



HAVE FUN SAVING ENERGY + MONEY,  
REDUCING CARBON EMISSIONS +  
FEELING HEALTHIER!

# IT'S ALL ABOUT ENERGY...



Rise and Shine is part of a European project called Project Shine, led in Hastings by Citizens Advice 1066 and Hastings Borough Council.

This pack has been developed by Culture Shift to create fun ways to talk about energy saving at home. Design work by Felicity Chadwick.

In this box you will find hand-picked information, free gifts and activities to help you and your family save money by being more energy efficient at home.

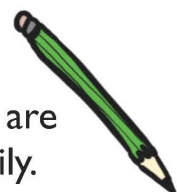


## TOP TIPS

10 cards that each have a handy top tip for you to learn about how to help at home and why! You will also find our Tip and Flip game, take a look and see if you can become the top tip champ.

## DESIGN A BADGE!

Time to get creative... First we would like you to think about a super star design that we can put on the front of a badge. It could be to celebrate the fact that you are being an Energy Hero at home, or that you are the Rise and Shine star of the family.



## IT'S COMPETITION TIME

Our second creative challenge could win you a prize! We would like some help with designing a poster to help let others know about saving energy in their homes. So put on your thinking cap to be in for a chance to win!



## SMART ABOUT WATER

Activities that will help you understand your water usage at home, get you thinking about how to save every last drop and save your family money.

## BINGO AT HOME

Use all the information in this pack to make your own bingo cards. Through the week you and your family can cross off the things you get done around the house, that help your home stay energy efficient.





# 10 TOP TIPS

and the reasons behind them!

Have a look through our handy 10 top tips, they are all things you can do or help with around your home. Also if you want to play our Tip and Flip game, follow the instructions below and challenge your family to become the Tip and Flip Champion!

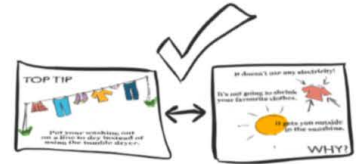
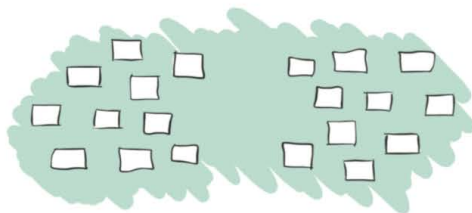
## TIP AND FLIP

How to play the game

Aim: Collect as many pairs as possible!

Preparing the cards: You will need to do some cutting with scissors, ask an adult to help with this. Cut out the cards (follow the cutting lines). After you have cut them out you will need to cut the cards into their halves. One stack for the Top Tip, one stack for the Why?

Playing the game:



1. Shuffle your 2 piles of cards, but keep them separate - you don't want to mix these up!

2. Keeping your cards in their two groups and face down, scatter them out in a space.

3. Taking your turn - flip a top tip card and see what it says. Then flip a Why? card. Does it match up to the top tip? If so, then you have won a matching pair! Keep it and take another turn. If not, then flip them back over and it's someone else's turn.

4. Keep flipping until all the cards are matched up into pairs, the player with the most pairs wins!

## MAKE YOUR OWN

Thought of some more top tips that you think should be added? Why not make your own top tip cards! If you think they are really great, send us a picture of them to us so we can share it with other families too!

