



Second Nature - *Energy Use*

Today we learned

Many of our everyday activities such as cooking on a stove, watching TV, or driving a car are powered by energy. Generating energy requires the use of natural resources. Humans use two types of energy—renewable and non-renewable. Non-renewable energy resources have a limited supply (oil, wood, and gas) and renewable energy uses resources that are infinitely abundant (water, wind, and sunlight).

Both economic and environmental factors have inspired many families in our community to make simple changes in their homes to conserve energy. You can join them! Encourage your child to share with you ways that he or she can help conserve energy at home!

Now at home

Activity 1 - Energy Olympics

With your whole family, brainstorm a few ways you all can conserve energy in your home, at work, and school. Write the names of your family members across the top of the scorecard. Every time someone in your family completes an Energy Saver event, have them put a tally in the box that corresponds with their name.

Here are some example events:

- I turned off my electronics
- I opened my curtains instead of turning on the light
- I turned off the faucet while I brushed my teeth
- I turned off all the lights when I left a room
- I closed the refrigerator door as soon I got what I needed

Activity 2 - Energy Saver Sticker

Use a half sheet of paper to create a fun and friendly reminder to turn the lights off when leaving a room. Have your child tape it above the light switch in their or room or another commonly used lightswitch in your home.

Here are some examples:

- 'Be bright, turn off the light!'
- 'Do earth a favor, be a power saver!'
- 'Be polite, turn off the light!'

