



- Opt for natural light during the day instead of using overhead lights or lamps.
- If using overhead lights or lamps, shut them off when leaving the room.
- Unplug electronics that aren't in use, including all chargers. *Tip: Keep an eye on your devices when charging. Not only does charging past full waste energy, but it causes rechargeable batteries to deteriorate faster.*
- Make sure all doors and windows are closed when the air conditioning or heat is in use within a room.
- Keep air and/or heating vents clear at all times. If there are books or other objects blocking the vents, relocate them.
- Let a parent or caretaker know if you feel a draft near a closed window or a leak near a sink, toilet, bathtub/shower and/or any other appliance that utilizes water (e.g., a washing machine or dishwasher).
- Try to be quick when searching for something in the refrigerator and/or freezer. Close the door firmly when finished. *Tip: Keeping the refrigerator and/or freezer stocked with bigger items helps the appliance retain its temperature without using extra energy.*
- Use cold or lukewarm water whenever possible. Heating water uses a lot of energy!
- Plant a shrub or tree in your backyard. They not only help to remove carbon dioxide from the air but output the oxygen that we need to breathe!