

Energy Saving Week



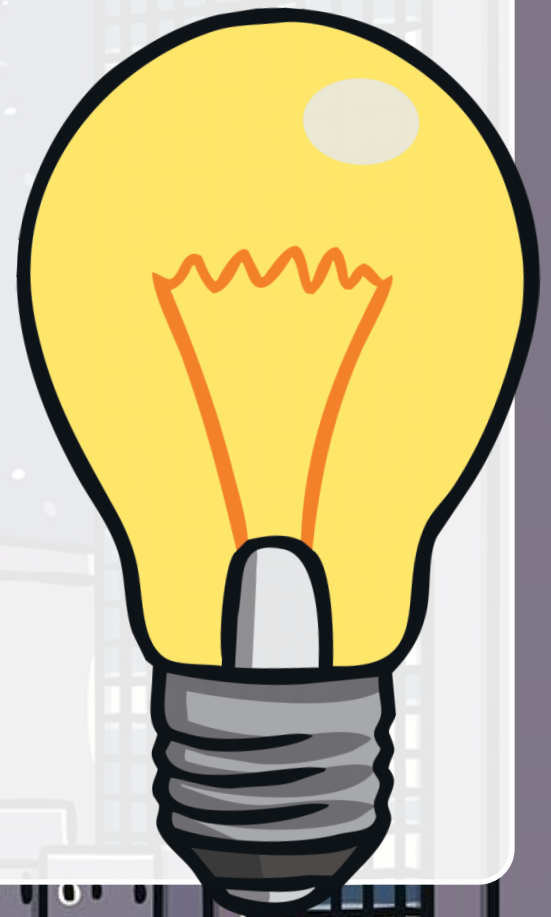
What Is Energy?

Energy is how things change and move.

People need energy in order to do lots of things: run, jump, and laugh. We even need energy to think!

There are different forms of energy.

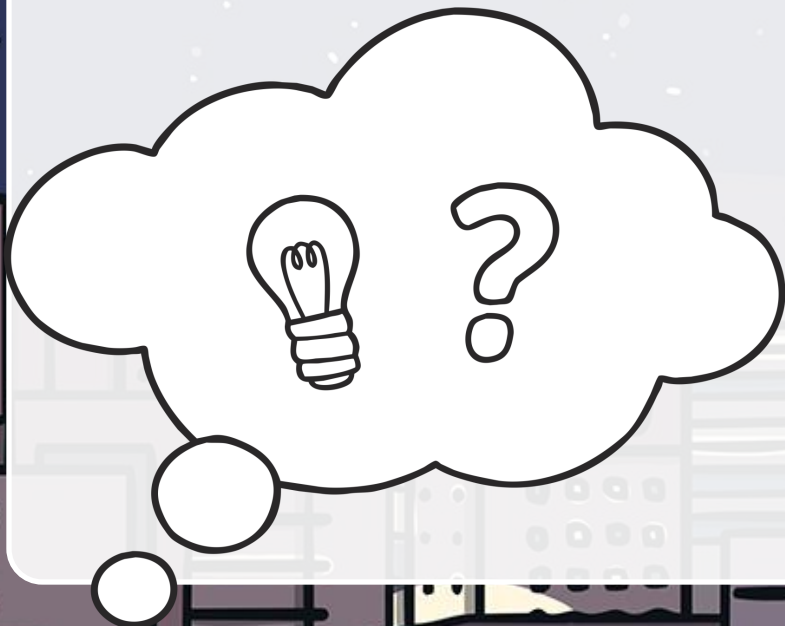
Energy Saving Week is about saving energy (like electrical energy) and reducing energy costs.



