

The background of the entire page is filled with a dense pattern of small, light grey line-art icons. These icons represent various energy-related concepts and home appliances, including light bulbs, electrical outlets and plugs, lightning bolts, a house with a leaf, a recycling symbol, a smartphone, a microwave, a fan, a thermostat, a dollar sign, a snowflake, a water drop, and a leaf.

Activity Book

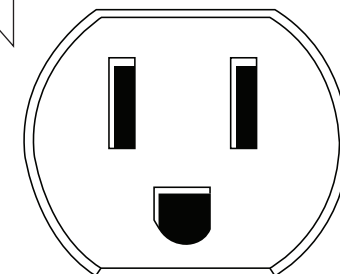
Puzzles, games, and activities to help you learn more about **saving energy**

VIRGINIA
ENERGY SENSE
VALUE YOUR POWER

WELCOME!

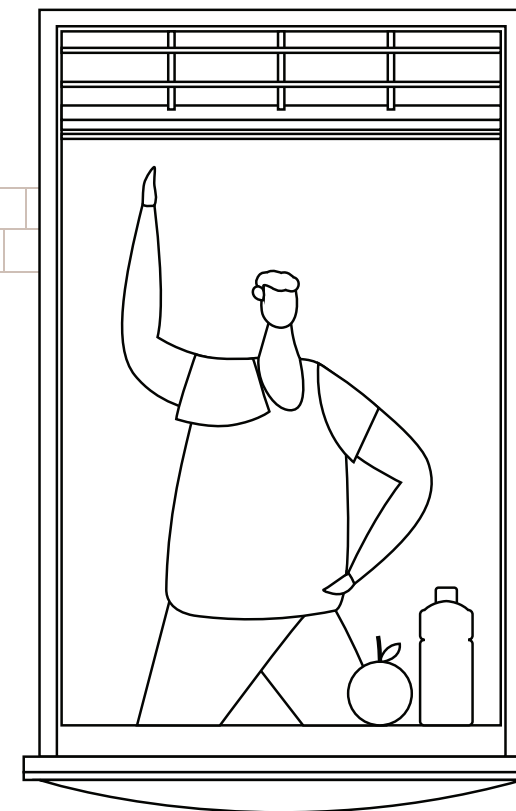
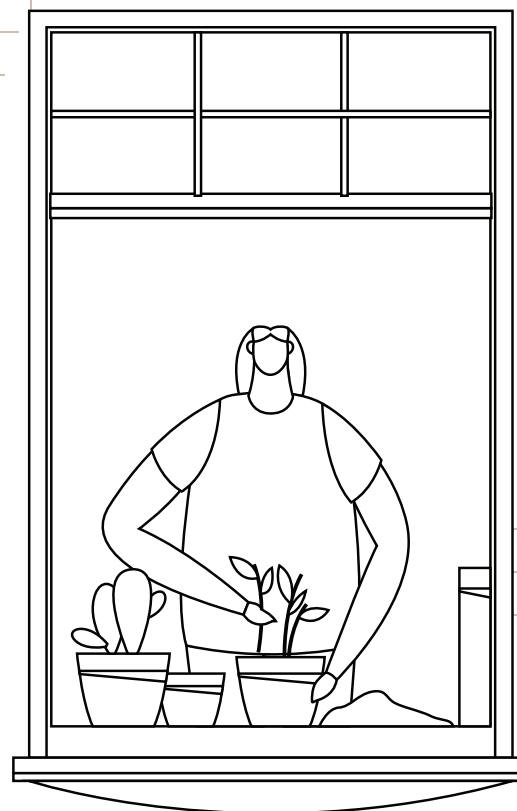
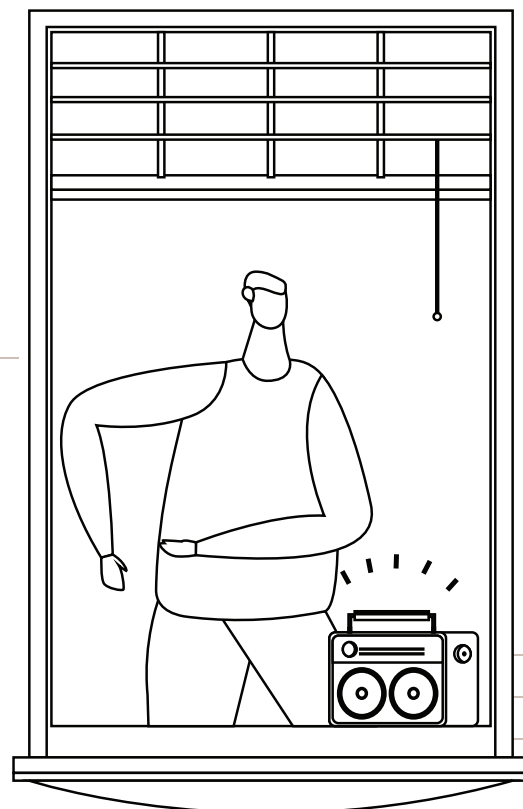
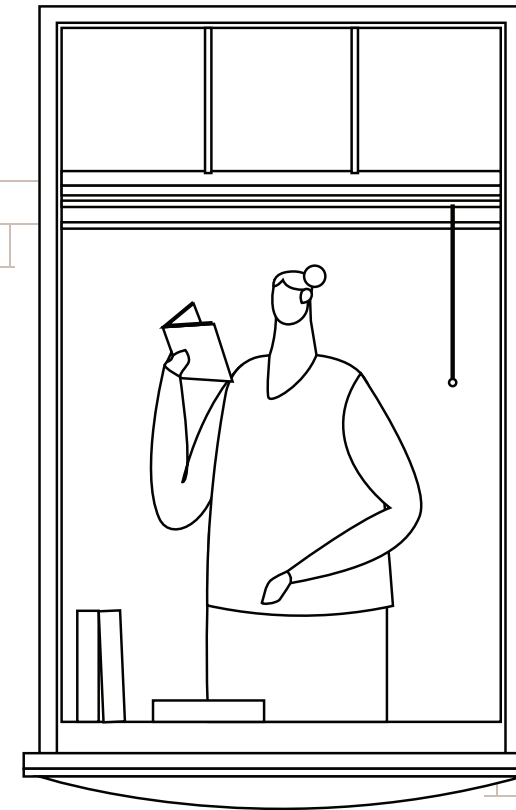
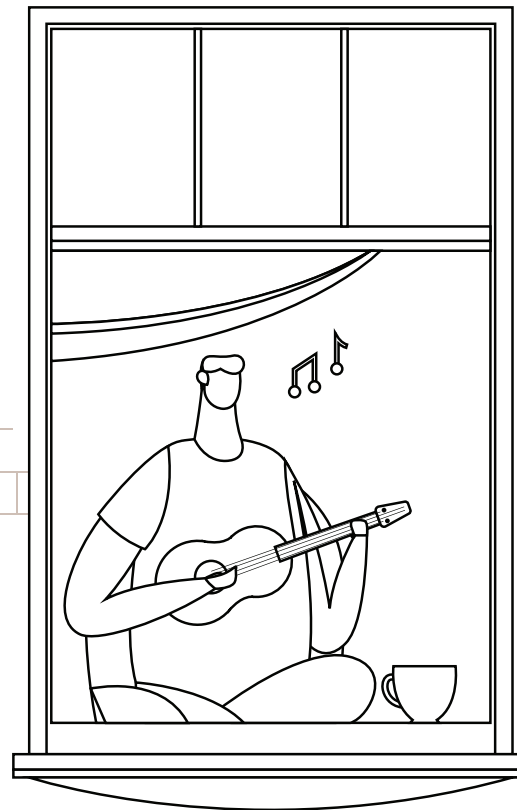
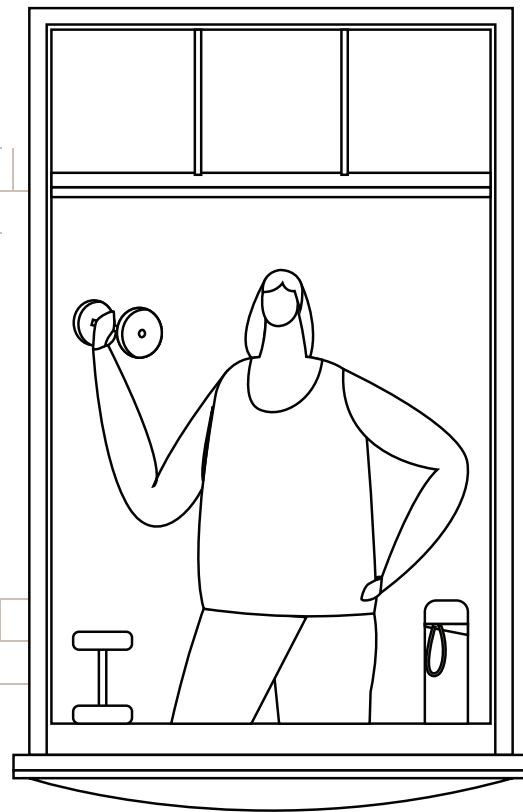
We are so excited that you've decided to learn more about how to save energy! Here at Virginia Energy Sense, we teach people about the energy they use in their everyday lives and how you can make small changes that will really add up. Many of the things we use in our homes use energy to work. Everything that plugs into a wall and all handheld electronic devices, such as cellphones and tablets, use energy. Since we use so much energy on a daily basis, it's important to learn about ways you can cut back on your energy usage to save money and help the environment. By working through this activity book, you'll learn all about how you can start saving energy today.

