



Go-Givers

Saving Energy





ENERGY

What does the word **energy** mean to you?





Energy is what we need for anything to be done.

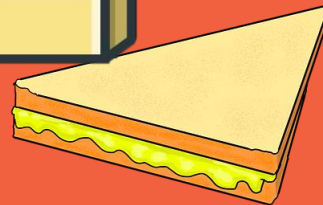
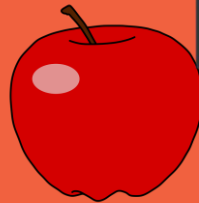
We get energy from many different things. These are our **sources** of energy.





I need energy to move my body.

The source of your energy is **food**.





A car needs energy to move.



Its source of energy is **fuel.**





My cooker needs energy to heat my food.



The source of energy for this cooker is **gas** but many are electric.





The lights in my house need energy to shine.



The source of energy is **electricity** which is normally made in power stations.





My television needs energy to show pictures and make sounds.

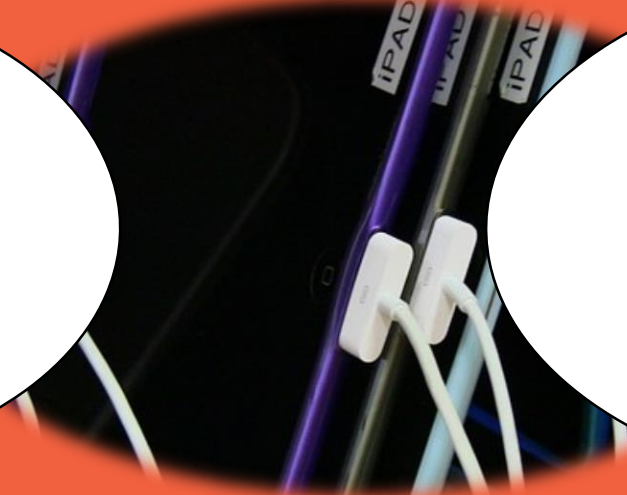


The source of energy is also **electricity** which is normally made in power stations.





Our school ipads needs to be charged with energy.



The source of energy is also **electricity** which is normally made in power stations.



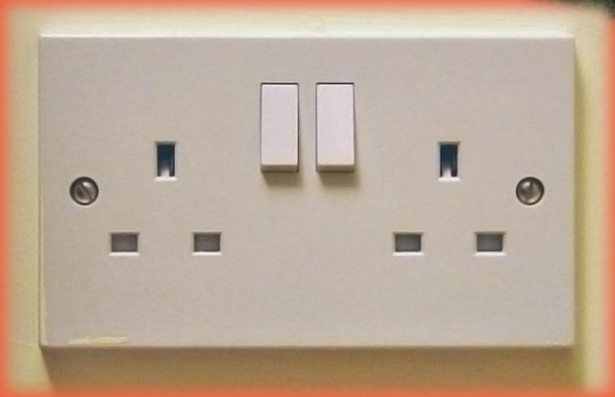


Power stations make huge amounts of electrical energy to power the technology we use.





The electricity is brought to our homes on wires that are held up by tall towers called **pylons**.





Some power stations burn coal, oil or gas when they are making electrical energy.





When coal, gas and oil are burnt for energy they give out **poisonous** gases and gases that blanket our planet and make it too hot.





As the Earth gets warmer ice is melting
at the North and South Pole.

Seas are rising with the extra water.

Some land is too dry to plant.





To help our planet we are now trying to make more of our electrical energy with the natural power of wind, sun and water.





Lots of electricity is made by **nuclear** energy.

Nuclear power stations do not make the harmful gases that warm the planet but they do make **radioactive** waste.

This is very dangerous to people and wildlife so it must be stored very carefully.





Using energy can harm
our planet.

We can all help by
saving energy.

Let's get
started!





Save Electricity

Switch off lights and electrical devices when you are not using them.

Don't leave devices on standby.





Save Electricity

Remind adults to buy energy saving light bulbs.





Save Electricity

Wait until your washing machine is full before turning it on. Wash clothes at a lower temperature.





Save Electricity

Remind adults to only fill the kettle with as much water as they need.





Save Electricity

Get an adult to turn your heating down or off on warm days.

Keep doors and windows shut to stop cold air getting in.

Wear warm clothes to help stay cosy.





Save Electricity

Remind adults that you can keep your house warm with **insulation** in the walls and roof.

Insulation is made with materials that stop heat getting out. Just like when we wear a jumper to stay warm.





What energy saving actions will you do?



Challenge Yourself!




See how many energy-saving tasks you can complete in one week at home? Your teacher will give you this table to take home to do with your parents, if you want to.

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.							

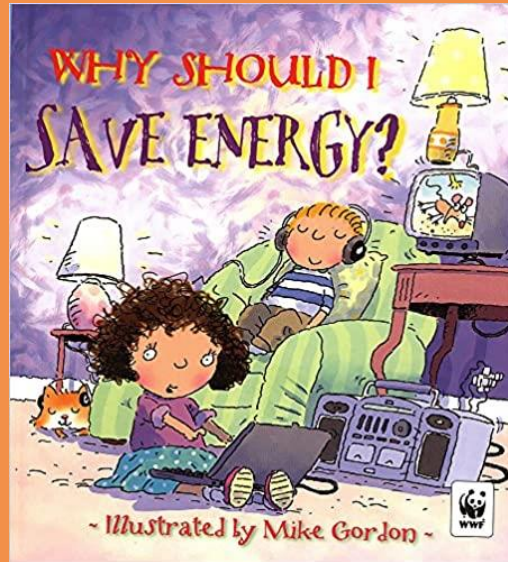
Make a list of any other energy-saving activities you complete below:



What Else Can You Do?

- As well as trying to save energy yourself, you can help remind others to do this too.
- Why not tell your family and friends what you have learned?
- In Class today, design a poster to put up in class, at home or Guardians display board to remind people to save energy.
- Your teacher will show you some examples to help you design your poster.
- Or
- Complete the 'Five Ways to Save Energy' sheet.

Story Time...



Let's listen to a story about how to save energy.

https://www.youtube.com/watch?v=H_zaxqj6P-Y