Activity 2

**Activity: Saving energy in the home**

Preferable as a group activity, although this resource can be used to facilitate a one-on-one discussion as well.

Break into four groups and give each group a flipchart sheet with a room in the house drawn on it – living room, kitchen, bedroom and bathroom. If there is time (or a prepared laminate), the adviser can use the ‘house in cutaway’ handout. Each group is to note on their room all the ways in which they can save energy and therefore money in their room.

Bring everyone back together and put the flips together on the wall to make a house and ask each group to briefly go through their savings. When each group has finished, check if there are any other ideas from the rest of the group and add these to the flips.

**Extra activity** – If time permits, and the clients are suitably engaged, advisers may want to ask them to try to estimate what kind of savings they might make with these tips. There are no concrete rules for this, but they can use other supporting exercises (such as the results of the electrical appliances quiz) to inform their guesses. Advisers can then discuss these potential savings, and offer further guidance.

**Trainer notes**

Ideas can include:

**Kitchen**

• Use the right hob size for the pan that you are cooking with

• Low energy light bulbs

• Always turn taps off fully

• Switch off lights when leaving the room

• Only boil the water you require when boiling the kettle

• Cook food in batches in the oven, and eat for lunch/dinner the next day

• Wash laundry at 30 degrees

• Turn appliances off at the wall

• Keeping lids on pots and pans

• Leave the oven door open after cooking to use the warmth for heating

• Don’t put hot food in the fridge, wait until it cools down or the fridge will have to work harder to cool things down.

**Living room**

• Close your curtains to keep in the heat

• Switch off lights when leaving the room

• Turn off appliances at wall and unplug mobile charger when not charging mobile

• Tuck curtains in so that your heating is funnelled into the room, not towards the windows.

**Bedroom**

• Close your curtains to keep in the heat.

• Switch off lights when leaving the room

• Don’t leave computers/laptops on standby

• Turn appliances off at the wall and unplug mobile charger when not charging mobile

• Use a thicker duvet during winter to stay warmer without having to turn the heating up

**Bathroom**

• Close your curtains to keep in the heat

• Switch off lights when leaving the room

• Always turn taps off fully

• Don’t let water run when brushing teeth, only use to rinse

• Take showers, not baths

• Try fitting a water widget to your shower head; it aerates the water flow meaning you use less water without a noticeable difference

• Don’t charge electric toothbrushes continuously: it uses up electricity needlessly

• Ask your water provider if they can provide you with a water saving device for your toilet cistern.

**General house**

• Loft and cavity wall insulation

• Immersion heater jacket

• Turning down the heating

• Draft excluders.

You can give prizes for the most ideas, or the most creative single idea.

