

# Lesson 3 - Teacher's Guide

## "Conserve in Your Home" Energy-saving Tips Sheet

### Lesson Summary:

You may give this take-home activity sheet to students at any point during the energy conservation lessons. The energy tips sheet includes age-appropriate conservation measures students can do at home.

### Getting Started:

Hand out a copy of the "Conserve in Your Home" energy-saving tips sheet to each student.

### Using the Tips Sheet as a Teaching Aid:

1. Students may color the tips sheet and read about the ways they can use energy more wisely in their homes. As an additional activity, they may connect each tip to the corresponding item in the picture.
2. Encourage students to share the energy-saving tips listed with their family.

- Use energy-saving compact fluorescent lights instead of incandescent bulbs inside and outside the house.
- Lower the thermostat two additional degrees in winter and raise it two additional degrees in summer. Always lower it at night or when you're away.
- Open or close your curtains to help regulate the room temperature.
- Turn off TVs, computers and other appliances when they're not being used.
- Try to run the dishwasher, washing machine, and clothes dryer only when they're full.
- Take quick showers.