Saving energy is fun! I'll teach you some tips and tricks to make it easier.

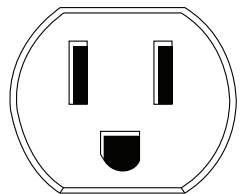


COLORING SHEET

Ages 3 and Up
Color this page of energy-saving neighbors.



Opening the windows is a great way to cut back on energy usage!

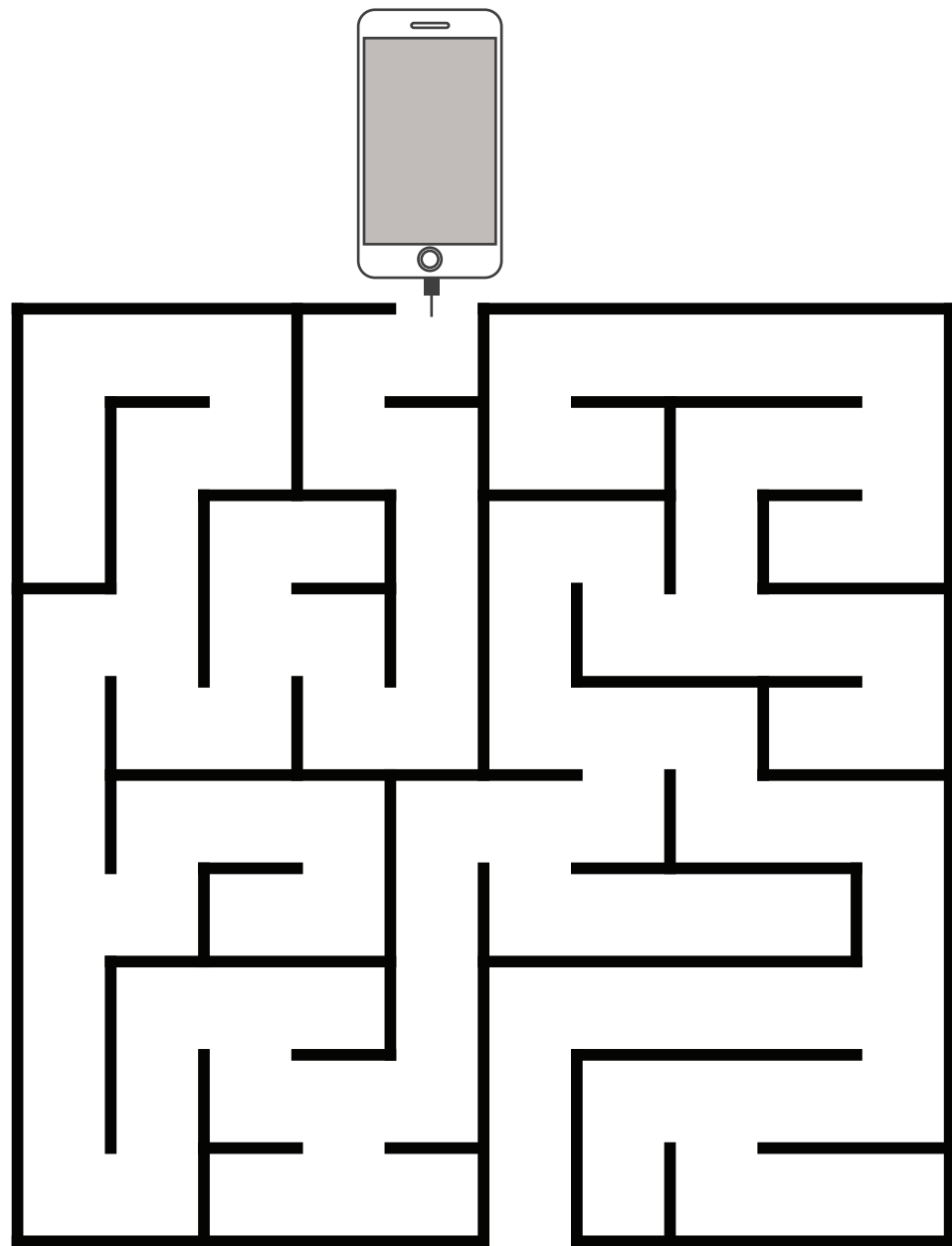


HELP JACK OUT

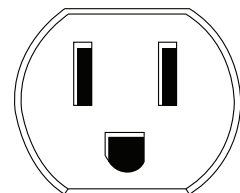
Maze Game

Ages 3 and Up

Help Jack find his way to the end of the phone charger so he can unplug it.



Remember to unplug the charger to save energy.

