

# GUIDELINES FOR CHILDREN

## BE AN ECO-HERO TODAY!

Save energy, save water, and save our future!



**Small Actions Make a Big Difference!**

# Water & Energy Conservation at Home....

## YOU CAN HELP!

1

### Take a Shower Instead of a Bath

**Taking a bath** can use up to 90 litres of water, that's just for one wash! **It takes power and energy to heat the water that is used in both baths and showers.**

However, taking a shower uses 3 times less water than a bath which means a lot less energy is used to heat the water. **Switching to showers is a great way to conserve energy while staying squeaky clean.**



2

### Use the Dishwasher Instead of Hand Washing Dishes

**Dishwashers are more efficient than hand washing** because they use less water and energy. They typically use 7 to 8 litres of water per load, compared to up to 70 litres by hand. Running a full dishwasher load saves both water and energy, as it cleans many dishes at once with less overall resource use. **So, using a dishwasher helps conserve water and energy while keeping your dishes clean!**



3

## Turn Everything off When You Aren't in the Room

**When we leave lights on, it uses energy to keep them glowing.**

The same energy could be used for other things, like heating water for your shower.

**Water heaters also use energy to heat water.**

So, if we're wasting energy by keeping the lights on when we don't need them, it means there's less energy available for other things, like heating water.



It's a way to **be smart** about how we use both water and energy!

4

## Keep Windows and Blinds Closed

**Air conditioners use a lot of energy to keep our houses cool,** especially when it's hot outside. But did you know that cooling systems also use water? In big power plants, water is often used to cool down the machines that make the electricity for your air conditioner!

If we **close the curtains** to block the sun and use fans to **stay cool**, we can **use less energy from the air conditioner**. This saves both energy and the water used in the power plants to make that energy.

So, **by keeping the house cooler in smart ways**, like using fans and curtains, we save both water and energy, helping the planet!



5

## Watering our Gardens

**Plants need water to grow**, just like we need food. But farmers and gardeners don't always get water straight from rain. **They often use energy (like electricity) to pump water from rivers, lakes, or wells to their fields.**

If we use less water in our gardens by watering wisely, we not only save water, but we also save the energy used to move that water around! Preferably you should also consider using mulch and native plants that require less water.

So, by being careful with water, like not overwatering plants, **we can save both water and energy at the same time!**

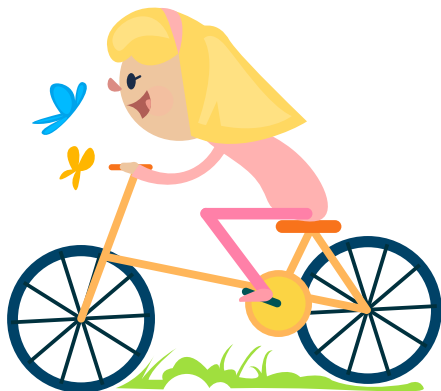


## Water & Energy Conservation at School.... YOU CAN HELP!

A

## Ride a Bike or Walk to School

Driving a car takes a lot of gas to get to our destination and produces many emissions. **A great alternative for older students is to ride a bike or walk to school.** This allows the oil that would be used in a vehicle to power other things, like electricity for our homes.



**B**

## Use Both Sides of a Piece of Paper

**Making paper uses both water and energy.** Factories need water to clean and prepare the wood, and they use energy to run the machines that turn the wood into paper. **Just 1 kilogram of paper requires 324 litres of water to produce.** You can conserve energy at school by using less paper and make sure you used both sides.

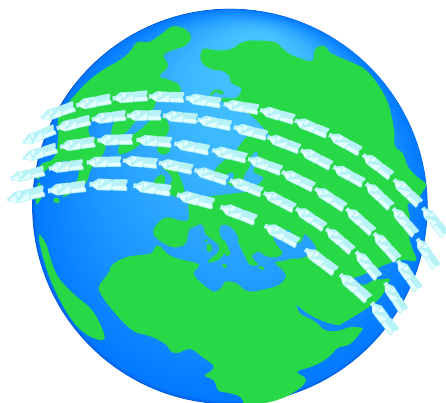
**If we use both sides of a piece of paper, we need less paper overall.** That means less water and energy are used to make more paper.

