

Energy Game

Learning objectives:

To understand that turning off lights and appliances can help stop our planet from getting too warm.

By encouraging the children to move, they learn that movement can generate heat.



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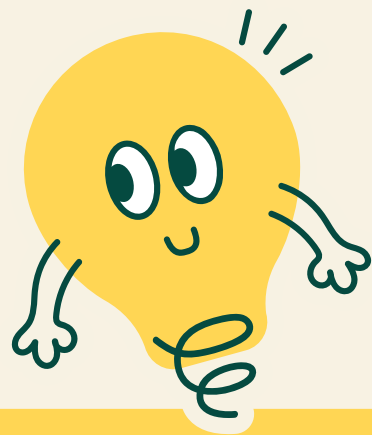


Practitioner knowledge:

Understanding climate change can feel overwhelming, especially when trying to explain it to younger children. In the UK, nearly a quarter of a person's carbon footprint comes from energy used at home – things like heating, electricity, and cooking.

The good news is that the UK has made strong progress in using more renewable energy, such as wind, solar, and hydro power, meaning we now rely less on fossil fuels than in the past. In fact, over half of our electricity now comes from renewable sources!

However, our overall energy use is still rising. That's why it's important to reduce how much energy we use wherever we can, and our homes and early years settings are a great place to start.





Activity:

Explain to the children that when the lights are off, the children are going to be 'off' and they need to sit quietly on the ground.

When the lights are turned on, the children are to get up, dance and have lots of fun. They are switched 'on' too!

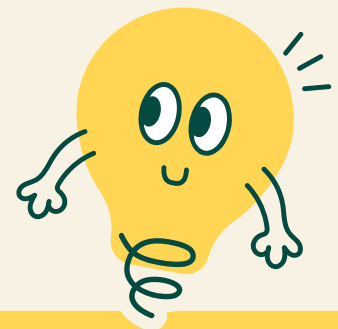
When the lights are switched off again, they must sit down and be quiet as they are 'off'.

Swapping between the two stages a few times is a great way to burn some energy and get them warmed up!



Top tips:

- Use music to make the activity even more fun! Link a character to energy, you could use 'Emily Energy', and say "Emily Energy says lights off", and "Emily Energy says, light on".
- As a good visual reminder for the children, you could have a picture of your chosen character near light switches and taps. This is a perfect reminder for the children to switch it off.
- You could even use our Eco-Tots Cymru Power Protector character and give it your own name!





Additional Information:

Ask the children if they feel warm when they're moving around.

Do they feel colder when they're sitting still, quiet, or 'off'?

Explain that our bodies are able to make our own heat energy.

If we want to warm up, moving around is a great way to do it instead of turning up the heating.

You can also explain that using electricity can make the planet warmer, and too much warming isn't good for the planet.

Simple actions like turning off lights and electrical items when we're not using them can really help take care of our planet.



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