

# Energy Savers

## Activity Book



Part of the SMECO Energy  
Efficiency Kit for Kids

**EmPOWER**  
MARYLAND

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People. Power. Progress.

# Hello!

Welcome to your **Energy Savers Activity Book!** I'm so excited to share what's inside, but first, let's talk about you.

You probably already know that every time you use the TV, play a video game, or just turn on a light, you're using energy. But did you know that the choices you make have a big impact on those around you?

That's right. You have the power to use less energy and protect the environment for future generations. It's what being an Energy Saver is all about.

**So, welcome to the team!** Your first assignment: Put the items in this kit to use and complete the activities in this book. Then, teach your friends and family everything you know.

## ***Did you know?***

Even when a device is turned off, it could still be using energy just by being plugged in. This is called **phantom load** and it's a big cause of energy waste. Spooky!

## ***Here's what you'll find inside the kit:***

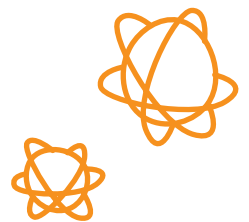
- **1 advanced power strip:** Ask an adult to help you plug items into this power strip before you plug it into the wall. It will prevent phantom load and protect your favorite devices from power surges.
- **1 LED night-light:** This night-light uses up to 75% less energy and lasts 25 times as long as a traditional bulb!\*
- **This Energy Savers Activity Book, which has a collection of fun activities, including:**
  - Managing Home Energy Use – page 6
  - Energy Sources Poster – page 27
  - Energy Math Challenge – page 28

Thanks again for doing your part.

*Jennifer Raley*

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\*How Energy-Efficient Light Bulbs Compare with Traditional Incandescents, U.S. Department of Energy. Accessed April 7, 2020, at <https://www.energy.gov/energysaver/save-electricity-and-fuel/lighting-choices-save-you-money/how-energy-efficient-light>.