

Do You Really Need It?

Think of things you use everyday that use ENERGY.

How much time do you spend using each thing?

Things that I use everyday	Time spent using each thing per day
Toothbrush	4 minutes
Chromebook	During school time
Glasses	Most of the day
Body wash	Morning time
Charger	A little bit of time
Paper	A little bit of time
Chair	During school time
Hand sanitizer	I use it simetimes
Oven	1 Time per day
Microwave	Many times per day

Now, decide which things are NEEDS and which things are WANTS

Needs	Wants
Toothbrush Chromebook Glasses Bodywash Paper Hand Sanitizer Oven Microwave	Charger Chair

Challenge: To save energy, I will give up using chromebook for ONE whole day because it uses a lot of energy.

Instead of using this thing, I will play with my toys.