

Go Green at Home Challenge

Let's Use Less Energy

See how many actions you can take! Thanks for using less energy and helping the earth!

Watch a video about energy.	Find a rock that is smooth or a rock that has a color other than gray in it.	Spend a day without electronics.	Ask if the dishwasher can be run at night and without the drying cycle.
Turn off lights when not in use five times throughout the day.	Learn about LED, CFL and incandescent light bulbs. See what kinds your home has.	Take a walk outside and look for five different shapes of clouds.	Name three sources of renewable energy.
Go outside and take some deep breaths. Talk to your family about air quality and things that impact it.	Open the shades or curtains instead of turning on a light.	See if your laundry is washed in cold, warm or hot water. Ask if most loads can be done in cold.	Think ahead before opening the refrigerator, so the door is not open for long.
Draw a "Turn It Off" or "Unplug It" reminder sign and put it up.	Pledge to always put aluminum cans in the recycling bin.	Draw a poster about a way to save energy.	Find an insect and watch what it's doing.
Watch the Energy Vampires slideshow and try to slay some of the energy vampires in your home.	Find a solar panel when you're on a walk.	Talk to your family about three ways to use less energy.	Help hang dry the laundry instead of using the dryer.

Go Green at Home Challenge

Let's Use Less Energy

Links:

- What is Energy? <https://bit.ly/2W5zgRL>
- Dishwasher Energy Saving Tips: <https://bit.ly/2yaiNUv>
- What are the different kinds of light bulbs? <https://go.nasa.gov/2y73Pi2>
- More details about different light bulbs: <https://ngrid.com/2YfEbSH>
- Make a light switch reminder: <https://go.nasa.gov/2yShVng>
- Watch the video about the life of an aluminum can: <https://bit.ly/3c8pnt5>
- Watch a quick slide show about Energy Vampires: <https://bit.ly/3bN8eoK>
- Image of some items that are Vampire Energy users: <https://bit.ly/3d1Kmyd>

Calculate the Impact:

<p>You have an incandescent light bulb that uses 60 watts to run. You switch it with a LED bulb that uses 12 watts. How many fewer watts does the LED bulb use?</p>	<p>Recycling an aluminum can saves enough energy to power a television for 3 hours. If you recycle 100 cans a year, how many TVs can you power with the energy saved? If each can recycled equals .5 gallon of gas saved, how many gallons are saved by recycling 100 cans?</p>	<p>A space heater uses 5000 watts. Instead of turning it on for 4 hours you put on a sweater. How many watts did you save?</p>
---	---	--

For Older Students:

- Unplug your game console when not in use.
- Game Smart: <https://bit.ly/3cW6J7W>
- When helping in the kitchen:
 - Use the microwave instead of the stove / oven / toaster oven.
 - Put a lid on a pot of water to help it boil faster.
- Take an Energy Quiz: <https://bit.ly/3eWnS3b>
- Check out the potential for solar panels on three buildings in Cambridge: <http://bit.ly/2aQ8neA>
- Learn more about Solar Energy: <https://youtu.be/inPtRWtvDaM>

Some Resources for Parents:

- Pledge to not idle. Ten seconds of idling wastes more fuel than restarting. Learn more: <https://bit.ly/2xgGzh3>

Go Green at Home Challenge

Let's Use Less Energy

From: <https://greenliving.lovetoknow.com/why-is-it-important-consume-electricity>

What It Means to Conserve Electricity

The idea of [conserving electricity](#) means that you should only use it when necessary and avoid wasting it. While you may not notice much of an impact on your day-to-day life when you make these types of changes, the environmental impact of your actions will be much larger.

Why Is It Important to Conserve Electricity?

One of the biggest motivators for conserving electricity in your home is the accumulated savings in energy bills at the end of the year. There are other [reasons](#) why conserving electricity is important beyond the impact on your wallet.

Less Use of Fossil Fuels

Electricity obtained from solar or wind power means less use of fossil fuels. Most electricity used in homes comes from the [burning of fossil fuels](#) such as oil or coal. These fuels are needed to power the turbines that produce electricity. These resources are not unlimited or renewable; the faster they are used and the more electricity that is consumed, the quicker they will be depleted.

Less Pollution

The burning of fossil fuels for producing electricity releases enormous amounts of pollution into the atmosphere. Another damage to the ecosystem is seen in oceans and soil whenever there's an oil spill. These ecological threats reinforce why it is so important to conserve electricity.

Saving Habitats for Plants and Animals

When the negative and harmful side effects of electricity usage are eliminated, there are positive results. For example, the habitats for plants and animals are saved. This is especially important since pollution caused by electricity.

Protect Animals and Marine Wildlife

Reducing the amount of water, air and soil pollution means a reduction in loss of animal and marine animal lives. By reducing the need for fossil fuels and nuclear power, the harmful side effects each creates is significantly reduced.

Safe Drinking Water

If the pollutants created from the use of electricity are reduced, then there are less threats to other resources. This includes the pollutants that find their way into the [groundwater and drinking water supply](#).

Fewer Greenhouse Gases

Acid rain, soot, carbon dioxide, and toxic gases are just a few of the ways electricity production [poisons the environment](#). Even the act of mining coal to be burned is detrimental to the ecosystem.

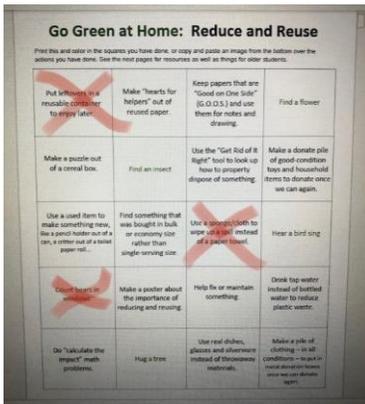
Keep Track of Your Progress!

There are many ways that you can keep track of what actions you've done. See below for a few ideas or you can create your own method.

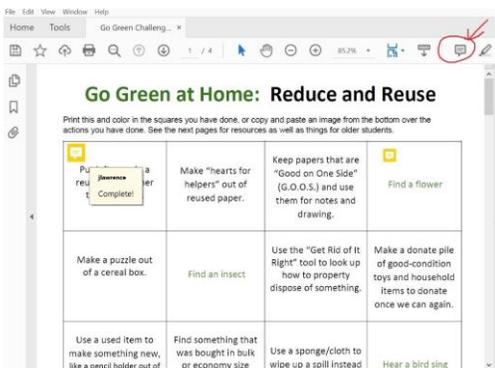
Have a printer?

Print the board and use stickers or crayons to mark when you've completed an action.

Take a picture of the board and "edit" your picture on your phone.



Make a comment on the document using the "comment" tool.



Get SOCIAL While We Socially Distance:

We wish we were all in the classroom together this month, but since we can't be, let's connect socially! Use the hashtag **#GoGreenCambridge** to share your Go Green at Home Challenge actions this Earth Month. Talk with your parents before you post anything online. Below are some Cambridge social media accounts to tag on Twitter or Instagram:

- Cambridge Public Schools: [cambridge_cpsd](#) (Twitter) & [cambridgepublicschools](#) (Instagram)
- Cambridge STEAM Initiative: [STEAM_Cambridge](#) (Twitter) & [steamcambma](#) (Instagram)
- Cambridge Department of Public Works: [CambridgeDPW](#) on Twitter
- Cambridge Community Development Department: [CDDat344](#) on Twitter & Instagram

The Go Green at Home Challenge is a collaboration between Cambridge Public Works and Community Development.

Questions? mbrott@cambridgema.gov, 617-349-4836