

Energy Saver Challenge

We are challenging you to harness your positive energy to save energy at home.

What you need to do

1. Think of all the things you can do to save energy in your home.
2. Ask someone to be the timekeeper.
3. You have 60 seconds to try and save as much energy as you can!
4. You can do the challenge on your own or with friends or family.

Ideas to save energy

1. Turning off appliances at the plug when you aren't using them.
2. Switching off lights when it's daytime.
3. Opening the curtains or blinds to let natural light in.
4. Turning down your shower or tub so water isn't so hot.
5. Turning down your heating by a few degrees (if it is on).
6. Closing windows to prevent cold air getting in.



Extra challenge

Harness your positive energy by finding the most active way to travel from room to room.

For example:

- Time how fast you can move from room to room.
- Do star jumps, or toe touches while you spot appliances that might be on standby.
- Dance in the dark while you prepare to open all the curtains.

Find the most creative ways you can use your own energy to save energy.



Win signed kit for your family!

Send us a photo or video of your child or family taking part in the **Energy Saver Challenge** by **22nd December** for a chance to win some sports kit signed by Team GB and ParalympicsGB athletes.

Submit your entries here:

Instagram: @GetSetClub X: @GetSetCommunity Email: getset@getset.co.uk



Parents look here for energy saving tips for your home.