



Energy



Background information for caregivers:

In general there are two types of energy from which we can make electricity: fossil fuels and renewable energy. Fossil fuels are coal, oil and nature gas that are created hundreds of millions of years ago of animals and plants that have been pressed together and exposed to an enormous pressure under ground. Because this process takes such a long time, fossil fuels are not an ever-lasting source of energy. In spite of this fact, 80 percent of the world's energy consumption is based on coal, oil and nature gas. Renewable energy sources cover solar power, wind and waterpower, biomass and geothermal energy. Renewable energy does not emit the polluting CO₂ and is therefore preferable over fossil fuels.

More and more countries in the world want to shift from fossil fules to green energy. You and the children in your care can contribute to this shift by canging only a few habits in your everyday lives.



An activity day with the children about this topic could include:

- The children generating ideas about how to safe energy
- The children generating ideas about how to plan cooking, dishwashing and laundry activities to safe energy
- Play hide-and-seek in the dark with the children, so that they learn to have fun in the dark instead of fearing it.
- The children making specific plans on how these ideas can be implemented in the every day life
- The children designing a method to measure if the initiatives are successful

Examples of healthy behavior with energy:

- Turn off the lights when not used
- Fill the dishwasher and the washing machine before running it
- Put on an extra sweater before turning on the heat
- Pour boiled water into a Thermos to avoid using the kettle too much
- Plan your cooking so you use as little energy as possible
- Turn off all electricity devices when not used (be aware that many electricity devices use power when on stand by. Turn off the switch on the wall).
- Let the laundry dry outside when the weather allows it.
- Buy energy saving light bulbs next time one needs to be changed

