



How to...



Be an energy hero

Whether you're turning on lights, charging a phone, watching TV or cooking dinner, your home needs a lot of energy, such as electricity or gas. There are lots of good reasons to save energy. First, you will be helping to cut the cost of your family's energy bills (a statement that comes every month and says how much gas and electricity your family has used and how much you owe the energy company). Second, it can help to protect the environment by using fewer resources. Finding ways to save energy can be fun. Why not take on these six challenges and become your family's energy superhero? Tell us how you and your family get on, or share your own ideas and tips with us by writing to hello@theweekjunior.co.uk

WARNING!
Check with an adult before you unplug anything or use a kettle.

ENERGY GUZZLERS

The devices that use the most energy in homes are the dishwasher, tumble dryer and washing machine.

1 Switch it off

If a light stays on in your house every night it can cost around £43 a year with a modern LED bulb. If your home has older types of light bulbs, it can cost as much as £281. Challenge your family to check your home for lights that are on but not needed.



2 Hunt for "energy vampires"

Some devices, such as the fridge, need to remain plugged in and switched on. However, microwaves, phone chargers, games consoles and the TV can drain energy even if they are on standby. How many electrical devices like this can you find in your home? Ask an adult before you unplug or switch anything off.



3 Layer up, jump around

Before turning the heating on or up, try other ways to keep warm, such as putting on a jumper or a pair of fluffy socks. If you sit still for a while, you may start to feel cool. To warm up, try doing star jumps. Your body will quickly generate heat. How many star jumps does it take for you to get warm?



4 Find the blasts

Cold blasts of air that breeze through gaps in doors and windows can make rooms chilly. Track down where the cold air is coming from by taking a "tissue test". Hold a piece of tissue or toilet paper by any doors and windows where cool air might be coming in. If the tissue is fluttering, you've discovered a draught. How many can you find in your house?



5 Craft to stop a draught

Stop draughts from blowing under doors by making a draught excluder. Cut off one of the legs of an old pair of tights, then stuff it with soft material such as chopped-up old socks and pants. Tie up the end and, using buttons for eyes and old mittens for ears, create a sausage dog.



6 Measure up

Hot drinks are a great way to warm up in winter. However, a full kettle can waste electricity and money. It costs 7p to boil a full kettle, but just 1p to boil a kettle with one cup of water. By measuring the exact amount of water you need and pouring it into the kettle, you could save money and energy.



Head to theweekjunior.co.uk/activityhub for more crafts and recipes.

