

Parent Signature



Do You Really Need It?

Worksheet

Name

Date 70d 8 2021

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
93	27 mins
i pad	1h
tv	3h
light in room	9h
car	200/10 min

Need (essential)
930 computer
light
car

Want (privilege)
i pad
tv

To save energy I will give up using i pad for the next day because it is needed. Instead, I will _____.





Do You Really Need It?

Name _____

Date _____

Worksheet

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
TV	1 hrs
COMPUTER	1 hrs
cell phone	1 hrs
lights	7 hrs
Fridge	24 hr

Need (essential)

TV computer lights
cell phone Fridge

Want (privilege)

To save energy I will give up using cell phone for the next day because I have a TV. Instead, I will play.





Do You Really Need It?

B Parent Signature

Name _____

Date Feb 9, 2021

Worksheet

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
TV	2 hrs
i pad	12 min
lights	7 hrs
computer	1 hrs
XBOX FRIDGE	5 hrs

Need (essential)

lights computer

Want (privilege)

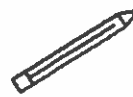
TV i pad X box

To save energy I will give up using TV for the next day because

it is not want. Instead, I will play with my dog.



Classroom Energy Diet Challenge



Energydiet.ca



Do You Really Need It?

Na _____

Date Feb 9 2021

Worksheet

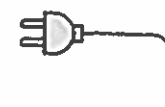
Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
TV	30 mins
Xbox	45 mins
phone	8 hrs
light bulb	2 hrs
fridge	24 hrs

Need (essential)		
	laptop	30 mins
	light fridge	
	phone	

Want (privilege)
TV Xbox laptop

To save energy I will give up using TV Xbox laptop for the next day because
I want to save energy instead, I will bec i dont use those
itames that mech



Parent Signer



Do You Really Need It?

Name _____

Date _____

Worksheet

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
tv	30 min
night light	24 hours
ipad	15 min
ifhion	38 min
Light	30 min

Need (essential)

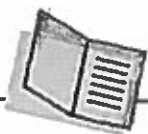
night light light

Want (privilege)

tv ipad ifhion

To save energy I will give up using tv for the next day because

I use it to much. Instead, I will play with my Family!





Do You Really Need It?

Signature: _____

Name: _____

Date: Feb. 19 / 21

Worksheet

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
TV ✓	1 hrs
computer ✓	1 hrs
lights	10 minutes
Fridge	24 / 7
PS4	30 minutes

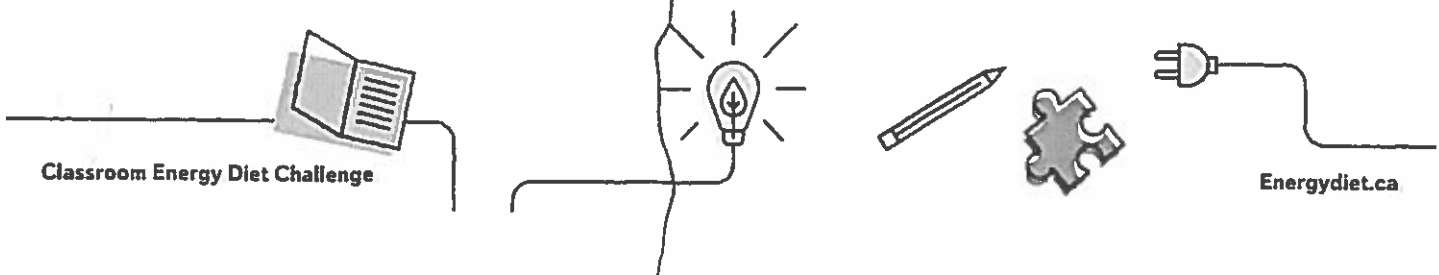
Need (essential)

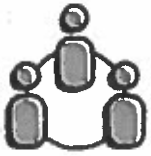
- TV
- computer
- light
- Fridge

Want (privilege)

- TV
- computer
- ~~lights~~
- ~~PS4~~
- PS4

To save energy I will give up using ~~PS4~~ for the next day because I want to save nature and energy. Instead, I will read a book.





Do You Really Need It?

Parent Signature

Name: _____

Date: Feb, 9, 2021

Worksheet

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
TV	1 hrs
netendo swich	3 hrs
lite cell phone	2 hrs
lights	4 hrs
i pad	3 hrs
x box	4 hrs
wii	1 hrs

Need (essential)

- food
- cell phone
- lights
- car

Want (privilege)

- netendo swich lite
- I pad
- X BOX & 360
- lights
- car

To save energy I will give up using netendo for the next day because I was use it every Day. Instead, I will write a sa.





