## **December activities**

## Power Down Month

Welcome to Power Down Month! The holiday break is in sight, and we want to help you prepare your classroom and school to save as much energy as possible while the school is empty.

This month, we've put together some fun activities for your students so they can play an active role in the power down prep. Plus, you'll find helpful checklists for how to power down your classroom and/or school each day, over the weekend and during longer breaks.

Don't forget, all activities are optional! But for December, we recommend starting with Power Down Trivia before jumping into the rest of the activities.

## Power Down Trivia

Power Down Trivia is a fun and interactive way for students to gain an understanding of what needs to be powered down or unplugged in their classrooms! This game takes about 25-30 minutes to play.

#### Instructions for facilitators

- Introduce yourself as the trivia host. (See the "Script for trivia host" section for a detailed script.)
- 2. Break up the class into small teams of four to five students each. Have them sit together, and give them a few minutes to come up with a fun energy-themed team
- 3. Have students on each team select the order they want to go in. You might need to assign younger students a number.
- 4. Have all the "ones" line up together.
- 5. Tell students not to shout out answers until the question and all the answers have been read. Instead, they should raise their hands when they think they have the answer. Teams will lose a point if an answer is given too early.
- 6. Start the game by reading out the first question and the multiple-choice answers.
- 7. Call on the first student you see with a raised hand.
- 8. Give the team one point if the student answers correctly. Keep score on the whiteboard or scrap paper.
- Call on the next student with a hand up if the first team answered incorrectly. Repeat until someone gets the correct answer.

- 10. Use each correct answer given as an opportunity to talk about that question's topic. Answers and explanations are on the following pages.
- 11. Tally the points and announce the winner once you've gone through all the questions! If there's a tie, then both teams are declared winners!

Reward the winning team with a cost-conscious prize or a bonus, like five extra points on their next test, a feature on the classroom bulletin board, etc.

You also have the option to copy the questions into a PowerPoint that you can project onto a wall or screen.

## Script for trivia host

- Hello, and welcome to Power Down Trivia the electrifying game all about energy!
- First, you'll split into teams of four to five students.
- Next, each team member will choose the order they want to go in first, second, third and so on.
- We'll start by having all the "ones" line up together.
- Then, I'll read a question and four possible answers.
- When you think you know the answer, raise your hand. But please don't shout out the answer! Your team will lose a point if you do.
- I'll call on the first hand I see, and you'll get to give your answer then.
- Make sense? OK, good!
- Then we'll move on to the "twos."
- After all the questions have been answered, I'll tally up the final scores. The team with the most points wins! (If there's a prize, you can announce it here.)
- Who's ready to play Power Down Trivia?!

## Grades K-3 trivia questions and answers

## 1. What technology needs to be powered down when you're done using it for the day?

- A. Pencil
- B. Notebook
- C. Computer/laptop
- D. Backpack

The correct answer is C! Computers, laptops and tablets use electricity even when they're in sleep or standby mode.

## 2. When should you turn off the lights in the classroom?

- A. In the middle of the day
- B. When no one is in the room
- C. Never the lights should stay on all the time.
- D. Whenever you feel like it

The correct answer is B! Turning the lights off when everyone has left the room is a great way to save energy.

## 3. Which of these things does NOT use electricity?

- A. Ceiling fan
- B. Clock
- C. Television
- D. Desk

The correct answer is D! There are many things that use electricity, even if they seem like they don't, like a ceiling fan or clock.

#### 4. When is the best time to shut the windows?

- A. When it's very hot or very cold
- B. In the morning
- C. At the end of the day
- D. There's no best time

The correct answer is A! We keep windows shut when it's very hot or very cold, and even when it's raining. That helps us keep the temperature in the classroom comfortable. We should also keep the windows shut anytime the heat or air conditioning is on.