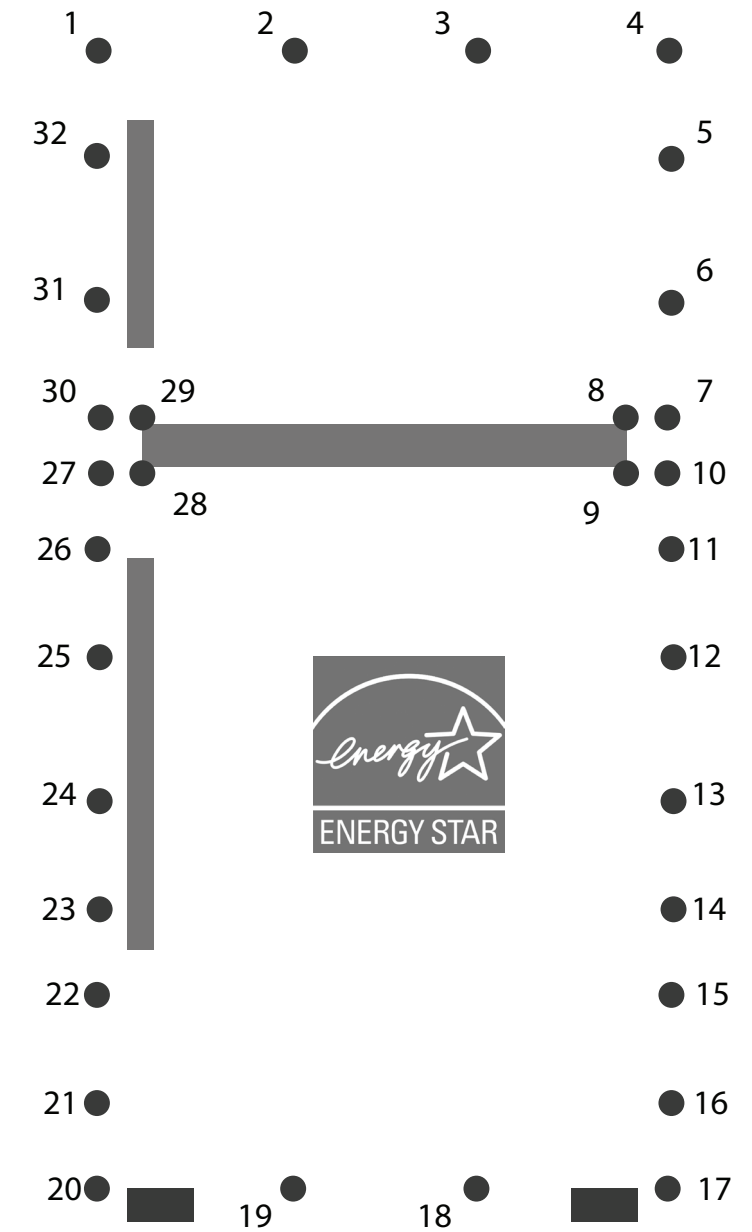


SMART ENERGY

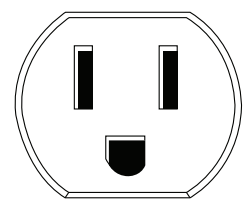
Connect the Dots

Ages 4 and Up

Connect the dots to light up the energy-saving refrigerator.



ENERGY STAR appliances are a good way to cut back on your family's energy use!



HOW TO SAVE ENERGY

Drawing Activity

Ages 5 and Up

Draw these energy saving tips in the boxes below.



Turn Off the Lights



Open the Windows



Unplug Chargers



Close the Refrigerator

ENERGY SAVING VOCABULARY

Word Search

Ages 5 and Up

Find the words in the puzzle below. Words can be horizontal, vertical, diagonal, and backward.



