

Energy diaries

Introduction

Count our energy cost for a single day, as we chart how often we charge and use electrical goods.

Outcomes

- Be responsible - Believe in doing the right thing, being trustworthy, and doing your best.
- Help your community - Be able to take an active role in the community, give to others, and make the world a better place.

You will need

- Copies of the Energy Diary sheet, one per person
- Paper
- Pens or pencils

Badge Links

- Scout Environmental Conservation Activity Badge (Req.1)
-

Before you begin

- The person leading the activity should prepare the group by asking them to think about where and how they use electricity when they are at home. They could ask this in the previous meeting to the one where this activity will be run.

Run the activity

1. Everyone should get into small groups. The person leading the activity should ask the groups to talk amongst themselves about where and how they use electricity throughout the day. This should include when they're at home, when they're at school and when they're out and about.
2. The person leading the activity should ask a couple of groups what they've talked about. Find out whether they could live in the same way if they didn't have electricity. See which people think that electricity's essential, something they couldn't do without.
3. The person leading the activity should hand out the 'Energy diary' sheets to the group. There should be one per person. Tell the group to take them away and choose a day where they will fill in each of the boxes. On that day, each member of the group should count how many minutes they used the item or performed the action stated,

and say whether this is something they do often or just sometimes. This should give each member of the group a complete summary of the electricity they use in one day.

4. At the next meeting, the person leading the activity should get everyone to go back into the groups they were in at the last meeting. Everyone should share their 'energy diaries' with each other. These should show who uses certain items or does certain things with electricity the most or the least. Each group should work out:
 - a. Which two diaries are the most similar
 - b. Which diaries didn't add one kind of electricity usage (e.g. leaving a lamp switched on) that the other diaries did add
 - c. Which diary is the most surprising, based on what you talked about in the last meeting
 - d. Whose diary has made the owner want to change how they do things to reduce their energy usage.
5. Everyone should come up with five ways that they could reduce the amount of electricity they use. They should use their diaries to help. The person leading the activity should give out pens or pencils and paper as they do this.
6. Each person should make a poster with their five ways of reducing electricity. This way, they can remind themselves of how they can use less energy when they're at home. Everyone should also agree to share their five tips with five other people to help them use less energy too.

This video might help if anyone is struggling to think of ways of reducing energy usage: <https://fundraising.scouts.org.uk/ukpowernetworks>

Reflection

The group have made diaries that showed how much energy they were using on a particular day. How many people were surprised by their energy usage? Did anyone use lots of gas or other forms of energy, as well as electricity? Why is it more important now than ever that people try to use less energy when they can?

The posters the group made are a great reminder to help them use less energy. What things can the group do to remind others in the community to use less? What will happen to the world if every local area was more responsible with its energy?

Change the level of challenge

Allow people to round up or down to estimate how much time they spent using energy, if it's too hard to count the exact seconds and minutes. Challenge groups who think of five ways to reduce energy use quickly to think of ways that they might use less energy when they're on holiday, or to put themselves in the shoes of a worker and then come up with five new ways for that person.

Make it accessible

- All Scout activities should be [inclusive and accessible](#).

Safety

- All activities must be safely managed. Do a [risk assessment](#) and take appropriate steps to reduce risk. Always get approval for the activity and have suitable [supervision](#) and an [InTouch](#) process.

Take it further

The group could turn their five ways of reducing energy usage into a speech or story. These can be recited at the next meeting and should include real world examples of where energy is being used unnecessarily and places where it's desperately needed.

Youth shaped

Trust young people to calculate how much energy they're using at home, as it'll be more eye-opening for them to discover this for themselves

Assets

- The Energy Diary sheet