

Energy Use Journal

HOW DID YOU USE ENERGY THIS WEEK?

Increase student awareness of their energy use.

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.