**C**

## Use a Reusable Water Bottle

**Plastic water bottles are made in factories that use a lot of energy to create,** and then even more energy is needed to transport and recycle them. **In just one week enough plastic bottles are used to wrap around the world five times.**

If we use a reusable water bottle instead, we help save both water and energy. **That's because it takes less energy to refill a bottle than to keep making new ones!**



## D

# Recycle

When we make new things from raw materials, like paper from trees or plastic from oil, it takes a lot of water and energy to produce them.

But when we recycle items like **paper, plastic, and cans**, we use less energy and water than making new things from scratch.

So, **by recycling**, we're not just helping the environment by reducing waste, **we're also saving the water and energy needed to create new materials!**



## E

# Be responsible for your Class

**Lights and computers use energy to work.** If we leave them on when we don't need them, we waste energy. That same energy could be used for other important things, like pumping water or heating water for the school.

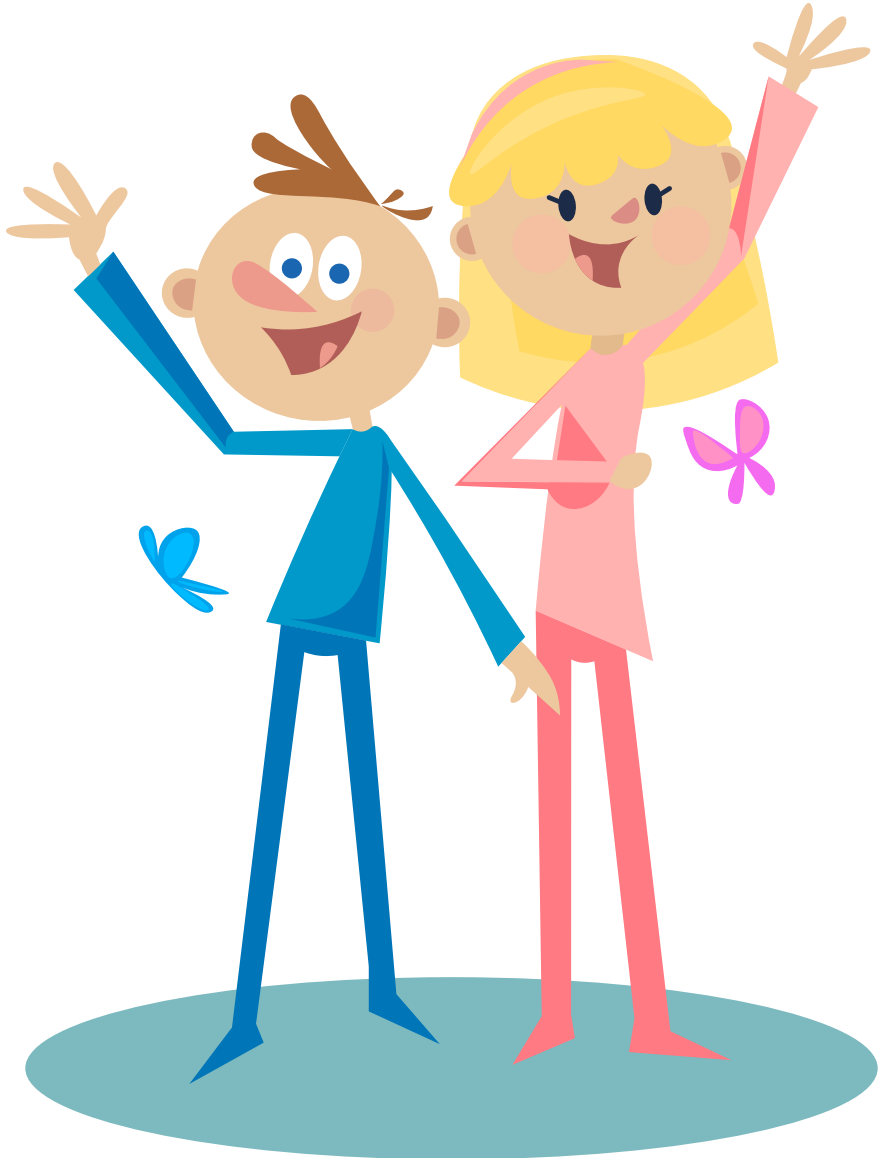
When we waste water by leaving faucets running, we also waste the energy needed to clean, move, and heat that water.

So, by **turning off lights, unplugging devices, and not wasting water in the classroom**, we help save both energy and water, making **the world a better place!**



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