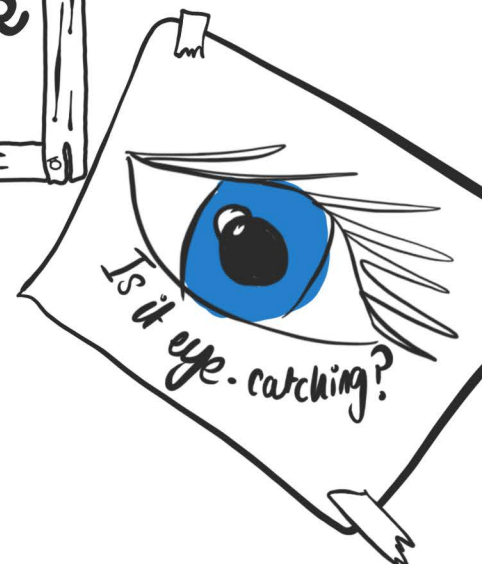
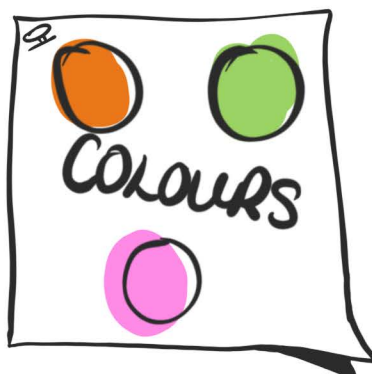
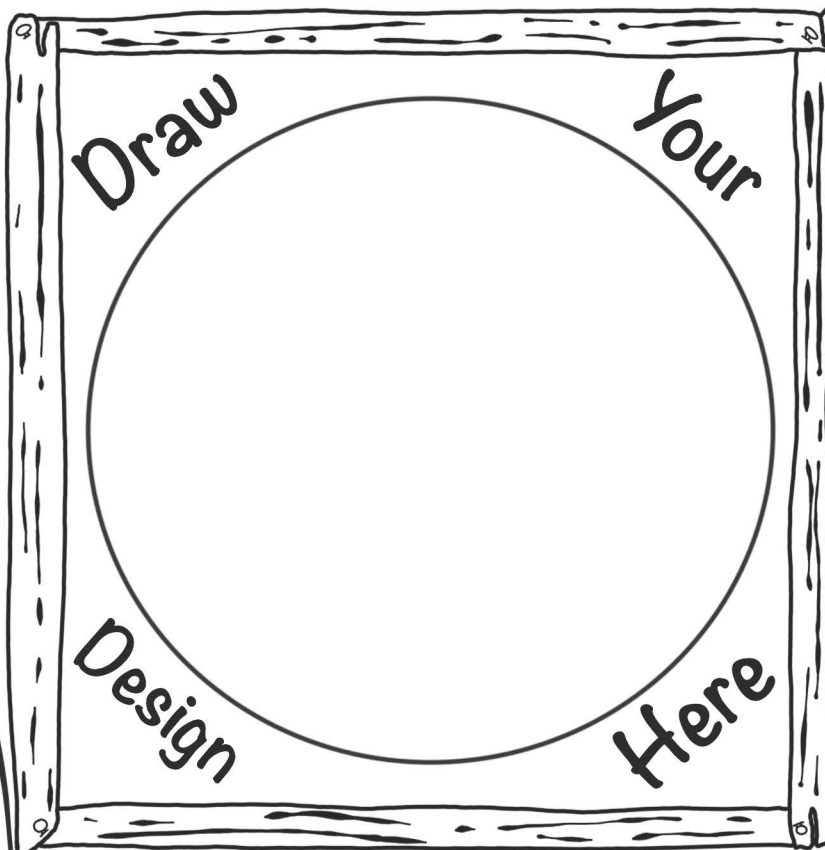
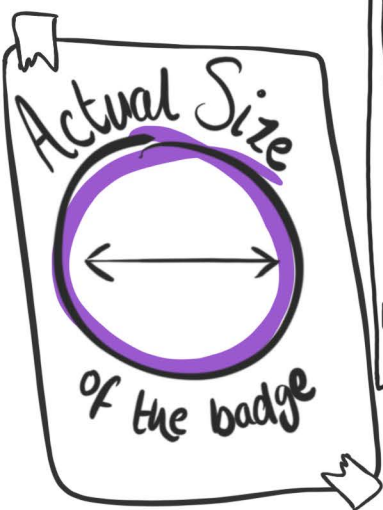
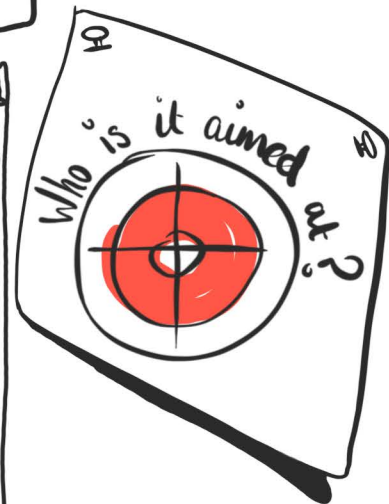
# DESIGN YOUR OWN ...



