

MORE OR LESS ENERGY GAME



Instructions:

Some of the choices we make use MORE energy. Other choices use LESS energy. When we stand up and get active we use MORE energy than when we lie down and rest, which uses LESS energy. First, the activity leader should explain to the group that our choices have an impact on the world around us. In the choices listed below you will find pairs of choices that represent MORE energy use or LESS energy use. Let's get started to learn about choices that waste less energy!

This activity can be played in different ways: with physical activity, or with limited space. Additionally, there are different instructions for participants who are readers or non-readers. Based on the space available and the learning levels of the group, select from the activity options below.

For non-readers and active groups:

The activity leader will read a statement from the list below. Read the statements one at a time, in any order, and ask participants to determine if the choice in the statement uses MORE energy or LESS energy. Use the opposite statement in the relative column as an answer key that represents a different choice.

Participants should not call out the answer or raise their hands. There's a better way! Instead, participants can demonstrate their response: If the statement uses MORE energy, the participants can get up, get active, or dance or run on the spot. If the statement uses LESS energy, participants can lie down, sit down, or slow down. It helps if you have musical clip to play during a 5-10 second response time, sort of like Musical Chairs. Pause after the participants have demonstrated their answers to discuss the possibilities. Share in detail the reasons why the statement would use more or less energy using the relative choice column. The game can last as long as it's fun, and everyone who participates will win!

If the participants are more competitive, play by eliminating participants who get answers wrong until the winners are the last ones standing (or sitting). Reward the winners with a small green prize!

For readers and discussion groups:

Print the statements below and cut them into individual strips. Mix up the MORE and LESS statements, and ensure both choices in each pair are used. Distribute a statement to each participant.

Ask the participants to divide into two groups based on the statement they were given: a MORE group and a LESS group. Additionally, you could ask participants to find the person with the opposite statement from the opposing group. That may help them determine whether they have a MORE or LESS statement.

Once the participants are in the appropriate group, review the statements and ask them to explain why they think the statements use more or less energy.

For energy saving tips check out: <https://www.efficiencyns.ca/residential/energy-saving-tips/>

MORE ENERGY	LESS ENERGY
My family uses regular incandescent light bulbs in every light in my house.	My family uses LED light bulbs instead of regular incandescent bulbs.
You leave the tap on while you brush your teeth and water runs down the drain.	You turn off the tap while you brush your teeth to save water.
You always leave the computer on.	You turn off electronics like TVs and computers when you're finished.
During the day, you leave the lights on in your bedroom.	During the day, you open the blinds in your bedroom to use natural light from the sun.
I reheat leftovers in a regular oven instead of with a microwave.	I reheat leftovers in the microwave instead of in a regular oven.
On hot sunny days, you open the blinds and turn on an air conditioner.	On hot sunny days, you use curtains and blinds to keep out the sun's heat. You use a fan to cool off instead of an air conditioner.
When it's cold outside, the windows might be left open even when the heat is on.	When it's cold outside and the heat is on, you make sure to close windows.
On cold winter nights, you leave the curtains and blinds open overnight instead of closing them.	On cold winter nights, you close the curtains and blinds to keep the heat and light indoors.
There are very old appliances in your home. They often break or leak.	There are appliances in your home that have a symbol that says "Energy Star".
School computers stay in sleep mode all weekend.	School computers and power bars are turned off for the weekend.
If you are cold, you turn up the heat.	If you are cold, you put on socks and a sweater.
You use incandescent mini light bulbs to decorate during the holidays.	You use LED mini lights to decorate during the holidays.
In the winter, the school windows and doors are drafty and it's cold when you sit near the windows.	In the winter, the school windows and doors are closed and sealed, and there are no cold drafts!
You get a drive to school.	You take the bus to school.
Your TV or radio plays to an empty room.	Your TV or radio is off when nobody is watching or listening.
When it is cold, outside doors are left open and the house gets cold.	When it is cold, you close outside doors quickly.
I wash my laundry with hot water.	I wash my laundry in cold water.
The refrigerator door is left open while you grab the milk.	You close the refrigerator door quickly after opening it.

MORE ENERGY	LESS ENERGY
I always dry my laundry using the dryer.	I hang my laundry to dry outdoors. It smells so good!
I boil a full kettle when I want to make a cup of tea. It takes a little while to boil.	I only boil the water I need to make a cup of tea. It comes to a boil quickly.
When you come home from school you immediately turn on the TV.	When you come home from school you go outside.
You have leaky faucets at school or at home.	None of your faucets leak at school or at home.
When boiling water on the stove, I don't use a lid on the pot. It takes a while for the water to start to boil.	When boiling water on the stove, I put a lid on the pot. It doesn't take long to boil.
When I wash the dishes, I leave the hot water running until I'm finished.	When I wash the dishes, I rinse in cold water. I shut off the tap instead of continuously running the water.
In the winter in my house we sometimes forget to turn down the heat when we leave the house.	In the winter we don't change the heat in my house. We have a smart thermostat. It keeps us comfortable when we're home and saves energy when we're out.
You leave your mobile devices (tablets, phones etc) plugged in even when they are fully charged.	Your mobile devices and chargers are unplugged when the battery is full.
At your house, outside lights are on all the time, even during the day.	At your house, outside lights have motion-sensors. You have solar lamps to light your pathway at night.
At your house, everyone takes hot baths instead of showers. It takes a long time to fill the big bathtub.	At your house, everyone takes short showers. If someone wants a bath, they have one per week.
In the summertime at your house, the lawn mower is used at least once a week. It takes a long time to cut the big lawn.	At your house, the lawn gets cut only when the grass is up to your ankles. It stays soft and never needs watering. There are lots of gardens and trees.
When I wash vegetables at home, I use the sink and let the water run until all the veggies are washed.	When I wash vegetables, I use a sink half full of water and scrub them. The sink has a plug that works well.
I ask for a drive when I could walk or bike instead.	I walk or bike when I am headed to a nearby destination. I ask for a drive if it's a long way.
At school, we have to put our apple cores in the garbage. No one has installed recycling or compost bins.	At school, we recycle and compost our waste whenever we can. There's a student group that puts up signs and helps us sort our waste properly.
I eat meat at every meal.	I eat meat once a week. We eat food that comes from plants at every meal at my house.