

SAVING ENERGY  
**INSTRUCTIONS FOR THE GROUP LEADER**

Intended audience: Children aged 6-10

*This program will teach basic concepts about energy and why we need to save it. It will stimulate discussions about the use of appliances and ways to save energy at home, even on Shabbat.*

*Please provide snacks in washable, biodegradable or recyclable containers.*

*The leader can pick and choose from the activities and handouts described below, according to the ages and size of the group.*

- I. Seat the participants in a small group, on the floor is fine.
- II. Start the discussion with the attached, "Why Should We Save Energy?"
- III. Distribute the sheet called "Energy Activity: Motion", which is page 4 from the workbook, "Energy Activities with Energy Ant". (see below)  

Go over which of the items use "some kind of fuel" for energy to move, and which use your muscles, or what we can call "people power"?

Could you use "people power" instead of some of the things that use "fuel"? (like walking instead of using a car, etc.) Is this always possible?
- IV. Distribute and introduce the Canfei Nesharim handout, "Electrical Appliances We Use at Home – Could We Use Them Less Often or More Wisely?" Have participants fill in their own marks in the appropriate columns, and discuss their answers.
- V. (If it's a small group, at this level of arithmetic) Distribute the sheet titled "Energy Activity: Energy at Home", from the workbook, page 6. Walk through the page with them, answering the questions as you go along.
- VI. The workbook has a fun board game called "The Race to Save Energy", that you can easily make, found on pages 14-15. You will need a pencil and paper clip, clear tape to tape the two pages together, some small items to move along the board, like various colored paper clips. It would be best if you could use a color printer to print the pages, and some poster board to stiffen the "board", but this is not essential.
- VII. If the participants are old enough, you can include the experiment demonstrating the efficiency of Compact Fluorescent Bulbs, found in the Canfei Nesharim activity for Teens. Materials needed for that experiment are listed there.

**MATERIALS NEEDED** (photocopy sheets back-to-back when possible):

- Canfei Nesharim handout – “Why Should We Save Energy?”
- Canfei Nesharim handout, “Electrical Appliances We Use at Home – Could We Use Them Less Often or More Wisely?”
- Pencils for everyone
- Pages from “Energy Activities with Energy Ant” – a workbook on line created by the Energy Information Administration of the U.S. Department of Energy, found on the web at:

[http://www.eia.doe.gov/kids/classactivities/Activitybook\\_web.pdf](http://www.eia.doe.gov/kids/classactivities/Activitybook_web.pdf)

- If you use the game in the workbook on pages 14-15, you will also need: One paper clip, clear tape, playing pieces to move on the board (like colored paper clips or slips of paper with names on them), and some poster board
- For further discussions or crafts projects, you may want to use:
  - “Wasted Energy - Home Energy Audit Check List”
  - Canfei Nesharim stickers and magnets on the theme of saving energy
  - The Canfei Nesharim page of graphics of small appliances, attached.
  - Pages of graphics from the Canfei Nesharim found in the children’s activity for ages 3-6
  - For the Experiment demonstrating the efficiency of CFLs, see instructions for that activity.

