

Saving Energy Challenge

Saving energy is really important to help protect the environment (and save money on the household bills). You can do your part to save energy and help protect the environment by completing as many of the energy-saving tasks as possible within a week. You can use the chart below to help you record how many times you save energy. Every little bit helps, so make a list of any other energy-saving activities in the space below the table.

	1	2	3	4	5	6	7
Turn the tap off when brushing your teeth.							
Switch the lights off when no-one is in the room.							
Wear clothes more than once (as long as they're still clean).							
Turn off computer consoles and TVs.							
Unplug chargers when they are not in use.							
Play with non-electrical toys instead of your console or computer.							
Put extra layers on instead of turning on the heating.							
Wash your car by hand.							
Take a short journey by foot instead of by car.							

Make a list of any other energy-saving activities you complete below:

