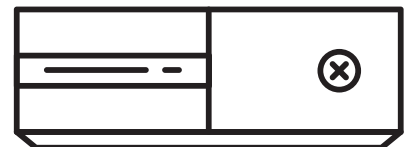
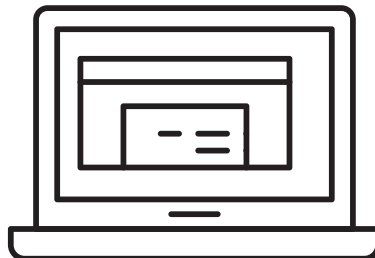
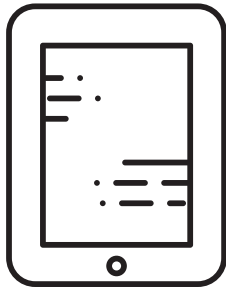
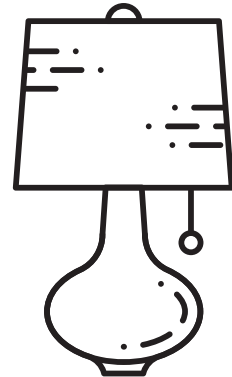
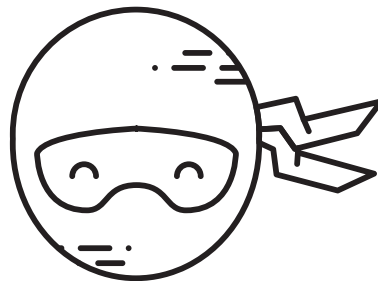
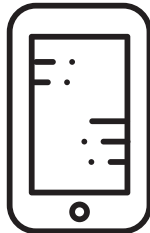
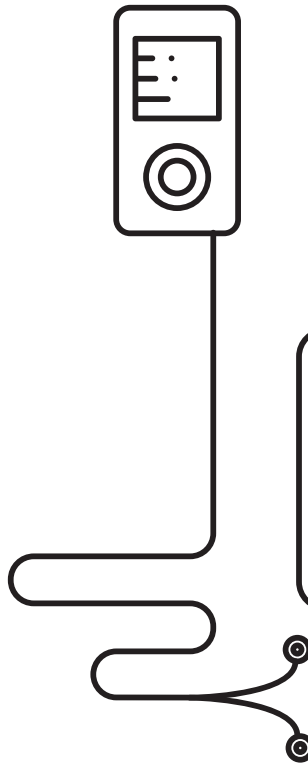
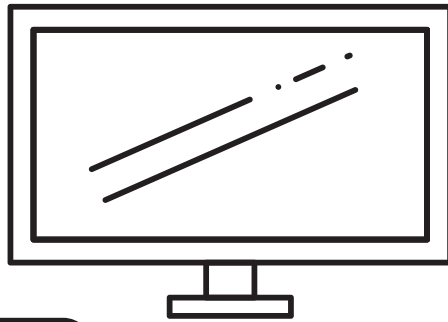