Electrical Energy

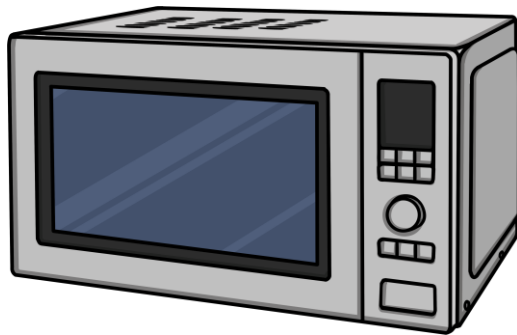
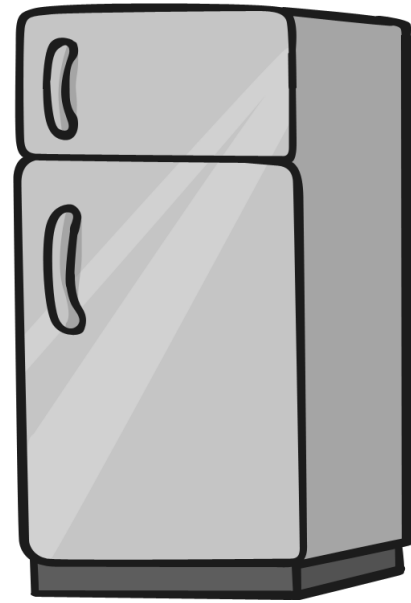
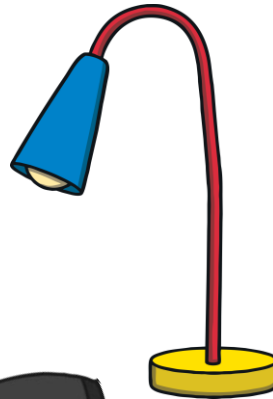
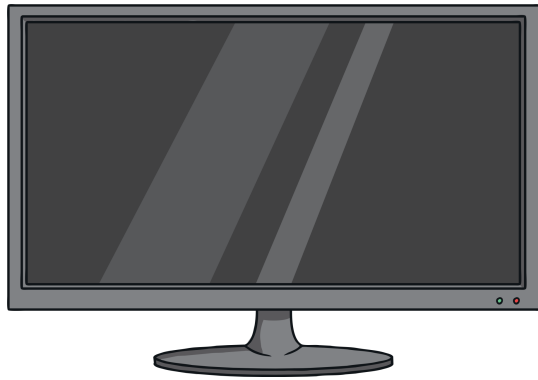
Electrical energy is used to power things that need electricity.
We use electricity all the time: at home, at work and at school.

What do you use that needs electricity to work?





Think, pair, share



How Is It Made?

Electricity is made from energy sources.

Wind, water and the sun can be used as energy sources.

A lot of our energy comes from things such as oil, coal and gas. These are known as fossil fuels. One day, these fossil fuels will run out so it is important to save energy where we can.



Saving Energy

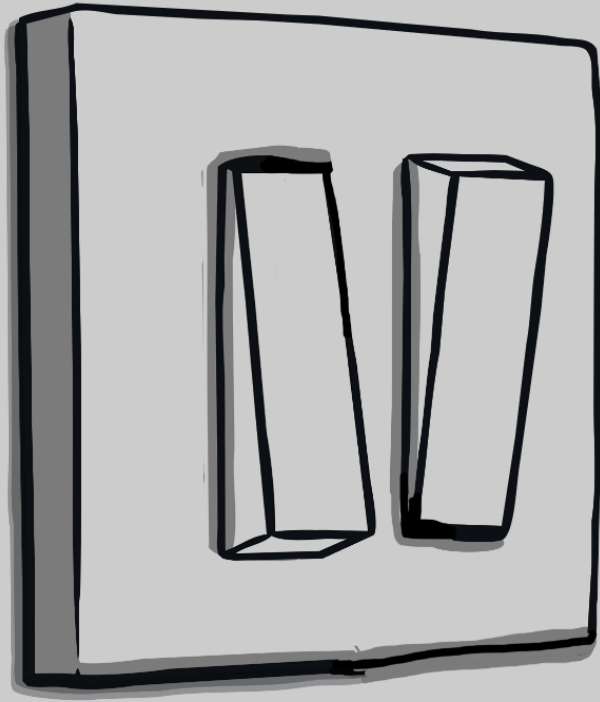
Energy Saving Week is an organised event, where people are encouraged to do what they can to save energy. There are many ways you can help.

You can close the windows when the heating is on.

You can try not to leave the fridge open for too long.

Think about what you want before you open it.

You can help by turning off electrical objects when you are not using them, for example:



**Switch off
the light
when you
leave a room.**

Don't leave your

Putting something on standby still uses energy. This is a waste of money as well as a waste of energy.