We would like you to think up a badge design for our project! Think about the message you want to get across with your badge. What do you want it to say or show? Who is it for? Is it a badge of honour or a prize? Maybe it is to celebrate good energy saving habits or to encourage others. Maybe it is to help share information about the project? Have a think about these things and draw your design below.

We have included some DIY eco-friendly badges for you to make and share at home. Get designing your today!

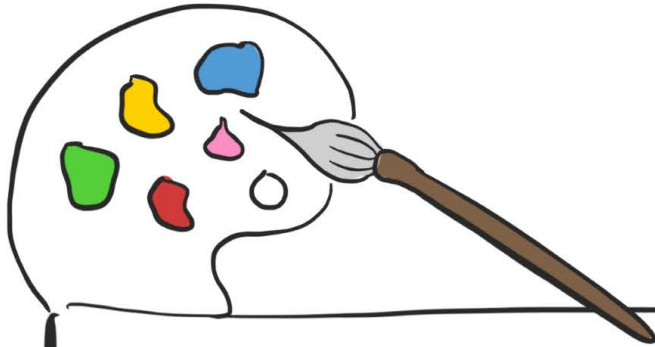
## ← THINGS TO REMEMBER →





# THE POSTER COMPETITION!

Good luck and remember this is a competition, once you have finished your design send it to us by 14th September via post or email.



We need your help in creating a fantastic, eye-catching poster to spread the word to other families about how great it is to save energy at home. So have a think about all the tips and ideas you have found in this box and think about what would be best to include to get people interested!

## Poster requirements:

- Must be on A4 page (landscape or portrait)
- It should be colourful and eye-catching!
- Include at least one tip to save energy

Once you have finished your design, send it to us by email or post to the address below before 14th September 2020.

Prizes

1st

£50

High street  
voucher

2nd

£30

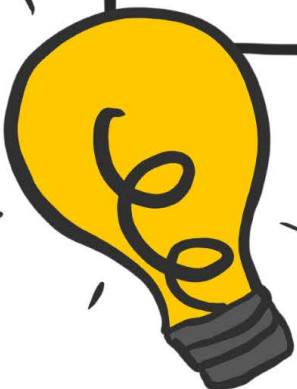
High street  
voucher

3rd

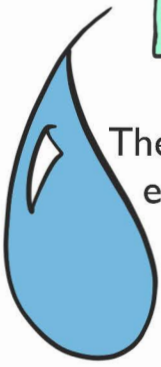
£20

High street  
voucher

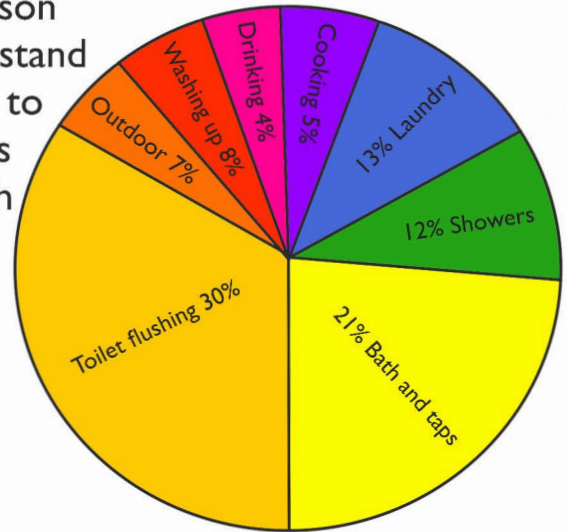
Send your poster to [info@cultureshift.org.uk](mailto:info@cultureshift.org.uk) or to Culture Shift at Linklater Pavillion, Railway Lane, Lewes, East Sussex, BN7 2FG



# BEING WATER WISE



The average amount of water used per person every day is 150 litres! Learning to understand where our water is being used can help to keep water waste down. Check out this water wheel to get an idea of how much water is used with each task.



