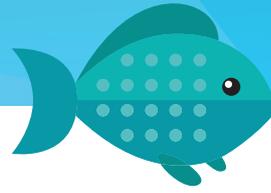


Energy Education Centre

Worksheet



Be an energy saver!

No matter what types of resources your energy comes from, saving energy is the best and least expensive way to reduce CO2 emissions and help our planet stay healthy. Plus, saving energy can help your family save money!

Take the quiz!

For each statement, write an "A" for Always, an "S" for Sometimes, or an "N" for Never to describe your family's habits.



We turn off lights when no one is using them.



We close the refrigerator and freezer door right away.



We keep our heater at 68° or lower during the winter and our air conditioning at 78° or higher during the summer.



We turn off and unplug the TV and DVD player when we finish watching.

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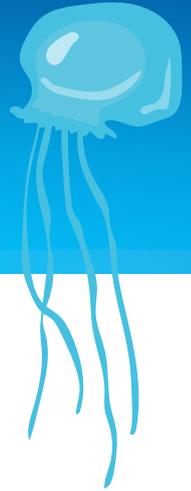
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Energy Education Centre

Worksheet



Be an energy saver! (continued)



We keep all outside doors and windows closed when our heat or AC is running.



We take half-full baths or short showers (around 5 minutes).



We walk, bike, or take buses to get to places whenever possible.



We replace burned-out light bulbs with compact fluorescent lights (CFLs).



We turn the water off when brushing our teeth.

Your saver score

Give yourself 2 points for each A, 1 for each S, and 0 for each N.

16–18: You rock! Your family is already saving a lot of energy and helping our planet.

8–15: Pretty good. You do a lot but have some room for improvement.

0–7: Your family could be doing a lot more to save energy.



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