



HOW TO ENCOURAGE YOUR KIDS TO BE **ENERGY EFFICIENT**



PLAY 'I SPY THE ENERGY WASTER'

Take turns identifying things around the house that are not energy efficient and come up with ways you could improve them.



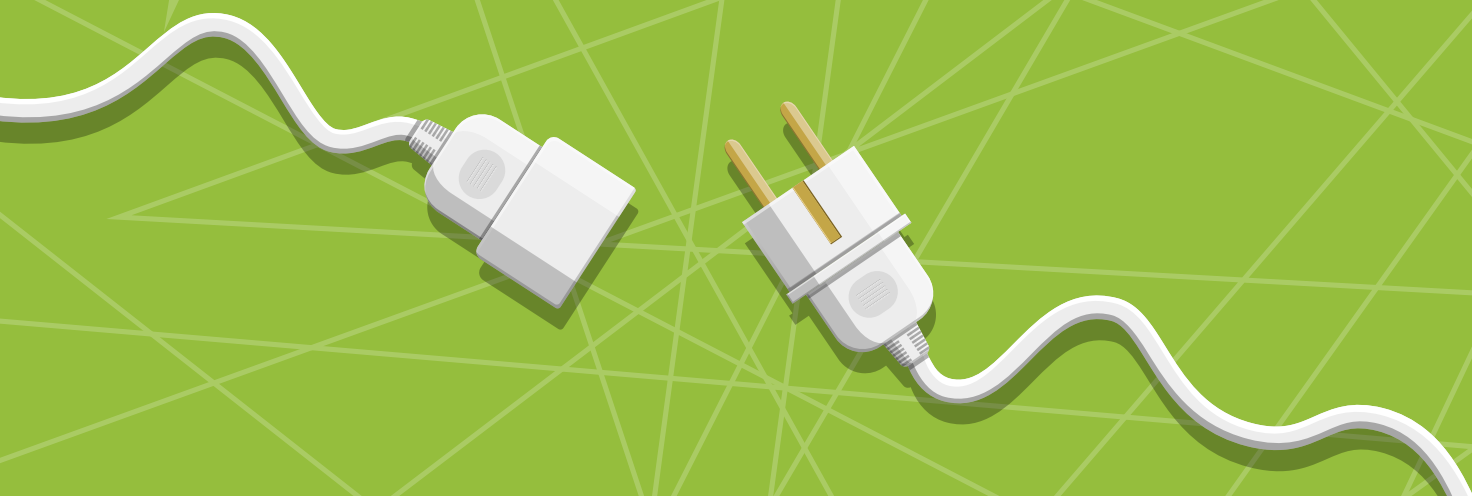
HAVE SONG SHOWERS

Encourage your kids to limit their shower time to the length of a song or two. It's a fun and effective way of saving on water-heating costs.



SWAP THIS FOR THAT

Make two sets of flash cards. One with all the heavy energy-consuming items in your home and another with smart swap-outs for those items. Play a game of cards and try to match the energy-consuming item with the smart swap. The person with the most correct matches wins.





COOK AN ENERGY-FREE MEAL

Make lunch or dinner without the use of ovens, microwaves or blenders. You can get your kids involved by having them choose the meal and help with the preparation.



KEEP COOL AND STAY WARM GAME

Each person has 10 seconds to come up with an energy-efficient way to keep cool or stay warm. You cannot use the same answer twice so this will challenge you to think outside the box.

