Energy Savers

Did you know? According to the Scottish Government, a target of 50% of all of Scotland's Energy for heat, transport and electricity will be supplied from renewable sources. As of 2017, we are currently at 20% - an increase from 16% in 2016.

You'll need:
- Pen or pencil
- Paper

Optional:
- Colouring pencils, pens or paints, phone/camera

Having a strong understanding of where we get our energy from and how to waste it is key to reducing our individual carbon emissions. Sometimes it is easy to forget that leaving a light or tv on when we leave the room has impacts on the environments. If we could all reduce our energy usage to only what we need rather than wasting energy, then that would significantly reduce our carbon emissions.

Mild: Your task is to investigate how much energy you use each day. If you have a smart meter, find out why you use more energy during these peak hours. If you don't have a smart meter then take a meter reading when you wake up and then another reading at the same time the next day in order to work out how much energy you've used in 24 hours. Record this through pictures/short video/drawings.

Medium: In addition to the mild task, you will need to try and reduce the energy usage in your house, if any devices are left on when not in use, switch them off. Compare your energy usage every 24 hours to see if your energy saving efforts have worked. Record this through pictures/short video/drawings.

Spicy: In addition to both the mild and medium tasks, you must work with an adult in your house to find out who supplies your energy and what sources of energy they use. Would it be cheaper to switch to a 'green energy' supplier? Record this through pictures/short video/drawings.

Extension: Spend 2 hours of your day using no electricity. Write a short story to record what you did and how you felt, was it easy or Difficult? Why? Could you do it for longer?

If you use this activity let us know! Share your results using #EcoSchoolsAtHome
on Facebook, on Twitter or on Instagram.