

## B2: HEATING PROJECT – SAVING ENERGY AT HOME

---

### Overview

This section teaches students how they can save energy at home. By monitoring their energy use over time, students see for themselves the difference that small changes can make towards saving energy. The activity should take place over at least one billing period. This means it usually takes about two months or more.

---

### Suggested approaches:

- [Click here](#) to view sample data sheets, but encourage students to create their own, rather than printing the templates.
- Begin by asking students to research energy efficiency using the **resources** provided below. Once the students have familiarised themselves with the resources, the teacher should facilitate a class discussion where students try to identify energy efficient changes they could make at home. Students can share ideas and try to identify which changes would be the most effective and practical for them.
- Ask students to adopt energy saving practices and monitor their subsequent home energy costs to see if the practices make a difference to their energy bills.
- The [SEAI website](#) has a wealth of information in the form of Top Tips found by clicking on the various items on the website.

---

### Resources:

- A number of booklets are available from the [SEAI Your Home](#) page.
- For SEAI's top tips on how to save energy see [Guzzler's top tips](#), [Home Energy Saving Tips](#) and [Householders Be Your Own Energy Manager](#).
- To learn about the financial implications of energy consumption at home, students could check out [bonkers.ie](#).