

# Energy Challenge:

## One Small Thing for Energy Conservation

### Introduction

- Each space on the challenge wheel represents an energy efficiency action that residents can do at home. It is divided into different difficulty levels based on the color of the space.
- **Yellow** and **Green** spaces are easy tasks that require limited changes to the normal routine.
- **Blue** and **Purple** spaces are tasks that require a minor initial cost or a more significant adjustment to people's routines and comfort levels.
- **Red** spaces are tasks that require more effort or research to perform, or that require a continuous monetary investment.

### Instructions

- Have the participant spin the challenge wheel. Then give them more information on the task they have landed on, or direct them to the infographics.
- Lead the participant to make the pledge, "I will continuously..." followed by the task indicated on the wheel.
- If the participant lands on a **red** space and is uncomfortable taking the pledge, they may spin again for a lower tier challenge.
- After taking the pledge, have the participant pick a prize based on the difficulty level. Below are some suggested prize types for each level of difficulty.

### Prize Suggestions\*

- **Yellow** and **Green**
  - Smaller prizes such as a sticker with an energy efficiency message, a temporary tattoo, or candy.
  - If doing a raffle instead: one free or bonus entry into the raffle
- **Blue** and **Purple**
  - Medium prizes such as a light switch decal with an energy efficiency message, an outlet or wall plate gasket cover (for adults), a Lorax activity book (for kids), and an energy vampire sticker sheet.
  - If doing a raffle instead: two free or bonus entries
- **Red**
  - Larger prizes such as a kitchen cutting mat with an energy-saving message on it, an LED light bulb, Energy Saving playing cards, a shower timer, or an energy efficiency coloring book (for adults or kids).
  - If doing a raffle instead: three free or bonus entries

\*Actual prizes could vary, depending on what is available in your community, interest, cost, etc.

# Energy Challenge Source List

"12 ways to make your home more energy efficient: Simple tricks that save you power and money." Save on Energy. <https://saveonenergy.ca/For-Your-Home/Advice-and-Tips/12-ways-to-make-your-home-more-energy-efficient>

"25 Energy-efficient Tips to Lower Electricity Costs." Direct Energy. <https://www.directenergy.com/learning-center/25-energy-efficiency-tips>

"Do-It-Yourself Savings Project: Lower Water Heating Temperature." U.S. Department of Energy. <https://www.energy.gov/energysaver/do-it-yourself-savings-project-lower-water-heating-temperature>

"Energy Saver: 16 Ways to Save Money in the Laundry Room." U.S. Department of Energy. <https://www.energy.gov/energysaver/articles/16-ways-save-money-laundry-room>

Energy Saver: Tips on Saving Money and Energy in Your Home. U.S. Department of Energy. <https://www.energy.gov/sites/default/files/2022-08/energy-saver-guide-2022.pdf>

"Heating & Cooling." ENERGY STAR. [https://www.energystar.gov/campaign/heating\\_cooling](https://www.energystar.gov/campaign/heating_cooling)

"HVAC Tips & Tricks: What's the Best Temperature to Set Your Thermostat to in the Summer?" American Standard Heating & Air Conditioning. <https://www.americanstandardair.com/resources/blog/whats-the-best-temperature-to-set-your-thermostat-to-in-the-summer/>

"Laundry Best Practices." ENERGY STAR. [https://www.energystar.gov/products/laundry\\_best\\_practices](https://www.energystar.gov/products/laundry_best_practices)

*Lorax Helper Checklist Postcard.* ENERGY STAR. [https://www.energystar.gov/about/pub\\_catalog/lorax-helper-checklist-postcard](https://www.energystar.gov/about/pub_catalog/lorax-helper-checklist-postcard)

"When to Turn Off Your Lights." ENERGY STAR. <https://www.energy.gov/energysaver/when-turn-your-lights>