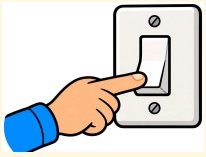
Saving Energy at Home

Grade 1

Name: _____ Date: _____

Using **less energy** is good for your home and good for the Earth.
Small choices add up: switch it **off**, close the **door**, put on a **jumper**.



switch off

1 Saves or wastes?

Write **saves** or **wastes** on each line.

1. Turning the light off when you leave a room. _____
2. Standing with the fridge door open. _____
3. Hanging washing outside to dry. _____
4. Leaving the television on all night. _____
5. Putting on a jumper instead of turning up the heat. _____
6. Letting the tap run while you brush your teeth. _____

2 What should you do?

Tick the better choice in each pair.

- ☐ Walk to the shop
- ☐ Drive to the shop
- ☐ Use a water bottle again
- ☐ Buy a new bottle each day
- ☐ Open the curtains in the day
- ☐ Keep the lamp on all day
- ☐ Close the door in winter
- ☐ Leave the door wide open

Saving Energy at Home

Grade 1

Name: _____ Date: _____

3 My energy promise.

Write **two** things you will do this week to save energy.

1 I will _____

2 I will _____

4 Energy check.

Look around one room at home. Tick what you find.

Room check	Yes	No
Lights on with nobody there		
A door or window left open		
Something left on standby		

5 Draw it.

Draw a poster to remind your class to save energy.

My poster

Answer Key

Grade 1

Name: _____ Date: _____

Saving Energy at Home — Grade 1 Science, Energy in Our Lives

1 Saves or wastes?

1. **saves** 2. **wastes** 3. **saves**
4. **wastes** 5. **saves** 6. **wastes**

2 What should you do?

Tick: **Walk to the shop, Use a water bottle again, Open the curtains in the day, Close the door in winter**.

3 My energy promise.

Answers vary. Accept any realistic action the child could actually do.

4 Energy check.

Answers vary — this one is a real observation, so there is no fixed answer. Use it to start the conversation.

5 Draw it.

Answers vary. Look for a clear message, such as "Turn it off".