THE KID'S GUIDE - TO -

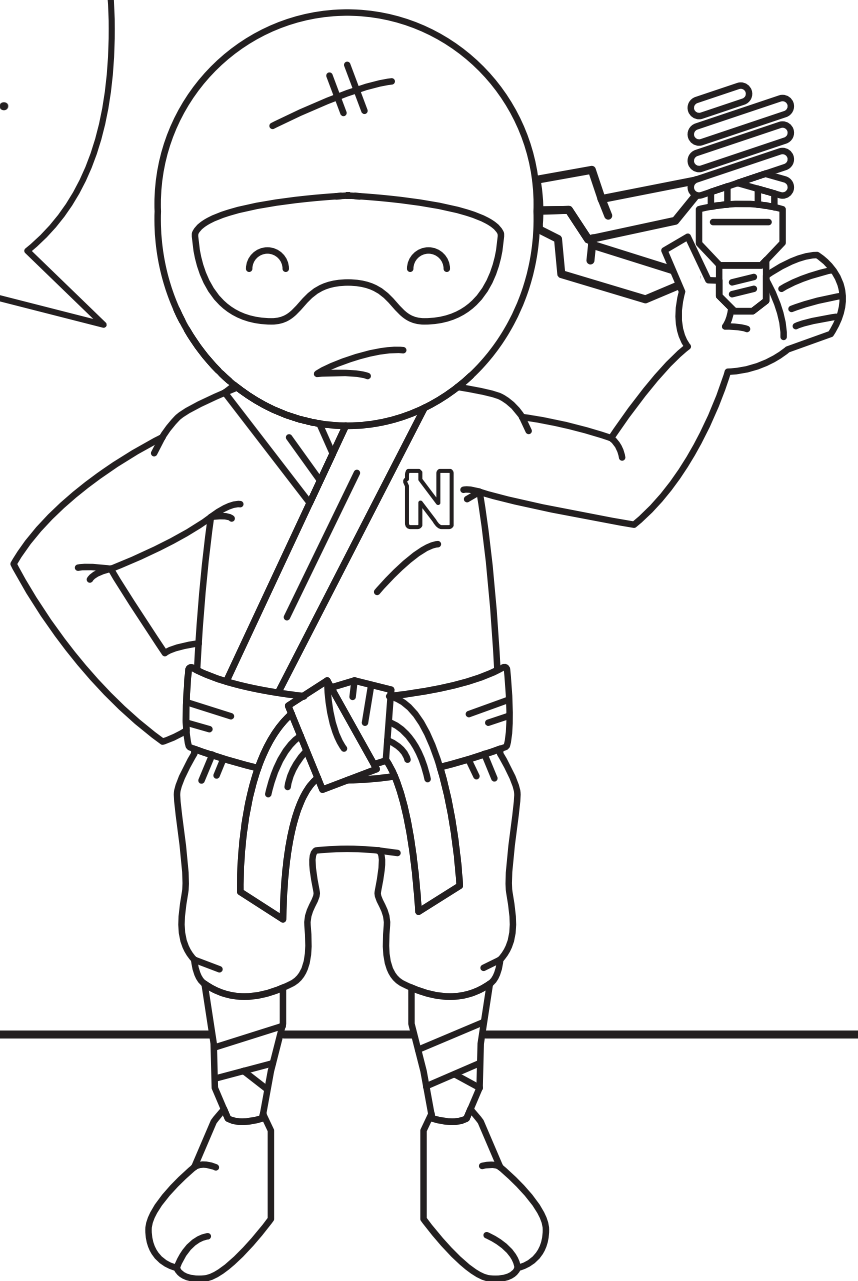
SAVING ENERGY



THIS BOOK BELONGS TO:

NICO THE *Ninja*

Hi friends! My job is to help you learn about energy and part of that is teaching energy savings practices. Let's begin our energy savings adventure!



WHY CONSERVE ENERGY



Before I teach you ways to save energy, let's first understand three main reasons why conserving energy is important.

Reason #1) Some resources of energy don't last forever.

Why? Many energy sources we use, such as coal and natural gas, cannot be replaced because they take millions of years to form. They are called **nonrenewable energy sources**. Once we use all of these resources, we don't have them anymore.

Reason #2) Wasting energy is bad for the environment

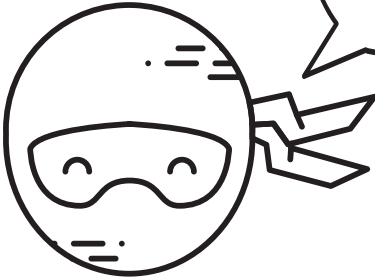
Why? Some types of energy cause **pollution**. With pollution, the air we breathe and the water we drink are not as clean as they could be.

Reason #3) Saving energy saves money.

Why? Using electricity and gas costs your parents money each month. By staying aware of how much energy you use, **you can help your parents save money on their bills.**

Knowing the differences between renewable and non-renewable energy sources is super important!

Take each word and write it in the correct box.



Renewable Energy Sources

Nonrenewable Energy Sources



Wind



Coal



Solar



Water



Biomass



Natural Gas

TIPS FOR SAVING ENERGY

Attention kids: There are many ways you can save energy and help our planet! Follow the suggestions below to incorporate saving energy into your lifestyle. Share these tips with your family and friends, too!