## 5. What superpower do power strips have?

- A. They're strong and can wrestle really well.
- B. They have a switch that turns off everything that's plugged into them.
- C. They can sing so well they win contests.
- D. They can make cupcakes appear out of thin air.

The correct answer is B! Power strips control the electricity of everything plugged into them. When you're done with those things for the day, they can all be turned off at the same time just by flipping the power strip switch. Then there's no wasted power!

## 6. Which of these can make electricity?

- A. Sun
- B. Wind
- C. Rivers and dams
- D. All of the above

The correct answer is D! The sun, wind, and rivers and dams can all be used to make electricity.

## 7. Why do we want to keep the doors shut when it's very hot or very cold?

- A. Because we can!
- B. To keep the hallways quiet
- C. To help the heating and cooling system save energy
- D. To keep the hot or cold air out of our room!

The correct answer is C! The school's heating and cooling system works better when we keep the doors shut during very hot or very cold weather. That means our school stays cooler in hot weather and warmer in cold weather.

# 8. Not only does turning the faucet off while you soap your hands save water, it also helps save what?

- A. Time
- **B. Electricity**
- C. Animals
- D. Air

The correct answer is B! It takes electricity to move water from the tank to the faucet. Plus, if the water is hot, it takes even more electricity to heat the water.

## 9. Which of these things uses electricity?

- A. Printer
- B. Copier
- C. Monitor
- D. All of the above

The correct answer is D! All of these devices use electricity. Powering them down when we're not using them saves energy.

## 10. What are phantom/vampire loads?

- A. Warnings on electronic devices that tell you they need to be charged
- B. Leftover energy in a device that doesn't get used
- C. The drain of energy from electronic devices and appliances that are turned off but are still plugged in
- D. The energy stored in a device after it's unplugged

The correct answer is C! Electronics continue to use energy any time they're plugged in — even when they're off or in standby mode.

## Grades 4-6 trivia questions and answers

## 1. What needs to be turned off when we leave the room and at the end of the day?

- A. The lights
- B. The thermostat
- C. The microwave
- D. Water supply

The correct answer is A! Lights help us see, but we don't need them on when no one is around! So always remember to flip the light switch if you're the last one to leave.

# 2. Which one of these helps keep the temperature of the classroom comfortable and should be closed at the end of the day?

- A. Laptops
- B. Vents
- C. Blinds/shades
- D. Closet doors

The correct answer is C! Blinds and shades help keep the sun from warming the room through the windows. That matters even more when it's hot outside!

# 3. Which device controls the temperature of our school and should be adjusted before short and long breaks?

- A. The oven
- B. The thermostat
- C. Ceiling fan
- D. Electrical outlet

The correct answer is B! Thermostats sense the temperature of a space, like your home or our school, and control the heating and cooling systems. So when we leave for breaks and no one is here, we should adjust the thermostat to a lower or higher temperature depending on the season.

## 4. Which appliance in the kitchen uses the most energy?

- A. The oven
- B. The dishwasher
- C. The microwave
- D. The refrigerator

The correct answer is D! A refrigerator uses almost four times more energy than an oven, the second-largest energy user in the kitchen. So next time you're trying to decide on a midnight snack, make sure to do it with the refrigerator door closed!

## 5. What should you turn off when you're done using it at the end of the day?

- A. Computer monitor
- B. Cellphone
- C. Projector or smartboard
- D. Air conditioner

The correct answer is A! Anytime you're done using a computer, turn the monitor off. It's the part of a computer that uses the most energy. Turning it off will reduce energy waste!

## 6. Even when it's turned off, which device still uses energy if it's plugged in?

- A. TV
- B. Charger (cellphone, laptop, etc.)
- C. Video game console
- D. All of the above

The correct answer is D! Any electronic or appliance plugged into an electrical outlet uses power, even if it's turned off.

