

## Saving energy at home

**About one quarter of  
all the energy used in  
Ireland is used in our  
homes**

### Think about it...

Here are some questions to get your One Good Idea team thinking about the energy you use each day at home...

How do you use energy where you live? Think about each room: kitchen, bathroom, bedroom, living room

What electrical appliances do you use every day?

Can you think of ways to save energy at home?

Energy is used in homes for lots of things like heat, light, cooking, laundry, taking a shower, watching TV or gaming. Burning fossil fuels for energy produces carbon dioxide. Carbon dioxide is one of the greenhouse gases which are causing climate change.

### What can you do?

There are lots of ways to use less energy and make your home more comfortable. You can also save money and take action against climate change by saving energy. Why not use your One Good Idea campaign to encourage people in your community to make simple changes to save energy at home?

#### *Measure your energy use*

- Use an energy monitor to tell you how much energy you are using when you switch on the shower or the kettle.

#### *Heating*

- Turn the thermostat in living areas down to 20°C.
- Close doors to keep the heat in.



- Check windows, keyholes and doors for draughts of cold air and plug them.
- If you do not use your fireplace, use a chimney balloon to keep the draughts out.
- Close curtains to keep heat in in the evenings. Open them in the morning to let the heat of the sun in.
- Use the radiator valve to turn the temperature down or off in rooms that you do not use a lot.
- Turn the heating off when you leave the house or if you go away.
- Insulate your walls and attic to keep the heat in.

#### *Water*

- Saving water saves energy. It takes energy to treat and pump water into homes.
- Using less hot water saves energy, take a shower instead of a bath.
- Set your hot water thermostat to between 60-65°C, to make sure that you do not overheat your water.
- Most of the energy used by a dishwasher and washing machine is for heating the water. Choose a lower temperature setting and save on your energy costs - wash clothes at 30°C.
- Don't boil a full kettle for one cup of tea.

#### *Lights and appliances*

- Use natural daylight when you can.
- Turn off lights when you are leaving a room or when you do not need them.
- Dry clothes on a clothes horse or washing line instead of in a tumble dryer.
- Switch off all your appliances at night and when you are not home.
- Cover pots and pans with a lid to keep the heat in.



## Find out more

### Resources for Teachers and Student

#### Websites

- Visit SEAI's website and find lots more [tips to save energy at home](#)
- Find out the truth about [leaving things on stand-by](#)
- [Susliving](#) - hands-on workshops for Irish schools covering all aspects of sustainable living

#### Videos

- Watch the Story of Energy video here <https://www.seai.ie/teaching-sustainability/primary-school/resources-for-teachers/>
- [Energy, Let's Save It!](#)

### Resources for Teachers only

#### Classroom activities

Provide other classes with tips on saving energy. Ask each pupil to pledge to make one simple change to save energy at home. Use post-its on a larger sheet of paper to display the pledges made by each class.

#### Lesson plans

- Use this lesson plan on conducting an energy audit at home from [SEAI's resource for teaching sustainable energy in Primary School](#), chapter five (for 3<sup>rd</sup> and 4<sup>th</sup> class).
- Explore SEAI [teaching resources](#) including videos, lesson plans, interactive whiteboard resources and investigations.

