

ADDITIONAL INFORMATION – ENERGY

INFORMATION FOR EDUCATORS

Reducing energy use can make a significant contribution to reducing your environmental footprint, and the cost of running your centre or home. There are lots of ways children can be involved and feel empowered to make a difference. It's great to change light bulbs to more efficient ones such as LEDs, or buy appliances that are energy efficient, but when you also use them efficiently you maximise their benefit.

Modelling behaviours (such as turning lights off when you go outside or using natural light rather than turning lights on, hanging out the washing on the clothes line and dressing appropriately for the weather) will encourage children to do the same. It is important, particularly with younger children, to narrate your behaviour so that they understand what you are doing and why.

You can provide opportunities for children to save energy by having energy monitors, tracking your energy use (or generation if you are lucky enough to have solar panels) or challenge them to investigate what uses electricity and how much. They can then identify ways of using less, either by doing something different (e.g. changing the temperature on the thermostat) or turning something off when they are not using it (e.g. lights, computers, etc.).

Defintions:

- Energy - Scientists describe energy as the ability of a body or system to do work. Energy is all around us and is constantly changing. When you feel the warmth of the sun on your back you're enjoying the heat energy from the sun. When you cook over a campfire you're using heat energy converted from the stored energy in the wood you're burning. There is energy in the food that we eat. This energy comes from plants who used the energy from the sun. And there is the energy we use for making electricity. In most parts of Australia, electricity comes from the heat produced when burning coal.
- Electricity - Electricity is a form of energy. We use this energy in almost every aspect of our lives: heating and cooling, cooking, lighting, charging phones and computers, watching TV and listening to music, and even for charging (some of) our cars. In Australia, we get most of our electricity from burning coal. To convert coal to electricity it needs to be dug out of the ground and then burned, a process which releases greenhouse gases into the atmosphere. These greenhouse gases contribute to global warming and climate change. Using less electricity and finding alternative and greener sources of electricity - such as wind or solar - is essential to addressing climate change.
- Wind power - Wind power is electricity generated from the wind. Wind turbines harness the power of the wind and turn it into electricity.
- Solar power - Solar energy can be captured and used to provide heating and to generate electricity.

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INFORMATION FOR FAMILIES

Reducing energy use can make a significant contribution to reducing your environmental footprint and save you money! There are lots of ways your children can be involved and feel empowered to make a difference. It's great to change light bulbs to more efficient ones such as LEDs or Compact Fluorescents, or buy appliances that are energy efficient, but when you also use them efficiently you maximise their benefit.



Modelling behaviours (such as turning lights off when you go outside or using natural light rather than turning lights on, hanging out the washing on the clothes line and dressing appropriately for the weather) will encourage children to do the same. It is important, particularly with younger children, to narrate your behaviour so that they understand what you are doing and why.

Take on an energy challenge and reduce the amount of electricity you are using each month: turn your appliances off at the wall rather than leaving them on standby, limit screen time and play outside together instead, have a candlelight dinner, or camp out in the backyard and cook and keep warm by a campfire. Put some stickers on your light switches as a reminder to turn lights off when you leave the room and encourage your child to take on the role of "Energy Star" (who gets to remind everyone else to switch off!).