



This summer the Energy and Water Management Team wants you to take what you learned around how to save energy and water at school and apply it at home! **This activity packet is a great way to reduce your energy and water waste at home and you can get the entire family involved.**



YOUR TASK: Color this sheet and place it somewhere you will see it regularly, like your refrigerator or in your bedroom, to help remind you to reduce your energy and water waste. **When you have completed this activity packet, share your work with your iSTEM Teacher!**

ACTIVITY – CREATE REMINDERS

It is hard to remember to do things like turning the lights off when you leave a room or turning the water off while you are brushing your teeth. Reminders can be a great way to help make sure these energy and water saving actions become everyday habits.

YOUR TASK: Color and cut out the energy saving and water reminders below (or design your own.) Make it stand out, and then ask an adult where and how you can put it in your home next to items needing the reminder.

Turn the lights off when you leave a room.

Suggested location:
Next to a light switch

Turn the water off when not in use.

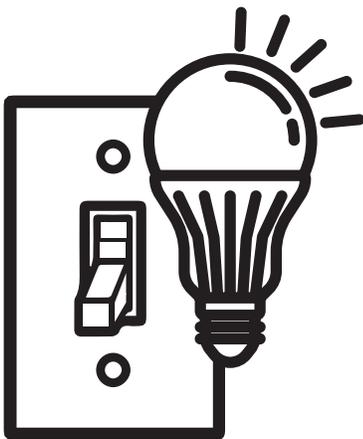
Suggested location:
Next to your bathroom or kitchen sink

Keep doors and windows closed when heating and cooling systems are on.

Suggested location:
On a door to the outside



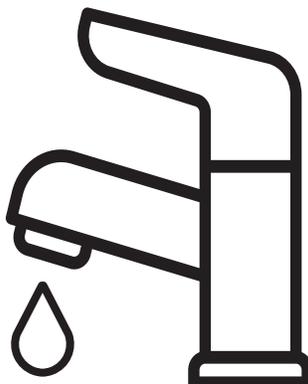
FLIP THE SWITCH



Help reduce energy waste!



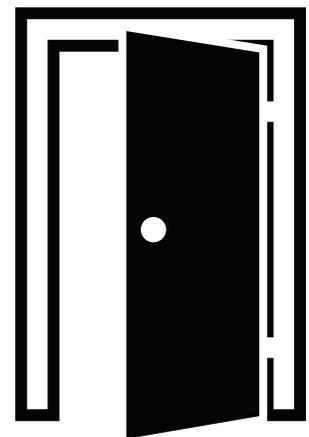
TURN OFF THE TAP



Help reduce water waste!



KEEP ME SHUT



Help reduce energy waste!

ACTIVITY – HOME ENERGY & WATER ACTIONS

Check out all the things that use energy and water in your home... there are a lot of them! Now you can start making important decisions on what you can do to reduce your energy and water waste at home.

1. **What activities do you do every day that uses energy and water?**

2. **What do you think uses the most energy in your home?**
(Hint: To help keep your home feeling just right.)

3. **What do you think uses the most water in your home?**
(Hint: You don't want to jiggle the handle.)

YOUR TASK: This week, try to do all four of these energy and water saving activities. Once you complete an activity, check the box!



Ask your parents to help you **check your thermostat and ask if you can set it to energy-friendly settings — try 78°F.** Even just changing them by a few degrees can make a difference!



Try to take a **shorter shower** (instead of a bath), and consider setting a timer to see if you can get out under 5 minutes.



Check your home for **dripping faucets and toilets.** How many did you find? Tell an adult and ask them to fix it!



Turn off electronics when not in use (if you don't need something for more than 20 minutes). This includes computers, monitors, TVs, and gaming consoles.