## 7. Which of these is not an example of a renewable energy source?

- A. Coal
- B. Solar energy
- C. Wind energy
- D. Hydropower

The correct answer is A! The coal we use today got its start 300 million years ago when dinosaurs still walked the Earth. Back then, as plant matter on Earth died and decayed, pressure and time formed it into coal. But there is only so much coal on the planet, and it takes a very long time to make. That's what makes it a nonrenewable source of energy.

## 8. What is not an example of efficient energy use?

- A. Turning the lights off when you leave a room
- B. Turning off the water while you brush your teeth
- C. Leaving your laptop plugged in overnight
- D. Closing the windows when the heat or air conditioning is on

The correct answer is C! If it's plugged in, it's using power! This is sometimes called "vampire power" because the device sucks energy even when it's not being used.

## 9. Which of these things uses electricity?

- A. Printers
- B. Copiers
- C. Monitors
- D. All of the above

The correct answer is D! All of these devices use electricity. We can reduce energy waste by powering them down when we're not using them.

## 10. How does saving water save energy?

- A. It doesn't. The two aren't related.
- B. Energy is used to treat, pump and heat water before and after it comes out of your faucet.
- C. Energy is only used to make water hot.
- D. Energy is only used to move the water.

The correct answer is B! It takes energy to treat, pump and heat water before it comes out of your faucet.

## Power Down poster

In this activity, you'll have your classroom or smaller groups of students create a poster showing all the ways they can help power down their classroom over winter break. They can draw, write, paint or cut images out of magazines — encourage their creativity! As a bonus option, hold a classroom or schoolwide competition for the most creative poster.

#### Instructions

- 1. Create teams of three to five students.
- 2. Give students a poster, a piece of butcher paper or even an 8.5-by-11 sheet of paper if your class is using scrap paper or printer paper to conserve resources.
- 3. Explain that their goal is to find in-classroom equipment or appliances anything that can be powered down over the break. Use the **Classroom Power Down Checklist** found at the end of this section for helpful ideas to share with your students.
- 4. Have teams write their items/ideas on their posters with creative illustrations, images, etc., to go with them. You might need to help younger elementary students with the writing.
- 5. Hang the posters in the classroom or another common area in the school.
- 6. Have everyone vote for their favorite if you choose to do a competition, and then announce a winner!

## Power Down Friday

In this activity, students will work together with your selected activity facilitator to conduct a Friday walk-through of the school. Using a checklist, they'll identify things that can be powered down over the weekend to reduce energy waste.

This activity works best with small groups of students, like those serving on the Energy Team or anyone interested in getting more involved with School Uplift. Encourage teachers to announce Power Down Friday in their classrooms, and direct any interested students to the activity facilitator. (If you end up with multiple groups, you can have them alternate Fridays.)

Hold Power Down Friday meetups during the last half hour of school or as an after-school activity. Choose the timing that works best for your school!

#### Instructions

- Identify the common areas students will be checking in their Friday walk-throughs, like hallways, the cafeteria, the gym, the library, etc. List what can be powered down in each space. Reference the Common Areas Power Down Checklist found at the end of this section for helpful ideas.
- Create a student-friendly printable checklist, including only the items relevant to your school. Or give students a copy of the Common Areas Power Down Checklist. Your students will use this during their walk-through. Include space on the checklist for the date and students' names.
- 3. Create a walk-through plan with starting and ending points.
- 4. Have your student volunteers meet up on Fridays at the appointed time and location.
- 5. Give one person the checklist you created. (A clipboard is very handy here!) Then begin your walk-through. You might have to assist younger students with reading.
- 6. Have students call out what they see that needs to be powered down for the weekend in each space you're checking. Where appropriate, let them do the actual powering down. Then check it off the list.
- 7. Have students write their names on the checklist once you've completed the walk-through.
- 8. Nominate a student to return the checklist to the appropriate person on the Energy Team, if that isn't you. Don't forget to give them any special instructions they might need, e.g., placing it in someone's school mailbox.

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shop.need.org/collections/primary-guides/products/energy-efficient-gingerbread-house.

