



# At-Home Sustainability

FLX 4-H Learning Launchpad

Friday March 27, 2020

🍀 Hi! Are you learning a lot from home lately? Have you tried to save energy along the way? This lesson aims to explore energy, where it comes from, the impacts it has, and various ways that you can be more sustainable in your home!

Please use this free online resource as a guide for this lesson & activity:

NYSERDA *Energy Action At Home* Booklet

<https://www.nyserderda.ny.gov/Communities-and-Governments/P-12-Schools/Energy-Action-at-Home>

## Getting Started

\*Use the following discussion questions to get to know the topic.

\*Answers and more information can be found in the *Energy Action At Home* Booklet.

1. *What is energy? Where does it come from?*
2. *How do we use energy in our homes?*
3. *What is sustainability? Why is it important?*
4. *How do you practice sustainability in your daily life?*
5. *What are the positive outcomes of saving energy and sustainability?*

## Using & Saving Energy

\*Use the following resources for information, games, and activities to learn more about energy use and sustainability.

*EnergySTAR Kids:*

[https://www.energystar.gov/index.cfm?c=kids.kids\\_index](https://www.energystar.gov/index.cfm?c=kids.kids_index)

*NYSERDA Energy Action At Home Booklet:*

<https://www.nyserderda.ny.gov/Communities-and-Governments/P-12-Schools/Energy-Action-at-Home>

*NYSERDA Energy Saving Tips:*

<https://www.nyserderda.ny.gov/Residents-and-Homeowners/At-Home/Energy-Saving-Tips>

# At Home Sustainability Scavenger Hunt

\*Complete this activity inside your home or current location - Find as many items as you can!

\*Make a list to keep track of each category!

\*Use the resources above for help along the way.

- 🍀 **10 devices that are using energy in your home**
- 🍀 **9 opportunities for sustainability in your home**
- 🍀 **8 reusable or recyclable items**
- 🍀 **7 electricity free activity ideas**
- 🍀 **6 ways that you are currently saving energy**
- 🍀 **5 people you will share sustainability ideas with**
- 🍀 **4 places where you could use less light energy**
- 🍀 **3 energy phantoms/vampires**
- 🍀 **2 things you learned TODAY**
- 🍀 **1 thing that you will do NOW to be more sustainable**

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## Share!

\*Feel free to look back at the resources above during your discussion.

- 🍀 Share your scavenger hunt results together and discuss some steps you can take to be more sustainable in your home.
- 🍀 If you can, share your results with the **FLX 4-H Learning Launchpad** by posting a photo of your list in the At-Home Sustainability comments section!