## WATER USE CHART

Here is a Water Use Chart for your home. Every time one of the activities involving water is done, mark it down. At the end of the week count up the tallies and work out how much water you have used.

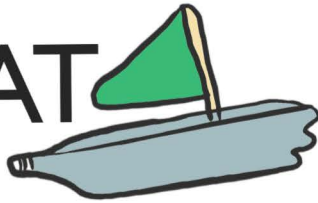
	Litres per use	Number of uses	Litres used
Flush toilet	6 litres		
Brush teeth	6 litres/minute		
Wash hands	6 litres/minute		
Shower	7-12 litres		
Bath	80 litres		
Laundry load	50 litres		
Washing dishes	15 litres/load		

# FLOAT YOUR BOAT

Use teamwork to float a boat at the top of the bucket, by filling with water and fixing the leaks as quickly as possible!

What you'll need:

**BOAT**



You could make one from rubbish in your recycling. A plastic bottle cut in half is a good start, a lollipop stick for the mast, and a crisp packet cut to be the sail. Be creative, use whatever you have!

**BUCKET / CONTAINER**



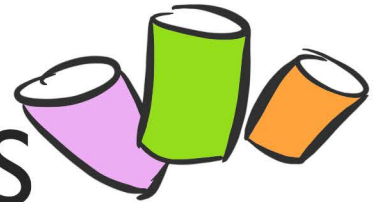
With holes in the bottom (get an adult to help with making these!)

**WATER**



Water supply or a big container of water at the ready.

**CUPS**

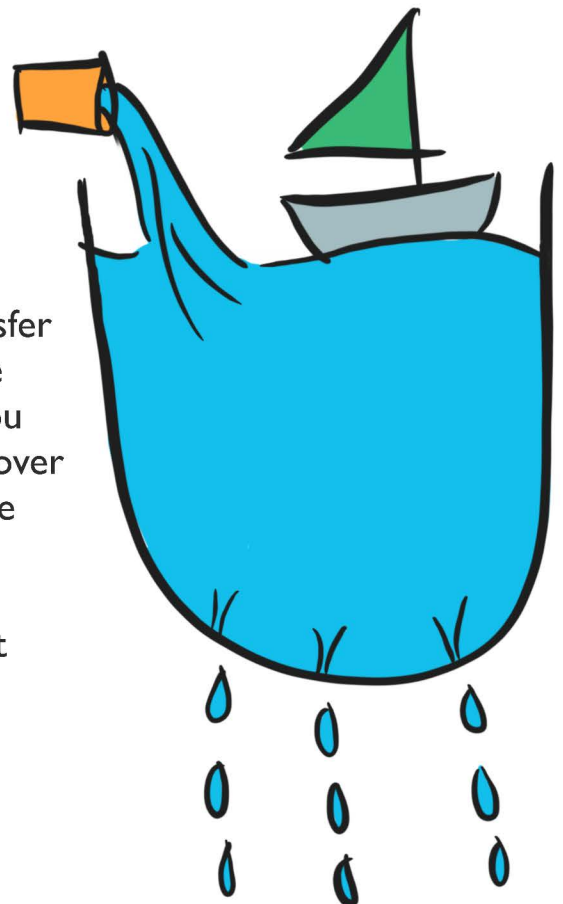


Any that aren't made of glass, because you will be moving around with them.

What to do:

The aim is to float the boat at the top of the bucket or container by filling it with water. You can only transfer water to the bucket using the cups and remember the holes in the bucket will allow water to leak out! So you will need to work as a team and figure out a way to cover the leaks AND keep filling with water. (Hint: fingers are good for covering small holes!)

Get the whole family involved and make it a race! Split into two teams, time each other and see which team can float the boat the fastest.