# Classroom Power Down Checklist

Daily
☐ Close doors, windows and blinds/shades.
☐ Turn off lights, ceiling fans and decorations.
☐ Turn off TVs, radios, DVD players, etc.
☐ Turn off computers, monitors, speakers and printers.
$\hfill\square$ Turn off document cameras (Elmo), overheads and projectors.
$\hfill \square$ Turn off interactive whiteboards (SMART Board, Promethean ActivBoard, etc.).
$\hfill \square$ Turn off lamps and personal appliances (coffee makers, fans, space heaters, etc.).
☐ Turn off bathroom exhaust fan.
Short breaks
☐ Unplug TVs, radios, DVD players, etc.
☐ Unplug computers, monitors, speakers and printers.
☐ Unplug document cameras, projectors and interactive whiteboards.
$\square$ Unplug personal appliances (coffee makers, fans, space heaters, etc.).
☐ Unplug lamps (floor, desk, etc.), air fresheners and decorations (such as string lights).
☐ Unplug chargers (cellphones, laptops, etc.).
☐ Unplug electric pencil sharpeners and staplers.
Extended breaks
☐ Unplug clocks.
☐ Empty, defrost and unplug personal refrigerators.
Remove perishable items from the classroom.

# Common Areas Power Down Checklist

Daily
☐ Close doors, windows and blinds/shades.
☐ Turn off lights, ceiling fans, air fresheners and decorations.
☐ Turn off computers, printers, copiers and laminators.
$\hfill\Box$ Turn off media equipment and audio systems (excluding PA system needed
for emergencies).
☐ Turn off small appliances (microwaves, coffee makers, toasters, etc.).
$\hfill\Box$ Turn off exhaust fans (excluding high humidity spaces and electrical rooms).
Short breaks
☐ Unplug computers, printers, copiers and laminators.
$\hfill \square$ Unplug small appliances (microwaves, coffee makers, toasters, etc.).
☐ Unplug lamps, air fresheners and decorations.
Extended breaks
☐ Unplug clocks.
☐ Unplug vending machines that do not require refrigeration.
☐ Empty, defrost and unplug nonessential refrigerators.

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Don't forget, all activities are optional! But for December, we recommend starting with Power Down Jeopardy before jumping into the rest of the activities.

## Power Down Jeopardy

You'll be using an online version of Power Down Jeopardy, which means you'll have the flexibility to play it in the classroom or during before- and after-school programs, club time or whenever students gather. The game follows the televised version of *Jeopardy!* but doesn't include Double Jeopardy, Final Jeopardy or Daily Doubles.

## How to access the game

Middle school: jeopardylabs.com/play/power-down-jeopardy-middle-school High school: jeopardylabs.com/play/power-down-jeopardy-high-school

## About the categories

Power Down Jeopardy includes five categories:

- 1. School Electronics
- 2. Electricity
- 3. Home Appliances
- 4. Conservation
- 5. Renewables

"School Electronics" and "Electricity" apply to the school setting. The clues and answers in these two categories describe things that need to be turned off or unplugged based on the length of the break. Breaks are defined as:

- Daily: at the end of each day, plus weekends
- Short: multiple days off school, like fall, winter or spring break
- Extended: summer break

## Instructions for facilitator

- 1. Choose either the middle school or high school version of the game. Links are provided to both above.
- 2. Create teams of four. (Groups can be smaller or larger based on class size.) Teams will compete against each other. Give each group a few minutes to come up with a fun energy-themed team name and to appoint a team captain.
- 3. Enter the number of teams into the starting page of the Jeopardy Labs game board. By default, the scoreboard will say "Team 1," "Team 2" and so on, but you can edit them to show the students' team names just by clicking on that space.
- 4. Open the link to the print version of Power Down Jeopardy, located under the "View > Energy Fullscreen" button on the same page where you entered the number of teams. This will open a new tab in your browser, displaying the answers to each clue on the Power Down Jeopardy board. **Don't let students see this screen before or during the game.**
- 5. Press "Start" to open the Power Down Jeopardy board and scoreboard.

