

# Energy Use Journal

## HOW DID YOU USE ENERGY THIS WEEK?

### Increase student awareness of their energy use.

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#### Create a Journal

Have the students keep a journal of their daily energy use for one week.

Give the students some guidelines, such as how you want the journal to look, and what would be in it.



#### Discuss Your Journal

Every day have them share some of their entries with the rest of the class.

At the end of the week discuss the journals as a class.

- Did they find their energy habits changing at all as a result of this exercise?
- What opportunities do they see that they have to conserve energy in their daily lives?



#### List Your Ideas

Make a list of their conservation ideas on the board.

#### Organize Your Ideas

The next week, have them organize the daily journals into two headings:

- "Energy I Used"
- "Energy I Saved."



#### Share Your Ideas

Every day have them share their efforts to save energy, and share some of your own. Recognize and encourage their conservation efforts.

