

Activity: My Thermal Comfort at Home

Part 1: My daily interactions with energy

When do you interact with energy and what type of energy do you use?

Instructions

- 1. Using the boxes provided, briefly describe what you do in a typical day from the moment you wake up until the moment you sleep at night.
- 2. Consider all the things that you have mentioned, list some of the interactions with energy that you have each day (e.g. lighting, heating or electricity)



ENERGE template

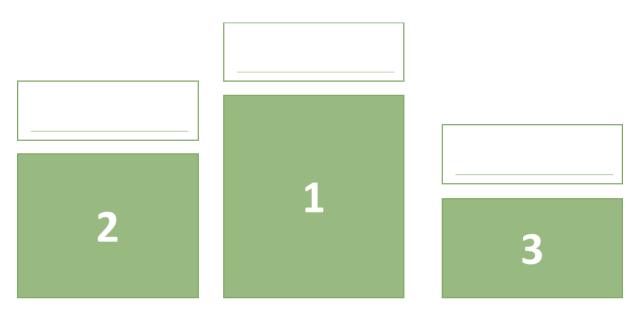
e what you do on a typical morning	
	- <u>`</u> -
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	How do you interact with energy throughout the so
	day? Can you list some of these interactions?
you get to and from school? Describe your typical	
у	
	How do you interact with energy in the evening? Ca
	you list some of these interactions?
typically do in the evening?	
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	How do you interact with anargu throughout the minh
	How do you interact with energy throughout the night Can you list some of these interactions? (e.g. heating
	lighting or electricity)
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Part 2: My daily interactions with energy

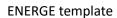
Instructions:

STEP 1: What are the three electrical devices that you use the most in your daily life? Briefly describe why you like these electrical devices.



STEP 2: Calculate the approximate energy use in kWh for your three favourite electrical devices

Device	Max. Power use (W)	Total usage per weekday day? (hrs)	Total usage per week -end day? (hrs)
1.			
2.			
3			





STEP 3: Calculate the approximate energy cost (£/€) for your three favourite electrical devices.

Note: you will need to find the cost per kWh unit for your region or supplier. This can be found by visiting the utility company website.

Device	Avg. Total kWh per	Avg. Total kWh per	Avg. cost per total kWh
201.00	day	year	per year (£/€)
		,	1 - 7 (7 - 7
			(total kWh X unit cost)
1.			
2.			
2			
3.			



Part 3: My daily interactions with energy

<u>Instructions:</u>

Besides being a student, are you also a sister/brother, teamleader, artist, musician, activist, gamer or YouTuber?

- 1. Think about the different roles you take on bot hat home and in school and write them
- 2. What actions do you think that you could do for energy saving now and in the future ? Write them down



LOW CARBON				ENERGE template
1 Mussalas	1	2	3	4
1. My roles	1	2	3	4
2. Actions that I will take now				
	1	2	3	4
3. Future actions that I will take				