#### Instructions for students

- 1. Have each team select a team captain. The team captains are responsible for standing up during the game to signal that their team has an answer. Answers must be given in the form of a question, e.g., What is ... renewable energy?
- Choose one team to select a category and an amount to begin the game, e.g.,
   Electronics for \$200. Clues in each category relate to that category's theme.
   Difficulty increases as the point values go up, so \$100 will be the easiest and \$500 will be the most challenging.
- 3. Reveal the clue and read it out loud. Students who think they know the answer should tell their team captain, who will stand up to indicate the team has an answer to share. The team captain can only stand up after the entire clue has been read.
- 4. Call on the first team captain to stand up and share the team's answer.
  - **a.** If the answer is wrong, the team loses those points. The next team captain in line will then get a chance to answer the question.
  - **b.** If the first team captain gives the correct answer, the team wins the points and gets to choose another category and amount.
  - **c.** If none of the teams answer correctly, then the last team to give a correct answer gets to choose the next category and amount.
- 5. End the game when all the categories and amounts have been played. The team with the most points wins!



#### The technical ins and outs

- · Click on a category and amount to reveal each clue.
- Press the spacebar on your keyboard to reveal the answer if the team captain
  provides the correct answer. (If the team does not answer correctly, then don't
  reveal the answer yet. Let the next team in line answer. Repeat this until a team
  answers correctly or there are no more guesses.)
- Click the plus sign to award a team their points after they've provided a correct answer.
- Click the minus sign to deduct points when a team answers incorrectly. (The Power Down Jeopardy board will automatically add or subtract the correct point value and calculate each team's current total score.)
- Hit the Esc key when you need to return to the main Power Down Jeopardy board.
   The answered clue will fade out.
- End the game when all the numbers have faded and the board is empty.

Quick tip! When a correct answer is given, use that time to provide additional information on the topic!

## Classroom power down

In this activity, students prepare their classroom for winter break. You'll want to provide teachers with these instructions and the **Classroom Power Down Checklist** at least one week before school closes.

## Instructions

- After you've had a chance to play Power Down Jeopardy, have your students
  name things that need to be turned off, unplugged or adjusted in the classroom
  before break. Use the Classroom Power Down Checklist found at the end of this
  section to guide discussion.
- 2. Have students determine the things on their checklist that need to happen each day and the things that will happen before break.
- 3. Have students practice their daily power-down skills.
- 4. On the last day of school before winter break, go through the classroom together to turn off, unplug and adjust all the items from your checklist.



Here are some things to look out for:

- Close doors, windows, blinds and shades. This helps the building's heating, ventilation and air conditioning work as it should.
- Turn off lights and ceiling fans. This eliminates the energy use that comes from powering them.
- **Unplug electronics.** Even when a device is turned off, it still uses electricity. Avoid unnecessary power waste by unplugging!

Not sure if something should be turned off or unplugged? Check with your school's Energy Champion!

Find the "Classroom Power Down Checklist" at the end of this section. Or to download and print it, visit <u>energyright.com/business-industry/school-uplift/resources/</u>.

Quick tip! When students remember every item on the checklist, don't forget to celebrate their teamwork in saving energy!

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☐ Unplug computers, monitors, speakers and printers.
☐ Unplug document cameras, projectors and interactive whiteboards.
$\square$ Unplug personal appliances (coffee makers, fans, space heaters, etc.).
☐ Unplug lamps (floor, desk, etc.), air fresheners and decorations (such as string lights).
☐ Unplug chargers (cellphones, laptops, etc.).
☐ Unplug electric pencil sharpeners and staplers.
Extended breaks
☐ Unplug clocks.
☐ Empty, defrost and unplug personal refrigerators.
Remove perishable items from the classroom.