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Help us spread the word about how easy, fun and beneficial being energy conscious can be. If you know someone that would like a copy of either *30 Simple Things You Can Do to Save Energy* or *Simple Things Kids Can Do to Save Energy*, please email [simplethings@idahopower.com](mailto:simplethings@idahopower.com).

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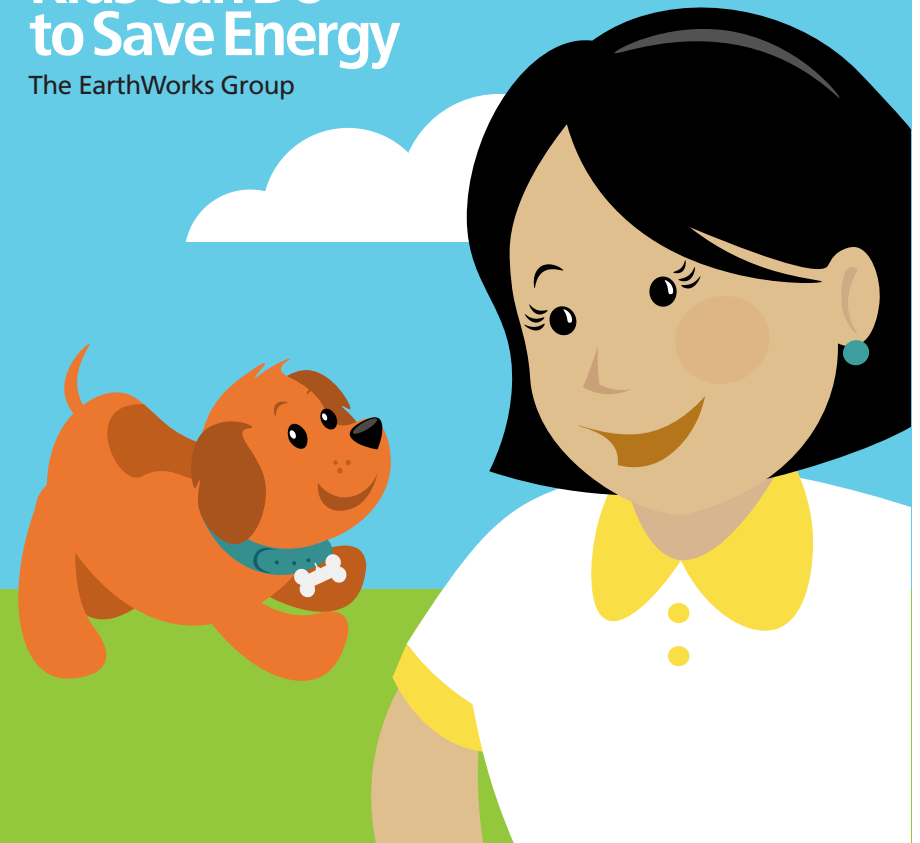
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# Simple Things

## Kids Can Do to Save Energy

The EarthWorks Group







## NOTES:



## PREFACE

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### Contract with the Earth

I, \_\_\_\_\_(name)\_\_\_\_\_, agree that each day I will try to do the following things to help save energy and protect the environment. I know that this is an important promise to the Earth.

#### ENERGY-SAVING ACTIONS

1. Walk or ride my bike instead of always asking for a ride in the car. \_\_\_\_\_
2. Use both sides of paper. \_\_\_\_\_
3. Take short showers instead of baths. \_\_\_\_\_
4. Turn the water off while I brush my teeth and wash my face. \_\_\_\_\_
5. Try to leave the refrigerator door open as little as possible. \_\_\_\_\_
6. Turn off all lights when leaving a room. \_\_\_\_\_
7. When I'm cold, put on a sweater instead of turning up the heat. \_\_\_\_\_
8. Turn off the television, computer, and other appliances when they're not being used. \_\_\_\_\_
9. Try to keep the heater's thermostat set between 65°F and 68°F in the winter, and the air conditioner's thermostat at 78°F in the summer. \_\_\_\_\_
10. Recycle glass, paper, plastic, and aluminum whenever possible. \_\_\_\_\_
11. (Your own idea) \_\_\_\_\_
12. (Another idea) \_\_\_\_\_

