




What Forms of Energy Did You Use Today?

Energy is the ability to do work. Throughout our day we live our lives using forms of energy, renewable and non-renewable, to perform normal daily tasks which we don't even think about. Being aware of your own energy use is the first step to understanding how you can start to conserve it or use it more efficiently.

Think deeply about the activities and actions you do on a normal school day for a 24 hour period. Then think about the devices, electronics, machines, etc that require the expenditure of energy for you to live your life the way you do. List these things in a timeline format. An example is shown below.

Time	Activity	Energy Using Equipment
12:00 am- 5:29 am	Sleeping	Bedside clock running, iphone charging at wall outlet, air conditioner running, coffee maker timer on, hot water heater on, nightlight on in bathroom
5:30 AM	Wake Up	Bedside clock alarm goes off. Turn on bedside lamp
5:30 am- 6:15 am	Get ready for school	Turn on bedroom and bathroom lights, run hot and cold water for shower, teeth brushing, toilet. Use hairdryer and curling iron. Coffee maker running
6:15 am- 6:45 am	Get ready for school	Turn on kitchen lights, Open fridge for milk and lunch, use microwave for making oatmeal, get coffee from coffee maker, use iphone to check Facebook, load dishes into dishwasher, feed pet lizard- aquarium heat lamp to keep it warm. Leave house and turn on alarm.
6:45 am- 7:15 am	Going to school	Ride on bus, listen to music on iphone
7:15 am- 8:15 am	1st hour	Classroom lights, clock, printers, chrome book, overhead projector, room air conditioning
8:15- 9:15 am	2nd hour	Classroom lights, machine shop equipment, room air conditioning, classroom clock
etc.	etc.	etc.
		
10:00 pm- 12:00 am	Sleeping	Bedside clock running, iphone charging at wall outlet, air conditioner running, coffee maker timer on, hot water heater on, nightlight on in bathroom

Once complete with your recordings you will share this information with a group in the class and discuss if there are any ways you can see how you can reduce your daily energy consumption.