

BE A HOME HELPER!



Saving energy is easy when everyone works together! Ask an adult to help you hang this chart somewhere your family will see it every day. For the next week, make a tally mark each time you save energy in one of the ways listed below. At the end of the week, multiply your tally marks by the values in the Energy Saved on Average column to find out about how much energy you and your family saved!

ENERGY SAVING ACTION	ENERGY SAVED ON AVERAGE	TALLY MARKS
Turning off the lights when you leave the room	10W	
Shutting down the computer fully	300W	
Turning off the TV	80W	
Turning off the faucet while brushing teeth	100W	
Taking a shower that is five minutes or less	500W	



TOTAL ENERGY SAVED: _____



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