Date: \_\_\_\_\_ Signature: \_\_\_\_\_



# AN ENERGY CONTRACT WITH THE EARTH

*The Earth gives you the energy you need and use every day.  
You can make a promise to give something back by saving  
energy, conserving natural resources, and reducing  
your impact on the environment. You can do this  
by making an energy contract with the Earth.*

## WHAT TO DO

1. Read this contract with the Earth carefully.
2. Copy the contract onto a sheet of paper.
3. Choose the actions you'll agree to take each day. Put a check next to them.
4. Add your own energy-saving ideas to the contract.
5. Sign the contract and keep it where you'll see it every day.



# KIDS DO



# TOO



# INVESTIGATE YOUR HOME

## Take a Guess:

*How do you investigate energy efficiency in your home?*

- A) Take its temperature B) Open all the doors and windows  
C) Find out where energy is being wasted

## ENERGY & YOU

Here's a way to use many of the things you've learned in this book in your home. It's called an "energy investigation." You use it to uncover the clues that will tell you if energy is being wasted in your home.

## BE AN ENERGY DETECTIVE

- Draw a map of all the rooms in your home, one whole floor at a time. (Imagine that you took off the roof, and draw what you would see looking down into your house or apartment.)
- If your home has more than one floor, use a separate sheet of paper for each floor.
- Do a room-by-room investigation. Start with any room and make a careful search for clues that energy is being wasted. Use the tips in this book.
- Some of the things you may want to look for:
  - ✓ **Lights.** Are they brighter than they need to be? Are they left on when not in use? Could you use a more energy-efficient light, such as a compact fluorescent lamp?
  - ✓ **Windows.** Do they have curtains or shades? Are the curtains or shades used on cold nights? When the windows are shut, does cool air still sneak in?
  - ✓ **Faucets.** Are there any drips? Do people forget to turn the faucets all the way off?

**Answer: C. An energy detective looks for clues that energy is being wasted.**



Read this sample list for some ideas.

What is my concern?	Whom to contact?
1. Lights are left burning all night at schools throughout the district, which wastes energy.	The school superintendent or president of the school board.
2. The computers at my home or school do not have powersave features enabled.	Parents, family members or school principal and teachers.
3. Our city needs bike paths so students can ride their bicycles safely to school, conserving oil and reducing pollution.	The mayor of the city.
4. My favorite CD has a lot of packaging that it doesn't really need.	The president of the music company. (The address of the company should be on the CD package.)
5. My school doesn't recycle paper.	The school principal or the president of the Parent-Teacher Association (PTA).
6. I am not learning enough about renewable technologies at school.	Science and math teachers. <a href="http://www.solar4rschools.org">www.solar4rschools.org</a>



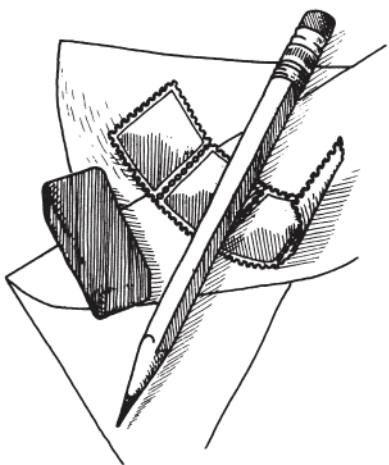


# PUT YOUR STAMP ON THE WORLD

*Just because you're not an adult doesn't mean you can't influence big decisions. People listen to what kids have to say. So if you have ideas about saving energy, make yourself heard—write a letter or send an email.*

## WHAT YOU'LL NEED

- Paper and envelopes or an email account
- Pen or pencil, or computer access
- Postage stamps
- A phone book or Web access for finding addresses