ENERGY AND WATER USE CHECKLIST

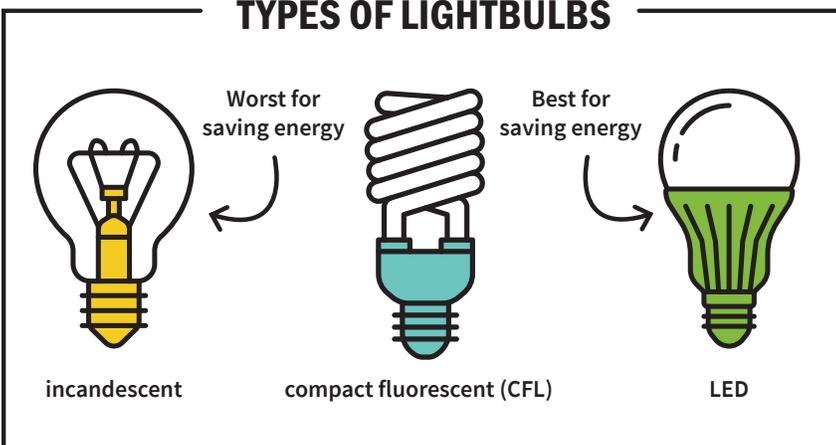
YOUR TASK: Go through your home and complete the checklist. Each time you use one of these items or actions, think about how much energy or water is used.

ENERGY

WATER

Do you have this in your home?	YES ✓ / NO ✗	Do you have this in your home?	YES ✓ / NO ✗
An incandescent light bulb (uses 60 watts in an hour)		Toilet (uses anywhere between 5 – 1.28 gallons of water per flush)	
A compact fluorescent (CFL) light bulb (uses 13 watts in an hour)		Bathroom sink (uses 1.5 gallons per minute)	
An LED light bulb (uses 8 watts in an hour)		Kitchen sink (uses 2.5 gallons per minute)	
Laptop computer (uses 60 watts in an hour)		Shower (uses 2.5 gallons per minute)	
Desktop computer (uses 100 watts in an hour)		Bath (uses 50 gallons if three-fourths filled)	
Book (uses 0 watts in an hour)		Clothes washer (uses 45 - 14 gallons per load)	
Clothes washer (uses 2,000 watts in an hour)		Dishwasher (uses 15 – 5 gallons per load)	
Clothes dryer (uses 12,000 watts in an hour)		Leaking faucet (uses 3 gallons per day)	
Dishwasher (uses 1,800 watts in an hour)		Watering your plants with a hose (uses 10 gallons per minute)	
Oven (uses 2,400 watts in an hour)		Using rain water to water plants (uses 0 gallons per minute)	
Total “Yes” ✓ answers		Total “Yes” ✓ answers	

TYPES OF LIGHTBULBS



What actions can you take to reduce your use of energy and water?

Don't forget to take the **pledge to save energy and water at home** and be ready in the fall to continue to build on what you have learned about saving energy and water!

YOUR TASK: Color and decorate the bookmark below. Cut out and glue together. Use this bookmark to help you remember how to save all summer long!



This summer I pledge to be an energy and water saver at home!



Did you know that the average US home uses about **29,000 watt-hours of energy** in a day!



Did you know that the average US home uses about **350 gallons of water** a day!



I PLEDGE TO:



- Turn the lights off when I leave a room.
- Power down and unplug electronics when I'm finished with them.
- Close windows and doors when my home's heating and cooling systems are on.
- Turn the water off when not in use.
- Use a reusable water bottle instead of single-use plastic bottle.
- Report water leaks as soon as I see them.
- Come back to school in the Fall ready to keep saving energy and water!

Charlottesville.gov/EnergyWater



LEARN MORE ABOUT ENERGY AND WATER USE:

Energy Use Calculator: www.energyusecalculator.com/calculate_electrical_usage.htm

Water Calculator: www.home-water-works.org/calculator

WaterSense Game: https://www3.epa.gov/watersense/quiz/game_kids.html

ENERGY STAR Game: www.energystar.gov/index.cfm?c=kids.kids_index