



CCS's Energy and Water Management Program Spring 2021 Focus

Hopefully you have had time to develop your water and energy saving actions so far and are working hard to do these at home and eventually at school too! The Energy and Water Management Program wants to help you make this action be your new normal and remind you to do your actions each day. Try putting out physical reminders or making your new energy and water saving action the easy choice.

Over the next few months, work on doing your saving action and share your reminder strategy with your friends, classmates, and family. Each water and energy saving action can have a big impact when we do it each day.

MAKE YOUR ACTION BE THE NEW NORMAL Develop your new water and energy saving plan by making reminders, scheduling the actions, and making it easy to do them. When you are done, share your actions and how you are making these actions a new normal to your friends, classmates, and family.

Let's remember and record our water and energy saving actions from our Winter Activity Sheet:

My Water Saving Action Is: _____

My Energy Saving Action Is: _____



ENERGY AND WATER SAVING TIPS

- 1. Reminders:** Use reminders such as signs or notes where you need to do your action.
- 2. Schedule:** Schedule your actions into your daily schedule and to make sure you give yourself enough time to do them.
- 3. Make it Easy:** Set yourself up to succeed by making it easy to do your action over the energy wasting or water wasting choice.

ACTIVITY 1: MAKE YOUR REMINDERS

It is best to put a reminder near where you will be doing your action or in a location that you will see it daily to help you remember. Use the reminder templates on the last page, or you can even just use a sticky note! Personalize it so it will catch your eye each day by adding color or an encouraging message.

Example: If your action is to turn off the lights or other electronics when you are done with them, make a note and tape it to the light switch or the electronic to turn off when done.

ACTIVITY 2: MAKE A SCHEDULE

Write out your daily schedule for a typical day and include your energy and water saving action in that schedule.

Example: If your action is to figure out what you want before opening the fridge, try and schedule out what you plan to have for breakfast each morning to make it easy when you are tired in the morning and may have trouble choosing what to eat!

TIME	MY TYPICAL SCHEDULE	MY NEW WATER & ENERGY SAVING SCHEDULE

ACTIVITY 3: MAKE IT EASY

Some actions are hard to do because you might need to do something you are not used to doing, so make your action easy. This might even mean removing any tempting energy or water wasting behaviors.

Example: If your action is a shorter shower, put a timer next to the shower and set to 5 minutes or make the perfect 5-minute playlist to keep you on track of your time.

How did you make your Energy Saving Action easier: _____

How did you make your Water Saving Action easier: _____

ACTIVITY 4: SHARE!

Share your actions and how you are making these actions a new normal to your friends, classmates, and family.

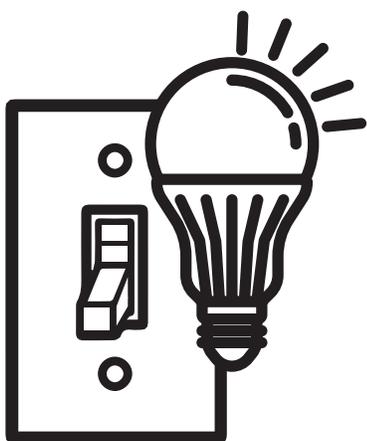
SAVINGS REMINDERS

**Turn the lights off
when you leave
a room.**

Suggested location:
Next to a light switch



FLIP THE SWITCH



**Turn the water off
when not in use.**

Suggested location:
Next to your bathroom or
kitchen sink



TURN OFF THE TAP

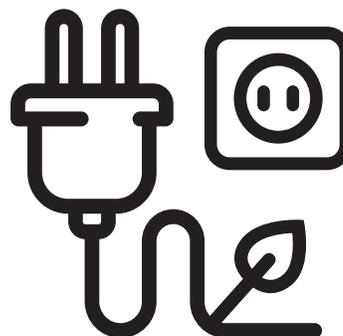


**Unplug electronics
when you are done.**

Suggested location:
Next to your laptop



**UNPLUG ME
AFTER USE**



Create Your Own!