Do You Really Need It?

Handwritten notes in a box: "up to 100% 197"

Nar _____

Worksheet

Date Feb 4, 2021

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
TV ✓	8h
Phone or iPad ✓	30m
lights ✓	5h
car ✓	1 hour 20m
Fridge ✓	24h

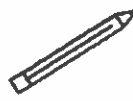
Need (essential)

Phone & Fridge
lights

Want (privilege)

TV
Phone

To save energy I will give up using TV for the next day because I want to reduce the amount of time I
Instead, I will outlet



Parent Signature



Do You Really Need It?

Name _____

Date February 9, 2021

Worksheet

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
COMPUTER	15 MIN
TV	2 hrs
lights	1 hr
game station (wii)	20 mins
flying park	5 mins

Need (essential)

computer
lights

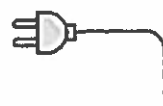
Want (privilege)

tv
game

To save energy I will give up using TV for the next day because

I want to save energy. Instead, I will play Monopoly

deck





Do You Really Need It?

Name: _____

Date: Feb 9 20 27

Worksheet

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
COMPUTER	3 hrs
TV	1 hr
Power switch	1 hr
Light	24 hrs
Food	24 hrs

Need (essential)

Food

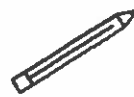
Want (privilege)

TV, Car, Phone

To save energy I will give up using computer for the next day because I don't use it. Instead, I will play board game.



Classroom Energy Diet Challenge



Energydiet.ca



Do You Really Need It?

AKH/DSA

Name _____
Date Feb 9, 2021

Worksheet

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
My chrome book laptop	5 hour hours
TV / PS4	2 hrs / 3 hrs
My Phone	3 hrs
Lights	14 hrs
laptop iPad	30 mins /

Need (essential)

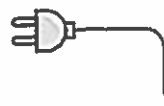
- phone
- lights

Want (privilege)

- chrome book
- iPad
- TV
- PS4

To save energy I will give up using IPad ^{It is a want,} for the next day because

I want to reduce the amount of time, Instead, I will Play with slime.



Patient signature



Do You Really Need It?

Name _____

Date February 9, 2021

Worksheet

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
IPad	5hrs
TV	3hrs
Phone	1hrs
lights	4hrs
Fridge	24hrs

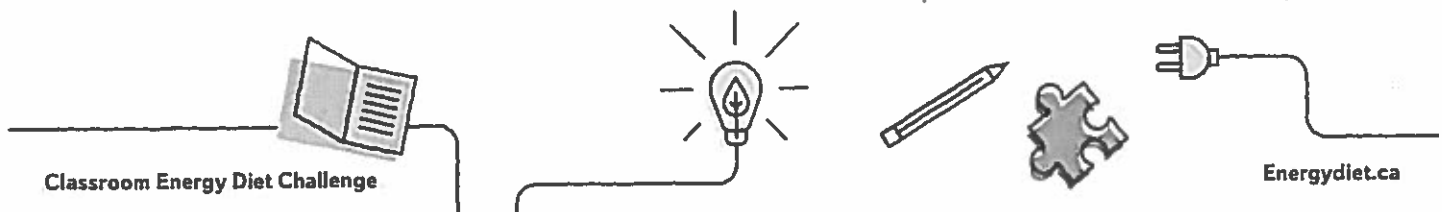
Need (essential)

- cellphone
- fridge
- lights

Want (privilege)

IPad

To save energy I will give up using TV for the next day because I want to go to school. Instead, I will play with my mom



Sin Mom of Dad
↓



Do You Really Need It?

Name: _____

Date: Feb. 9, 2021

Worksheet

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
X box 1	6 Hrs
i Pad	1 Hrs
LEDs	all night
Fridge	24 Hrs
Phone	2 min

Need (essential)

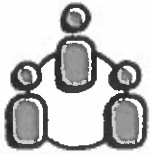
- Phone
- LEDs
- Fridge

Want (privilege)

- X box 1
- i Pad

To save energy I will give up using i Pad for the next day because I want to save energy. Instead, I will i dont no.





Do You Really Need It?

