club—start a conversation about climate change and the early signs of spring you’ve noticed in your own backyard.

ADD MORE LOVE TO YOUR GET TOGETHER BY

Inviting someone from your community to talk about
how the climate is changing

Asking everyone to share the changes they’ve noticed

Having everyone in attendance wear green from tip to toe

Flexing your creativity muscle by holding a competition for the
most unique green heart

Making friends with your neighbours by inviting others in your
community to join

Telling your local media all about what you’re doing

Inviting your local MP along so they can feel the love

SHARE THE LOVE EVEN FURTHER

Share the love with others in your neighbourhood by taking inspiration from the rag rug heart and seeded heart on page 7, and leaving it in a special place for someone to find. Attach your heart to the postcard on page 10 with your name and social media handle (if you have one) so that whoever finds it can post a photo of your heart on social media and you can follow its journey!



WE CAN PROTECT WHAT WE LOVE
FROM CLIMATE CHANGE IF
ENOUGH OF US #SHOWTHELOVE

With love from:



We would love to follow our heart's journey!
Please share a photo on social media and tag us.

showthelove.org.uk
#ShowTheLove



Beautiful things are possible. Clean energy gives us the power and security we need to protect the world we love from climate change. The love is strong. The changes and investment needed to protect our world have begun; we can be powered by clean and secure energy within a generation. We can have new jobs and new industries. We have the power to choose.

Show the love for the people, places, and life you want to protect.

The Climate Coalition is the UK's largest group of people dedicated to action on climate change and limiting its impact on the people, places and life we love at home in the UK and around the world, including the world's poorest countries.

Together with Stop Climate Chaos in both Wales and Scotland we are over 15 million people from all parts of the UK.

showthelove.org.uk
#ShowTheLove