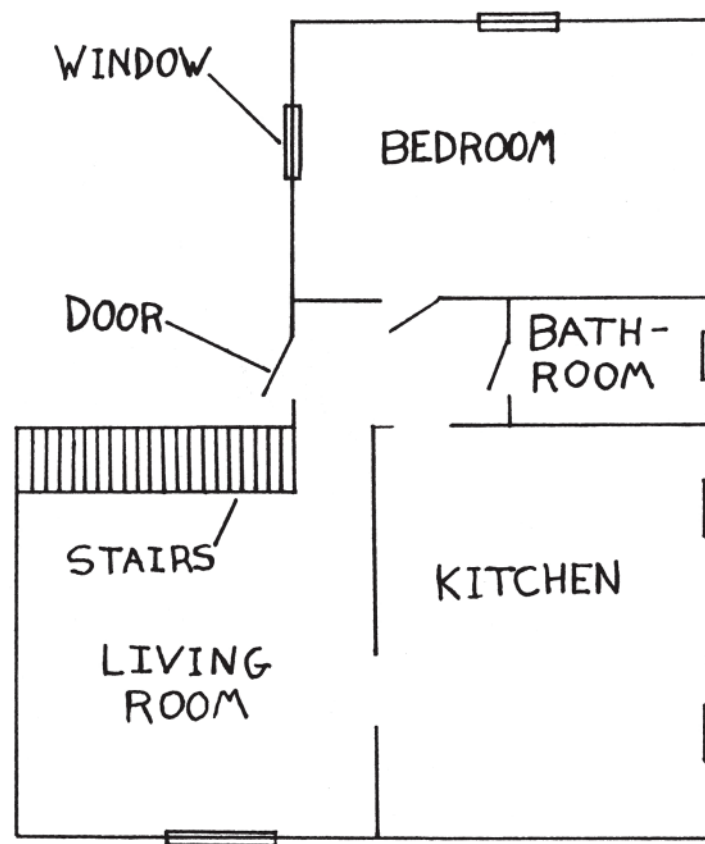


## WHAT TO DO

1. Make a list of energy issues you want to speak out about.
2. Make another list with the names and addresses of people and companies who could use your ideas to change things. Ask a friend, parent, or teacher to help make the list and find the right addresses or email addresses.
3. Write your letters. Each letter should:
  - State the energy problem clearly
  - Include some facts that help make your point
  - Suggest what actions you think the person or company should take.



- Every time you find energy being wasted in a room, make a note of it on your map.
- Show your family what you've discovered. See if you can work together to come up with ways to use energy more efficiently.





## SAVING AT SCHOOL

### Take a Guess:

How can you save energy at school?

- A) Put it in a jar on your desk B) Play hooky  
C) Do an energy investigation

### ENERGY & YOU

While walking down the hall at school, you notice that someone has left a light on in an empty classroom, computers running in an empty lab...or maybe you see a window left open when the heat is on. If nobody pays attention to these things, a lot of energy will get wasted.

But you can help prevent that energy waste. By staying on the lookout for ways energy is being wasted at school, you'll help the school save money—and help the Earth at the same time. Think how much energy could be saved if kids from every school around the world were on the lookout.

**Answer: C. Do an energy investigation.**

### ENERGY INFORMATION

Kids already work to save energy at school.

- In Idaho, high school students use science and math skills to evaluate and make recommendations for energy improvements in their schools.



## THREE R's FOR ENERGY

You can teach other students at your school about saving energy.

How? Design a campaign that spreads the word about the three R's for energy—Reduce, Reuse, Recycle.

### WHAT YOU'LL NEED

- Other interested students
- A teacher who's willing to help
- A little imagination
- Poster paper (recycled if possible) and other art supplies
- Optional: a video camera
- Optional: a website

### WHAT TO DO

1. Get together a team of students to work on the three R's campaign.
2. Ask a teacher to get involved as an advisor.
3. With your team, make a list of different ways people can use the three R's to save energy.
4. Create posters that teach other people about the things on your list. Put together web pages with text and graphics. Be imaginative. Use neon colors or other eye-catching tricks to get their attention.
5. Borrow a video camera and try making a short commercial.
6. When your materials are ready, ask your school to display them. Choose areas of the school where students are most likely to see posters. Hold a special screening for your video, or advertise your website.
7. Spread the word. Ask neighborhood shop owners, librarians, and other people in your community to display your posters or check out your website. You can even call local TV stations and see if they'll broadcast your video and website address.