LEVEL 3 DIGITAL

Name _____

Date Feb... 10 2/20

Worksheet

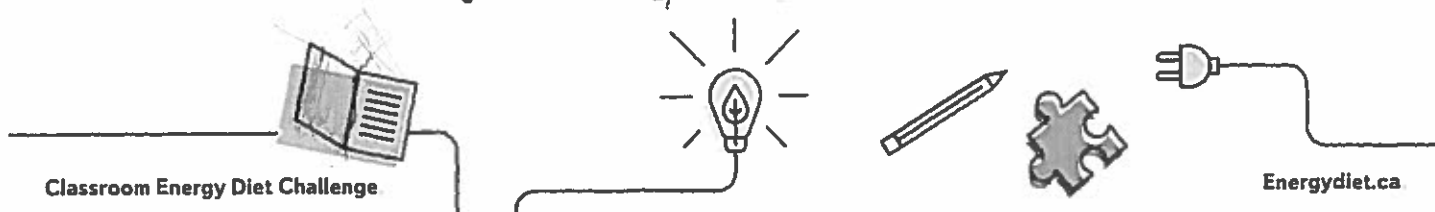
Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
TV	1 hour
iPad	1 min
phone	0 min
Crash Book	5 seconds
lites	A 20 24 hours

~~Need (essential)~~ want frig 207 hours
 tv iPad

Want (privilege) Need
 Crash book Lites
 phone frig

To save energy I will give up using TV for the next day because it is a want
I want to regost energy Instead, I will play with toys





Do You Really Need It?

Parent sign

Worksheet

Name _____

Date February

9, 2021

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
TV	2 hrs
Ch room book	30 min
light	6 hrs
car	5 min
fridge	24 hrs

xbox 24 hour

Need (essential)

Ch room book, lights, car
. fridge, xbox

Want (privilege)

, tv

To save energy I will give up using xbox tv for the next day because

I want to save Instead, I will _____

Energy to save
xbox





Do You Really Need It?

Patient signature

Nar _____

Date Feb _____

Worksheet

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
computer	1hr
TV	1hr
lights	2 hrs
Fridge	24/7 per Every Day

Need (essential)

- lights
- car

Want (privilege)

- TV
- cell phone

To save energy I will give up using TV for the next day because

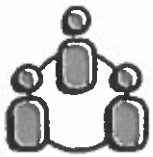
It is a want. Instead, I will play with my Toy and brother



Classroom Energy Diet Challenge.



Energydiet.ca



Do You Really Need It?

Parent 30

Name _____

Date FEB 9, 2021

Worksheet

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
TV	5 hr or 7h
COMPUTER	1h
LIGHTS	23 h
FRUG	23 h
nintendo switch	3h or 2 or 3h

Need (essential)

FRUG
lights
tablet

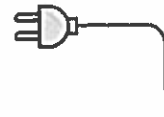
Want (privilege)

TV
nintendo switch

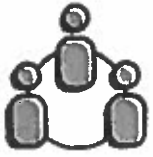
To save energy I will give up using nintendo switch for the next day because

I play 3 hrs Fortnite. Instead, I will play 100 cards.

PLAN



PARENT Signature



Do You Really Need It?

Name _

Date Feb 9, 2021

Worksheet

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
IPad	8 hrs
lights	3 hrs
Fridge	24 hrs
TV	1 hrs

Need (essential)

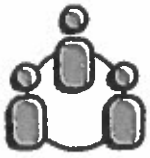
IPad
lights
Fridge

Want (privilege)

TV

To save energy I will give up using TV for the next day because it is a want. Instead, I will play with my sisters





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Name _____

Date February 9, 2021

Worksheet

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
TV	2 hrs
computer Crambook	0 hrs
lights	0 hrs
car	0 hr

Need (essential)

~~car~~ • Crambook • lights
• Car

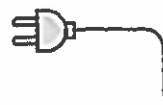
Want (privilege)

• TV

To save energy I will give up using TV for the next day because

is a ~~high~~ want

. Instead, I will play with lego.





Do You Really Need It?

parent signature
Name: _____
☺

Name _____

Date Feb 9, 2021

Worksheet

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
TV	1 hr 5
Phone	2 hrs
ipad	5 hrs
X-mas lights	2 hrs
moms computer	1 hrs
fridge	24 hrs

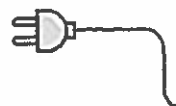
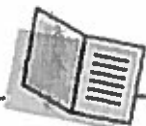
Need (essential)

Phone moms computer
Xmas lights

Want (privilege)

TV
• ipad
• Phone

To save energy I will give up using ipad for the next day because
I will save energy. Instead, I will listen to breakfast Sing.



Parent Signature



Do You Really Need It?

Name _____

Worksheet

Date Feb 9th 2021

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
tv	3 mins
iphone	8 hours 16 mins
lights	10 hours
Xbox	10 mins
fridge	24 HOURS!

Need (essential)

iphone • fridge
pc
light

Want (privilege)

tv

To save energy I will give up using tv for the next day because i don't use it much. Instead, I will try to play with my older sister.