Word Bank

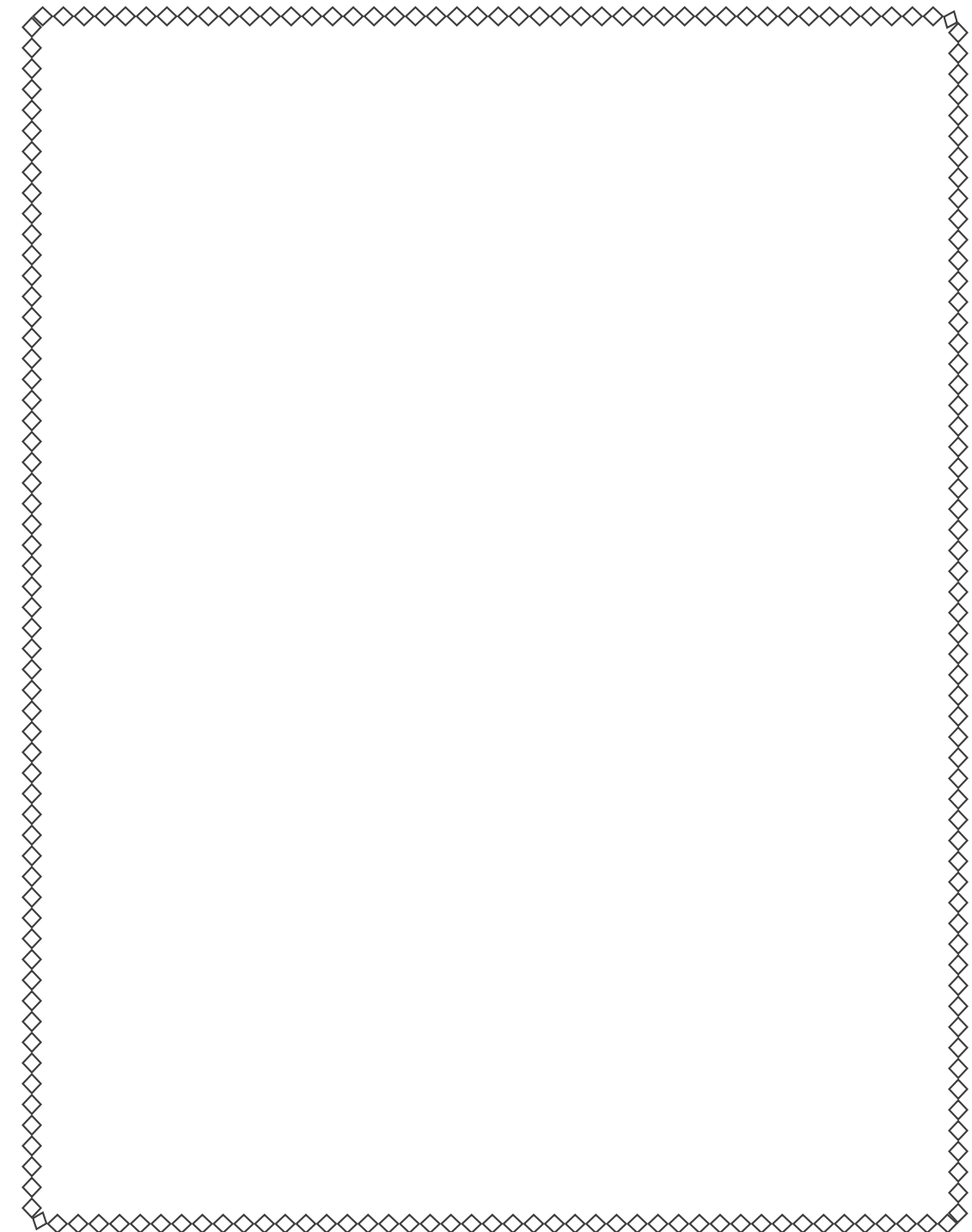
Conserve
Appliance
Waste
Thermostat
Efficient
Electricity
Energy
Lightbulb

ENERGY SAVING POSTER

Drawing Activity

Ages 5 and Up

Draw a poster that inspires others to save energy.



UNPLUGGED FUN

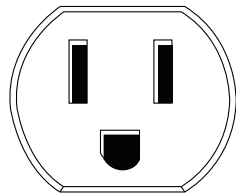
Brainstorming Game

Ages 6 and Up

Write down some activities you enjoy that don't use electricity.



Playing board games is a fun activity that doesn't use any energy!



ENERGY SAVING VOCABULARY

Word Scramble

Ages 7 and Up

Unscramble the words below.

AJCK

TTEECYRICIL

LHGTIUBLB

PNACPLEIA

MTHSOATRET

RCSEENVO

NFYCEEIFCI

UGPNUL

RENEYG

LOHOTENYGC



SPOT THE ENERGY SUCKERS

Ages 3 and Up

Circle all the energy wasters you see on this page. (There are three.)

Search Game



Answers: TV plugged in while not in use, lamp plugged in, curtains closed (not making use of sunlight)

VOCABULARY PRACTICE

Finish the Story

Ages 7 and Up

Choose the best word for each sentence to finish the story.

In our houses, there are many ways that we use _____ . All sorts of household _____ (s) like microwaves, refrigerators, lamps, and TVs run on _____ . Since we use these things every day, it is important to learn about ways we can reduce how much energy we use. One good way to conserve energy is to lower your _____ during the cooler months to cut back on how much heat you use. You can also change the _____ (s) in your lamps. Energy-_____ lightbulbs use much less electricity. It is important not to _____ energy so we can save money and save our planet!

