

How well do you do ?

Answer the statements below by deciding either as a family you do the the statement “A lot”, “Little or not often” or “Never” Colour the correct square in.

Statements to decide	A lot	Little	Never
We turn off lights when no one needs them.			
Someone unplugs appliances that are not being used.			
We turn off the TV or radio when not in use.			
I put on more clothes when chilly, rather than asking for the central heating thermostat to be turned up.			
I make sure that doors and windows are closed when the heating is on.			
I turn the water off while I brush my teeth.			
I take a quick shower or limit the water I have in the bath.			
I walk, scooter or ride my bike to school.			
I help to recycle as much as we can at home.			

Count how many of each of the different squares you have coloured in.

Type	A lot	Little	Never
How many			

If you have coloured in more than 4 squares for “A lot” then well done, you are someone who thinks about saving energy, so colour in the medal below.