**BINGO!**




**BINGO!**








# BINGO AT HOME

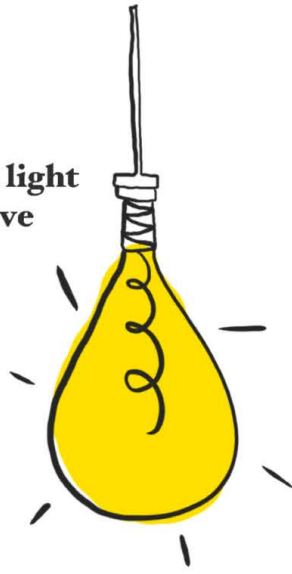
Use what you have learned in this pack to make your own bingo cards! All together you can think up 9 things that you can all start doing around the house. Draw or write those things down, one idea or good habit per square. Once all agreed, let the bingo begin! Over a week try and complete each thing and cross it off. The first person to cross every square is the winner!



## BINGO CARD TEMPLATE.


## TOP TIP

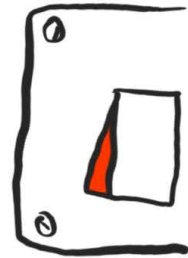
Always turn the light off when you leave the room.



1.

1.  Saves Electricity

Lightbulbs will last longer

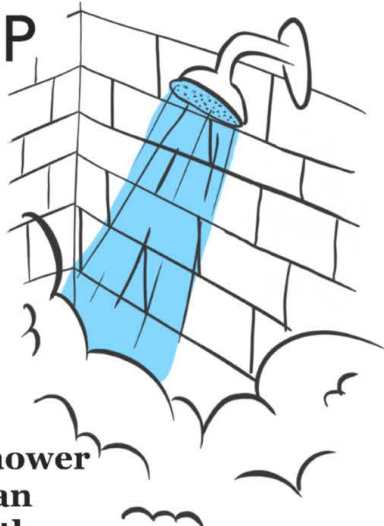


WHY?

## TOP TIP

2.

Having a shower is better than having a bath.



Uses a lot less water!



Quicker... more time for fun



A shower won't go cold like a bath does

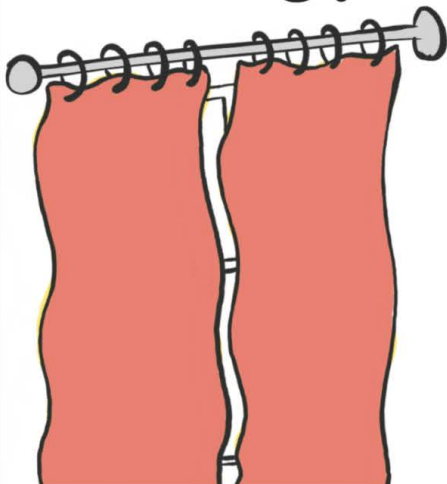
2.

WHY?

## TOP TIP

Close your curtains in the evenings.

3.



Keeps the house warmer.

Making lie-ins extra cosy.

3.



No more freezing toes at the breakfast table!

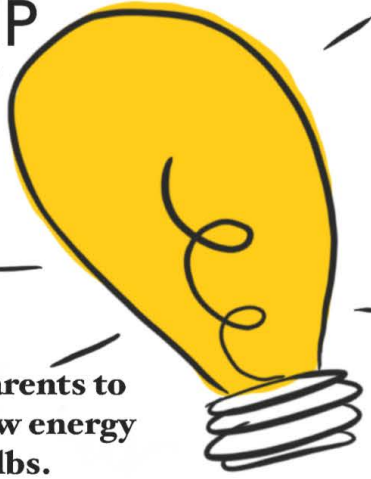


WHY?

## TOP TIP

4.

Get your parents to switch to low energy lightbulbs.



Can last up to **40** times longer



Reduces your carbon footprint.



Cheaper to buy.

4.

WHY?

## TOP TIP

Use a washing up bowl, don't leave the tap running when washing up the dishes!