#1 Shut off your television, video game or computer when you're finished using it. Turn off the lights when you leave the room. Remember to turn off closet and hallway lights too.



#2 Encourage your parents to buy Energy Star-rated appliances and electronics when they need to replace the refrigerator, washing machine, TV, etc. The Energy Star rating means the appliance is very energy-efficient.

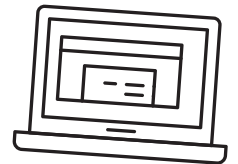
#3 Use CFL or LED light bulbs instead of regular ones. These bulbs save energy, last longer and can save your parents money in the long run!



#4 Open the curtains to allow the sun to light your room during the day rather than turning on lights.

#5 Unplug electronics. Some machines use power even when they're turned off. Unplug ones that have a glowing light to prevent this energy from being wasted.

#6 Walk or ride your bike to school, soccer practice, dance class or Grandma's house. This will conserve gas and limit pollutants from entering the atmosphere! Plus, riding a bicycle or scooter is fun!



How do you save energy at home?

WORD SEARCH

Find all the words related to saving energy!

R Y T L P C A E O N B C Y H N
S A I N E N E R G Y O W C S J
Y O O S E Q H Q O N A G N A N
W O L D E M M T S X L X E G S
E L B A W E N E R N O N I E U
B D M R R G R O Y L H E C W T
M L N X J V O U R I Z R I J N
U V J I A F F N V I U Q F Q B
O F P T W N T J S O V G F J X
I M I N F G N A S N W N E G H
H O L A O C V E V Q A G E X N
N H K G D E R P J C T V B K C
W D Z K C G N I X F E K G L V
H X X N M T E P Y S R U N Z D
A N W Y J K C G Z M G T T F Z

