

Get Moving Journey in a Day for Juniors



During this Journey in a Day program for Juniors you will explore what energy is, the importance of being energy efficient, and steps to take action towards living an energy efficient lifestyle.

1. **What is Energy?** – Energy takes place in all different shapes and forms. Each shape or form is unique to how the energy works. For example, the sun gives us energy in heat and light, and plants use that energy to produce food. We then take that food to produce energy for ourselves. Now that you have an example of energy, write down all the activities you did that involves energy. You can write them down on a post-it or a piece of paper. Be sure to save this for later.
2. **Energy Efficiency Game** – Have you ever wondered why recycling is important other than helping our environment? It actually has a lot to do with energy and being efficient with it. Being energy efficient means making the best possible use of that energy in ways that are the most inexpensive, healthy and sustainable.

Materials:

- 1 Pot
- Sink
- Water Bottle Caps or Pencils
- 5 Cups
- Stopwatch

Directions:

- a. Place the pot and water bottle caps or pencils far from the sink. The kitchen table would work best.
- b. Place the 5 cups near the sink.
- c. Start the stopwatch (you can use a phone or the internet) and grab your water bottle cap or pencil.
- d. Bring this item over to the 5 cups.
- e. Trade the pencil or water bottle cap for a cup and fill the cup with water.
- f. Bring the cup of water to the pot and pour the water into the pot.
- g. Now place the cup next to the pot.

- h. Repeat this process until you use all the cups.
 - i. Stop the stopwatch.
 - j. Look at how much time it took for this to be completed and the “waste” created. Each cup equals 10 water bottles.
 - k. Empty out the water and start again.
 - l. This time you only have to bring one water bottle cap or pencil over and use one cup.
 - m. After grabbing your cup, fill it with water and bring it over to the pot. Instead of leaving the cup and grabbing a new water bottle cap or pencil. Go back to the sink and refill the cup.
 - n. Repeat this process for 30 seconds and then stop.
 - o. Look at how much waste was created by recycling and how much easier it was to fill the pot up with water.
3. **Create Your Own Energy Pledge** – Now that you are aware how you can be energy efficient, write down on a piece of paper your own energy pledge. Create guidelines or ways on how you can conserve energy. You can do this alone or someone can help you. Once your pledge is complete, sign it so everyone can be aware that you are going to be energy efficient.
4. **Innovator Profile** – Read the following text and answer the questions on a piece of paper-- how this person was an energy innovator.
 - a. Jenni Larmore Innovation: Paw Power Dog Park. Jenni Larmore's town needed a place where dog owners could exercise their pets and socialize, so she created one. Paw Power Dog Park, in Clermont, Florida, spreads over four acres and is shaded by 100-year-old oak trees. The park's five sections accommodate dogs of all sizes and activity levels. Each area has an agility course and stations for drinking, waste, and washing. To get started, Jenni surveyed pet shop owners, veterinarians, and dog owners about their needs and desires. She then presented a proposal to the Lake County Parks and Trails Department that included the concept, location, blueprints, projected costs, and a project work plan. "I am super convincing when I really believe in something and can convey that to people when I speak to them," Jenni says. And so, the work began. Jenni enlisted members of the Girl Scouts of Citrus Council and recruited other volunteers through community bulletins. A perimeter fence was installed, the land was cleared of vines and debris, and brick pavers were paid to level the ground. Discarded fire hydrants and tires got new life in the park. A fund-raising dog wash paid for agility equipment. Dozens of volunteers spent more than 136 hours over 13.5 months to make Paw Power a reality. Even young Girl Scouts helped by spray-painting the decals that mark the park's various sections. Jenni began her project in fall of 2005 as an eleventh grader. It earned her a Girl Scout Gold Award and a 2008 National Young Woman of Distinction honor. Since then, she has spent many more "rewarding hours" working there.
 - b. **Questions** - What is innovative about Jenni's idea? What positive risks did she take?
5. **Building Energy Audit** – Using your knowledge or the website www.energystar.gov, under the “home assessment tools” as a guide, try to answer as many of the following questions about your home. Write your findings on a piece of paper. Year built? Number of people typically using the space each day? Is the building air-conditioned? If only part, how much square footage? What type



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of heating/cooling systems do you have? What type of fuels? What updates do you know of that would help make your home more energy efficient?

6. **Energy Detectives** – As you now know there are many different things around you that use energy. Let's put our detective skills to the test and become energy detectives. Using Post-its or a piece of paper, place the post-it's on anything in your home that uses energy or write them down on your piece of paper.

7. **Take Action** – Now that you have learned everything you need to know about energy, it's time to educate others about what you have learned along the way. Create energy posters on how one can save energy. You can use paper, markers, crayons, or any other art supplies you may have. After your energy posters are complete, post them around your home so others can learn about saving energy as well.