5.



Saves water. 5.

Won't use as much washing up liquid, but there will be MORE bubbles!



WHY?

## TOP TIP

6.

Always try to turn things off at the plug in the wall after you finish using them.



Saves electricity.

6.

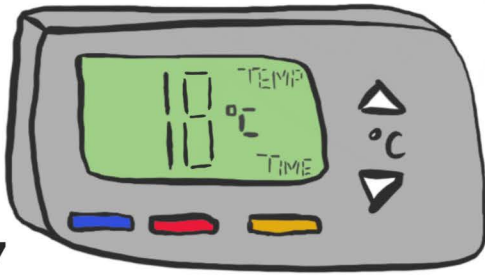
Your mobiles, laptops, iPads and game consoles will all work better if switched off properly.



WHY?



## TOP TIP



7.

Ask your parents to adjust your thermostat.

7.

You can set timers...

...So that the house is never...



WHY?

## TOP TIP

Only put in the amount of water that you need, when boiling the kettle.



8.

Saves using excess energy. 8.

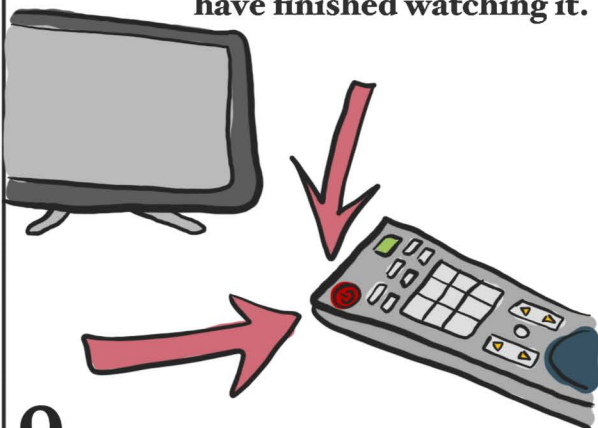


Boils faster!

WHY?

## TOP TIP

Turn the TV off when you have finished watching it.



9.

9. Saves electricity.

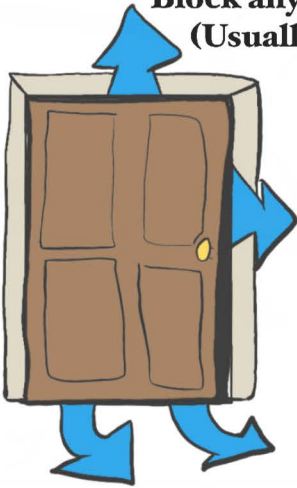
Gives your eyes a break from a bright tv screen.



WHY?

## TOP TIP

Block any draughts you find.  
(Usually found at bottom  
of doors, and  
window frames.)



10.

**Stops warm air escaping  
and cold air getting in!**

10.

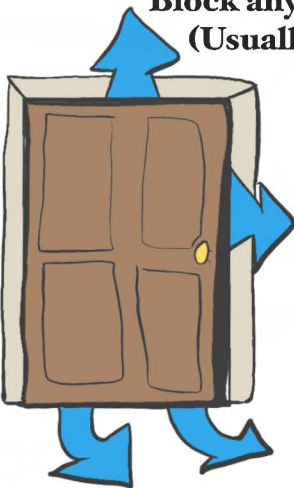
**You can learn how to make  
your own funky draught  
excluder!**



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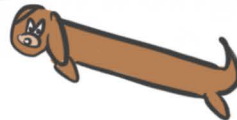


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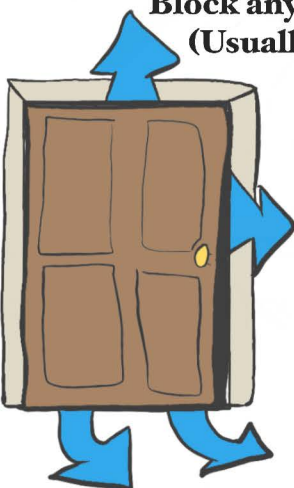
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