**television or console
on standby.**



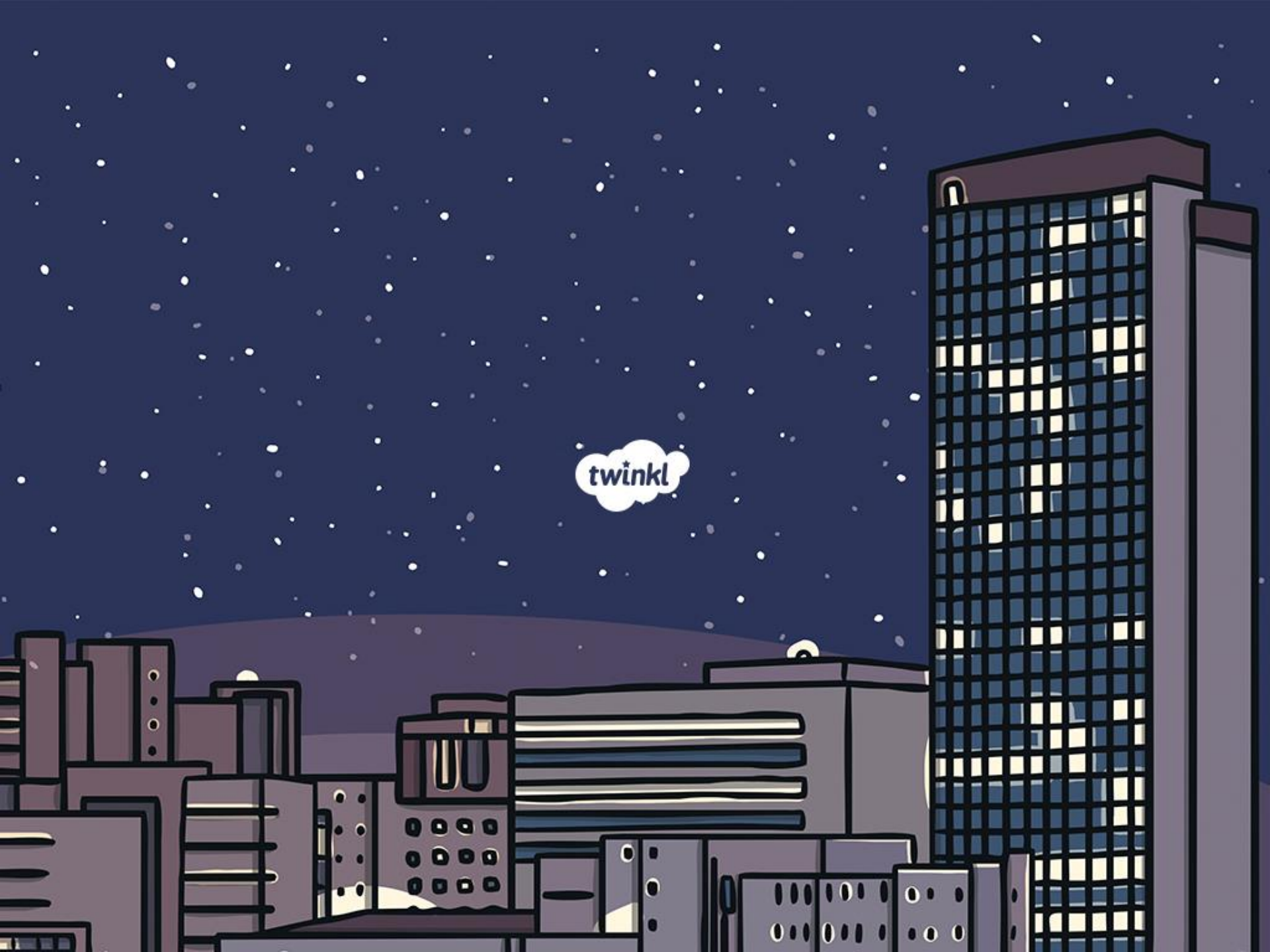
What Else Can You Do?

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?

You could even design a poster to put up in class, at home or in your window, to remind people to save energy.





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