Word Bank

Appliance

Efficient

Waste

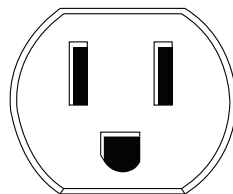
Electricity

Thermostat

Energy

Lightbulb

In winter, try putting on a sweater before turning on the heat!



HOW MUCH DO YOU KNOW?

Energy Saving Quiz

Ages 7 and Up

Circle the correct answer to the questions.

- 1. What is the most energy-efficient way to keep cool in the summer?**
 - A. Stand in front of an open refrigerator.
 - B. Use fans to circulate cool air.
 - C. Put the air conditioner on the coolest setting.
 - D. Open windows while the air conditioning is on.
- 2. You made dinner for your family, but they won't be home for a while. What should you do?**
 - A. Reheat it in the microwave when they get home.
 - B. Throw out the old food and keep the oven on to make another dinner.
 - C. Cover the warm food with a top and keep the cold food fresh in the fridge.
 - D. Eat all of it yourself and tell them to pick up food from a restaurant.
- 3. How can you use light more efficiently in your house?**
 - A. Leave the lights on all the time.
 - B. Purchase LED lightbulbs that will last a long time and save electricity.
 - C. Buy candles and keep them burning at night.
 - D. Keep your TV and laptop screens on and very bright.
- 4. School is canceled today. What is the most energy-efficient way to spend your free time?**
 - A. Play video games with your siblings.
 - B. Watch a movie on TV.
 - C. Play games outside with neighbors.
 - D. Charge all of your electronic devices.

ENERGY SAVING VOCABULARY

Definitions

Ages 7 and Up

Choose the word from the word bank that best matches the description.

A device that automatically controls temperature

Capable of bringing about a desired result with little waste

A lamp in which a glow is produced by the heating of a wire by an electric current

To prevent the waste of something

A piece of household equipment that performs a certain job, such as a refrigerator

Usable power

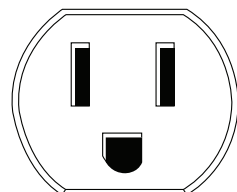
A form of energy that is found in nature but that can also be artificially produced

To use carelessly

Word Bank

- | | |
|------------|-------------|
| Conserve | Efficient |
| Appliance | Electricity |
| Waste | Energy |
| Thermostat | Lightbulb |

Keep lights off during the day to save energy!



CONSERVING OR WASTING

Matching Game

Ages 8 and Up

Draw a line from each action in the Conserving column to its opposite in the Wasting column.

Conserving

Turn off the water faucet when you're not using it.
Open refrigerator only when getting food out or putting food back.
Take short showers.
Wash full loads of clothes in the washing machine.
Hang clean clothes to dry on a clothesline.
Unplug chargers when you're not using them.
Dress cool in the summer and warm in the winter to stay comfortable inside and out.
Let in sunlight during the day to light up the room.

