

# Energy Saving

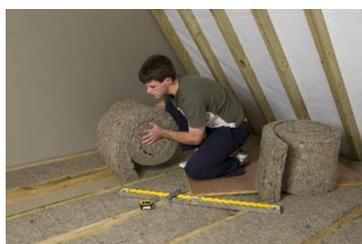
## Fun Family Activity Sheet

Your Name ..... Class..... School.....

1. Where is the coldest place in your home? .....



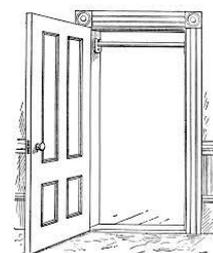
2. If your home feels cold, does it need more insulation? **Yes/No**  
 If **Yes**, where is it needed? (Ask a grown-up to help).



- In the loft (including on the loft hatch itself)
- In the walls (if your home has cavity walls)

**For information on home insulation, look at the Energy Saving Trust website.**  
**Would you like a free thermal-imaging survey of your home by one of the Project's volunteers? Send a request at: [www.schoolsenergyproject.org.uk](http://www.schoolsenergyproject.org.uk)**

3. Do your doors or windows often get left open so that lots of heat escapes? **Yes/No**  
 If **Yes**, try to remember to close doors behind you and/or to close windows when you leave a room empty, and remind others at home to do the same.



**After having a bath/shower, open the window and shut the door until the steam and condensation have gone. Then close them again afterwards. This helps to prevent mould growing in your home.**

4. In the colder places in your home, have you discovered windows or doors that have draughty gaps round them where the warmth is escaping? **Yes/No**

If **Yes**, tick any of the ideas here that you and your family at home could try:

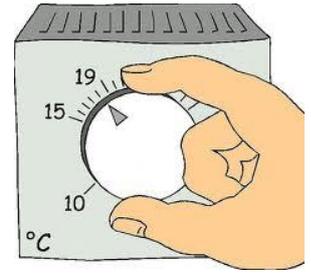
- Use draught-excluder tape to put in any gaps
- Adjust hinges on draughty uPVC windows
- Put new draught-excluding brushes on the letter box
- Put a heavy curtain across draughty external doors at night
- Put new rubber sealing strips or brushes around external doors
- Close curtains across your windows at night or when you are out
- Use stuffed draught-excluder "sausage dogs" across the bottom of draughty doors





5. Where is the hottest place in your home? .....

6. Do you have a central-heating thermostat at home? **Yes/No**  
If **Yes**, go to question 7. If **No**, go to question 8.



7. Have a look at your central-heating thermostat (ask a grown up to help you) and write down the temperature it's set at: .....°C

For your home to feel "Just Right" and not too cold and not too hot, the temperature should be between 18°C and 21°C. Is your thermostat set in the Just Right range? **Yes/No**  
If **Yes**, that's good news and it means you're not wasting energy or getting too cold!  
If **No**, which direction does your thermostat need to be adjusted? **Up/Down**  
By how many degrees? .....°C

**Did you know that if you turn down your thermostat, you can save about £80 each year for every degree you reduce the setting by!**

8. Do you have TRVs (thermostatic radiator valves) at home? **Yes/No**

If **No**, remember that getting TRVs fitted on radiators saves energy and money.

If **Yes**, ask a grown-up to help you check your TRVs. Remember if some rooms aren't used very much, the TRV could be turned off (zero setting). For all other rooms, adjust the TRVs to get the temperature comfortable.



Number of TRVs turned **up**.....

Number of TRVs turned **down**..... **Don't forget, turning down TRVs will save you money!**

Check each room every few days in case the weather has got colder or warmer.



9. Remember that when we go from a warm room to a slightly less warm room, we may feel a slight shiver as though the second room is cold, but it isn't. It's just our bodies feeling the slight drop in temperature. So don't turn up the heating. Put on a jumper or cardigan when leaving a warm room – it's a lot cheaper! Our bodies are amazing and can adjust quite quickly to a slightly less warm temperature – it only takes a couple of minutes.

**10. Now you've finished your Activity Sheet, please return it to your teacher as your school could win a prize for completing the most sheets. Thank you!**