## THE ENERGY- SAVER PICNIC

*Home and school aren't the only places where you can save energy. In reality, you can save energy wherever you are. For example, when the weather is nice, you can go on a picnic, have fun, and save energy at the same time.*

### WHAT YOU'LL NEED

- Paper and pencil
- A map that includes your home and possible picnic sites
- A map of bus routes

### WHAT TO DO

1. Make a list of the food you want to take and supplies you think you'll need (cups, plates, napkins, and so on).
2. Use the maps to pick a site that everybody you invite can get to without wasting energy (by walking, biking, taking the bus, or carpooling).
3. Check your food list. Make sure the food you bring uses little energy to prepare. For example, salads, fruits, and cheese don't need to be cooked.
4. Check your supply list. Bring plates, cups, and utensils that are reusable or made from recycled materials. Note: Remember to "precycle" when you shop for supplies. Look for items with less packaging to throw away at the end of the picnic.
5. Have fun. And don't forget to point out to your guests how they've helped to save energy.



- At iSTEM Summer Institutes, teachers receive training and materials to teach energy-related topics in their classrooms. For more information, go to [www.sde.idaho.gov/site/programs.htm](http://www.sde.idaho.gov/site/programs.htm).
- Elementary teachers are also getting involved by requesting that Idaho Power employees bring energy curriculum and take-home kits into their classrooms.

### KEEP A LOOKOUT

You can patrol your school, too. Here are some things to look for:

- When the day is bright enough, use natural daylight instead of turning on artificial lights.
- Watch for lights that are often left on in classrooms during recess. And ask if you can turn off outside lights when they are not needed.
- Double-check the thermostat. A comfortable temperature on cold days is between 65° and 68°F. If the thermostat is set higher than that, you might be able to save energy by turning it down a few degrees. (In the summer the thermostat should be set higher—78°F is good.) Suggest the change to your teacher.
- Look around your classroom. Find the vents where the heat comes out. If the flow of air is blocked by a desk, table, or bookshelf, the heater will be forced to use more energy to warm the room. Blocked vents can also pose a safety hazard. Point it out to your teacher, so the furniture can be moved.
- Check for drafts around the windows and doors. Even when a window is closed, heat can escape through cracks between the window and the wall. (See tip #11, *The Great Escape*, for good ways to find air leaks.) Weatherstripping might be the answer.



# START AN ENERGY OR ENVIRONMENTAL CLUB

## *Take a Guess:*

*What's a good way to save energy with a group of friends?*

- A) All ride on one skateboard B) Share a lunch  
C) Start a club

## ENERGY & YOU

Have you ever wondered who chooses the light bulbs for your classroom? Or who decides what happens to the waste paper from your school? What about the air conditioning and the heating system—who sets the temperature?

Somebody has to make these decisions—maybe it's the principal, or the teachers, or the facilities manager. Whoever they are, they may be able to use your help.

You and other students who have learned about energy can form a group that will help your school save energy.

## START A CLUB

- Start an energy or environmental club. Get together with other students who want to talk over some of the ways to save energy at school.
- Find an advisor, a teacher, or other adult at the school who's interested in helping you save energy.
- Make a list of the most important energy-saving things to do at school. For example, lighting sensors, weather-stripping around classroom windows, and turning off lights when not in use. Try to figure out how long these things will take to do and how many people will need to be involved.
- With your advisor's help, try to estimate how much money could be saved by making the changes.

**Answer: C. Start a club. It can be fun and you could help your school.**



- Now turn your ideas into an action plan and present it to the school principal or district administrators. Tell them how much money the school might save. Ask them to make the plan part of the school or district policy.
- Make sure that there are students and teachers who will follow through with the energy action plan after you've moved on to the next grade or school.
- The U.S. Environmental Protection Agency has a list of projects for environmental clubs at:  
[www.epa.gov/epahome/educational.htm](http://www.epa.gov/epahome/educational.htm)