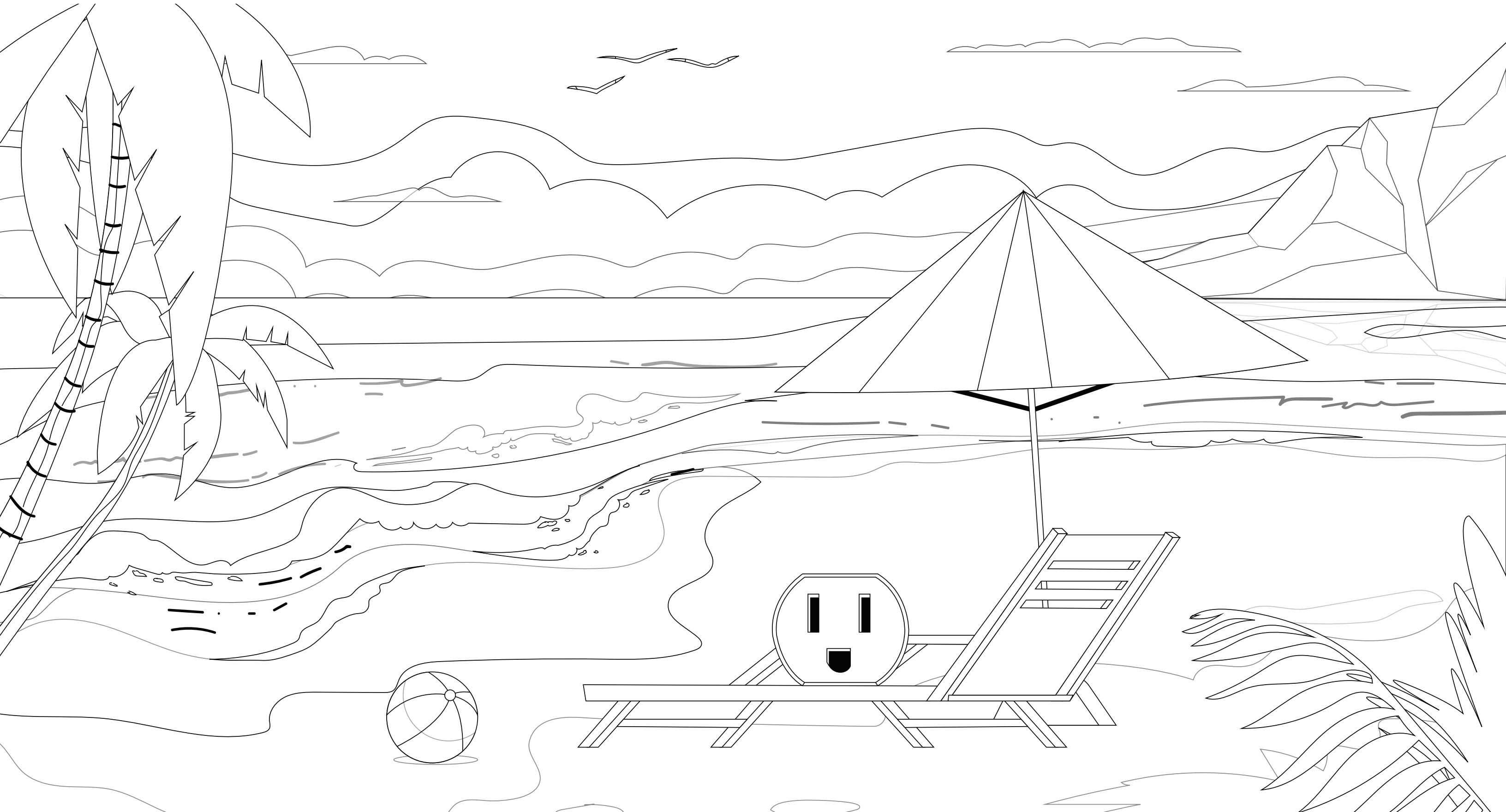
Wasting

Take a bath.
Always use the dryer to dry your clothes.
Turn on every light in the room to see everything.
Keep your phone, computer, and tablet plugged in at all times.
Always leave air conditioning or heat on so you are comfortable when you come home.
Leave the refrigerator door open.
Leave the sink faucet running when you're not using it.
Wash one item of clothing at a time.

COLORING SHEET

Ages 3 and Up

Now that you have helped Jack save energy in your home, he can take a vacation from all the home energy suckers!



THANK YOU

Thank you for taking the time to learn about saving energy with us! We hope you had as much fun as we did and that you will use the new tips and tricks you've learned to save energy around your home. You can always visit us at our website to continue learning how to save energy.

VirginiaEnergySense.org

Use the lessons that we've learned together to save energy in your home!

