

## 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

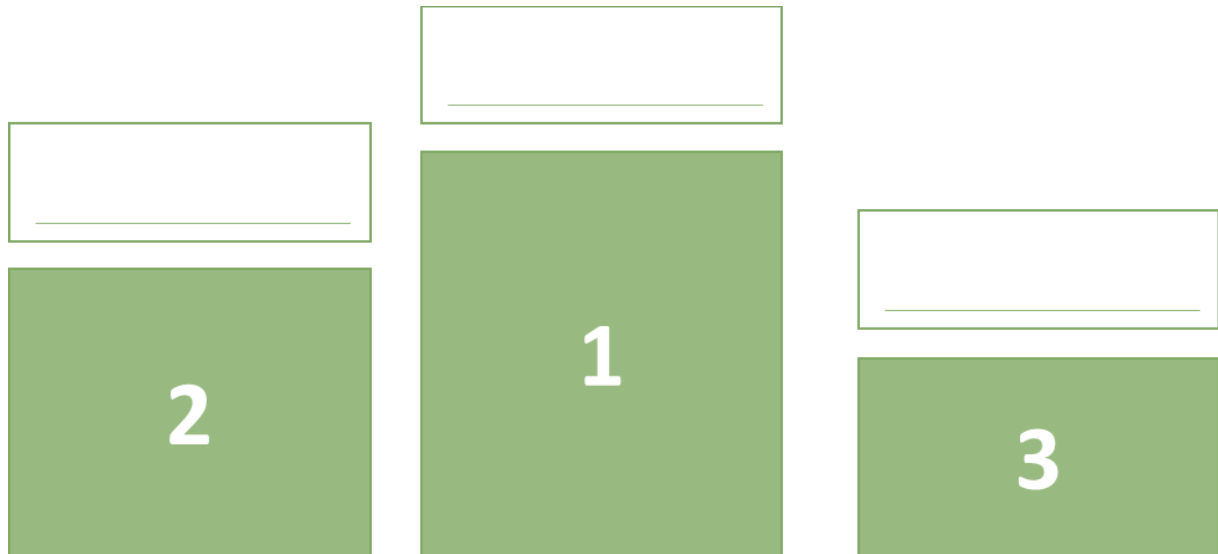
1. Using the boxes provided, briefly describe what you do in a typical day from the moment you wake up until the moment you sleep at night.
2. Consider all the things that you have mentioned, list some of the interactions with energy that you have each day (*e.g. lighting, heating or electricity*)



## 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 day	Avg. Total kWh per year	Avg. cost per total kWh per year (£/€) (total kWh X unit cost)
1.			
2.			
3.			

## Part 3: My daily interactions with energy

### Instructions:

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 both at home and in school and write them down
2. What actions do you think that you could do for energy saving now and in the future ?  
Write them down



**1. My roles**

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4. \_\_\_\_\_  
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**2. Actions that I will take now**

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**3. Future actions that I will take**

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