ENERGY

WIND

EFFICIENCY

RESOURCES

ENVIRONMENT

COAL

NONRENEWABLE

SAVE

GAS

CONSERVATION

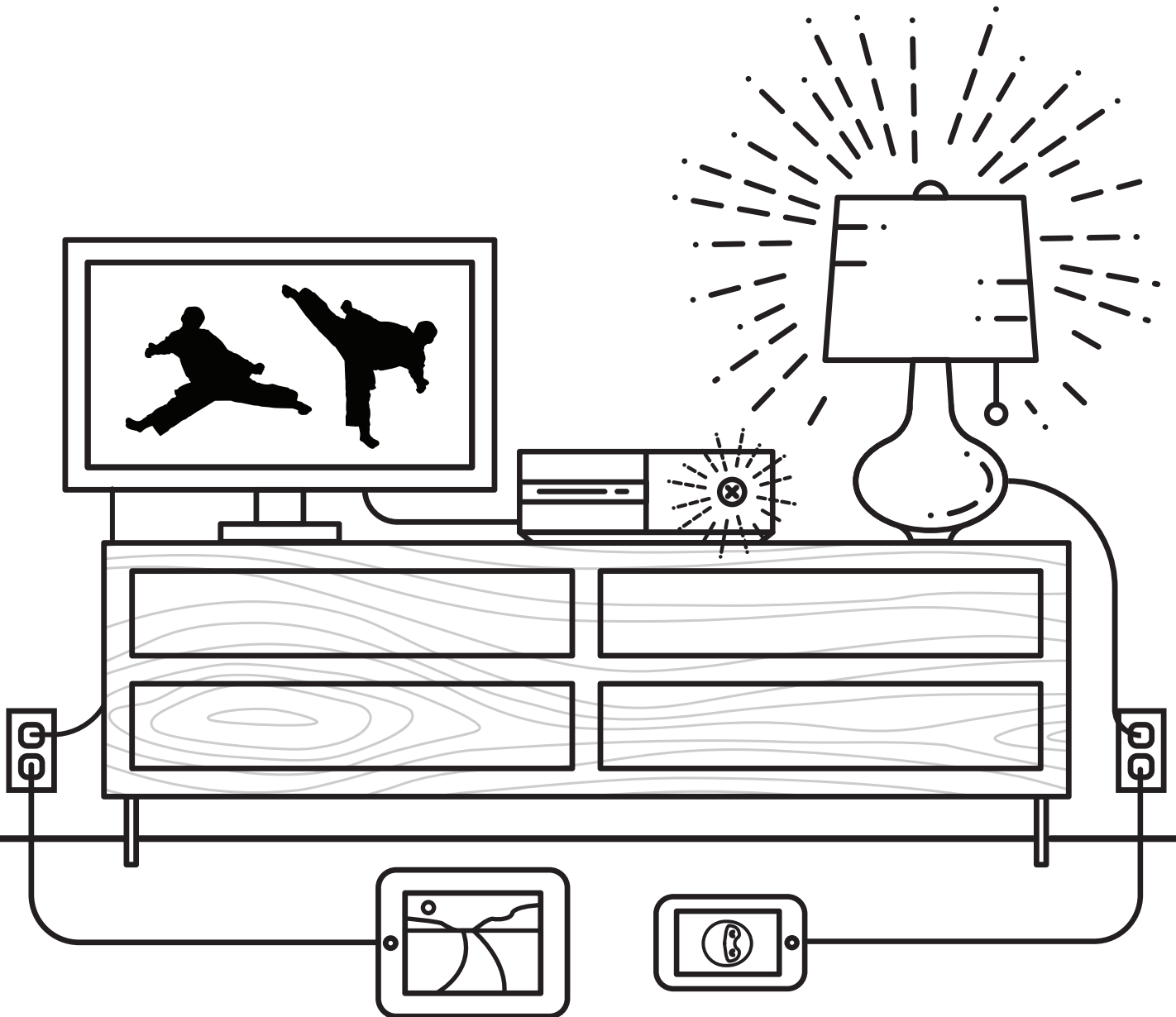
OIL

SOLAR

WATER

STOP NICO!

Before Nico leaves his bedroom to go to school, stop him by circling the ways he can save energy!



ENERGY CONSERVATION QUIZ

1. Which of the following is not a fossil fuel?

- A. Wood
- B. Oil
- C. Coal
- D. Natural gas

2. I can save energy at home by:

- A. Setting the table for dinner
- B. Turning on the alarm
- C. Turning off the thermostat
- D. Using the oven

3. Which energy conservation practices would Nico be proud of?

- A. Recycling
- B. Turning off the lights when you leave for school
- C. Riding your bike to school
- D. All of the above

4. Nonrenewable resources are sources that will run out if we don't start to conserve energy.

- A. True
- B. False

5. Why should you use CFL light bulbs?

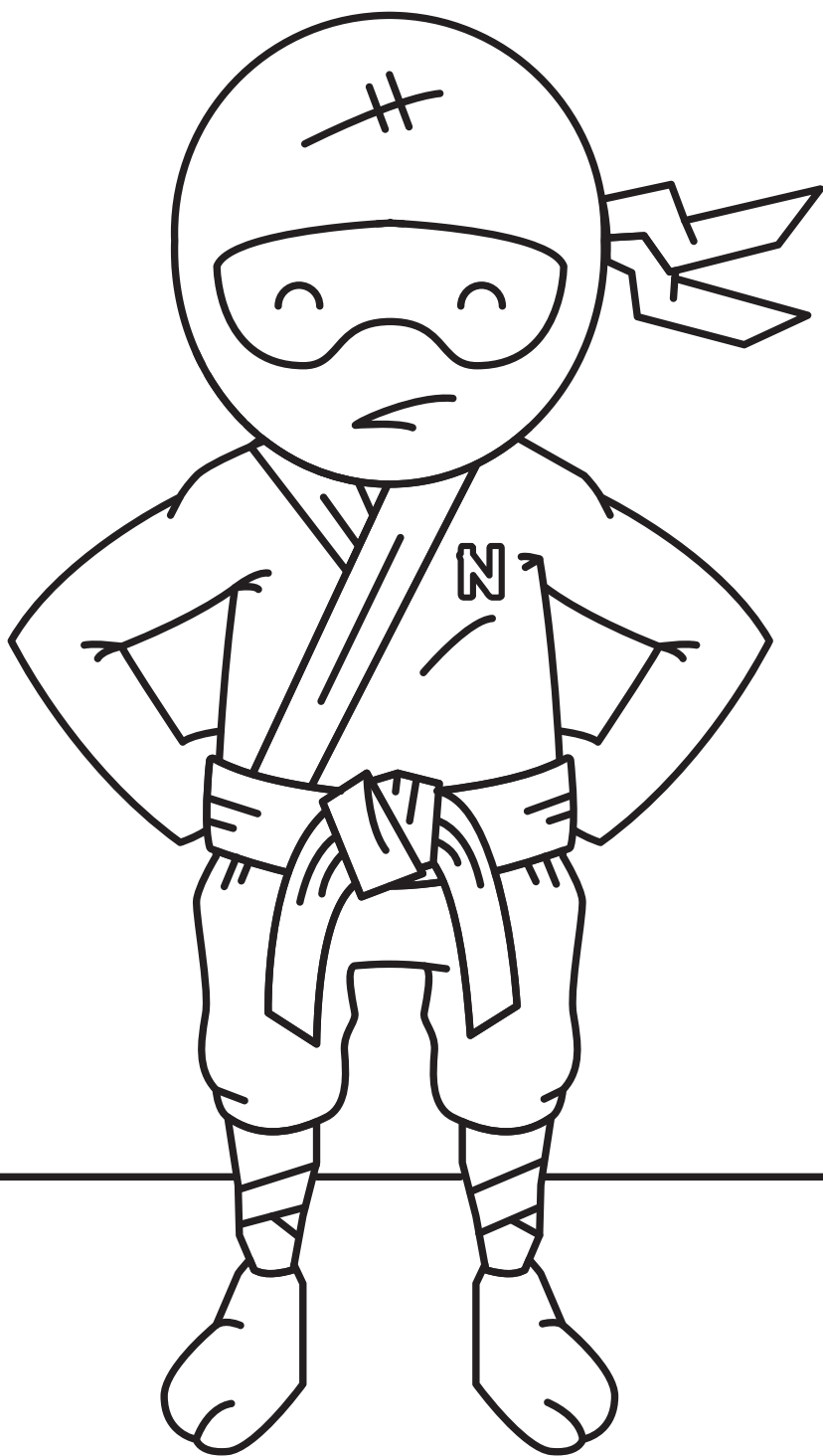
- A. Because they look cool
- B. They last longer
- C. They use less energy of a regular light bulb
- D. Both B and C are correct

6. Which action does not save energy in your home?

- A. Turning off and unplugging all appliances when you're not using them
- B. Turning all electronics on standby mode
- C. Using natural sunlight to light your room instead of turning the lights on
- D. Turning off the thermostat when you go on vacation

COLORING PAGE

Draw yourself next to Nico The Ninja!



RIDDLES

Q: How is energy conservation like a baseball team?

A: They can both use a switch hitter.

Q: How are renewable power plants like people who enjoy going to the beach?

A: They all like sun, wind and water.

Q: What is a renewable energy source that is used every day at your school?

A: Brain power!

Q: How many energy students does it take to change a light bulb?

A: None! They're smart enough to use-energy efficient compact florescent bulbs, which rarely need to be replaced.

Q: How do energy-conscious people feel about wind power?

A: They're blown away!

Q: What do you call a silly old man?

A: A fossil fool!

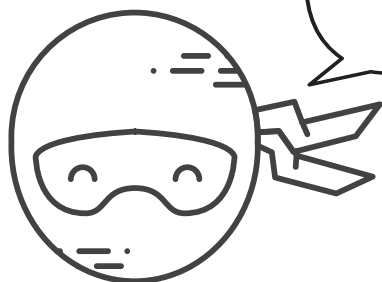
Q: How do we know that wind power is popular?

A: Because it has so many fans!

Q: What did the baby LED light bulb say to his mommy?

A: I love you watts and watts!

These funnies were found at: eia.gov/kids, buildfutureenergy.wordpress.com, jonesborocwl.org and dltk-kids.com



ANSWERS

**Renewable
Energy Sources**

Solar
Wind
Water
Biomass

**Nonrenewable
Energy Sources**

Coal
Oil
Gas

Energy Conservation Quiz Answers:

A,C,D,A,D,B

