

## An activity to hone your energy saving decision making

### Instructions:

1. Photocopy this page. On the reverse of the paper photocopy the next page.
2. Cut the cards out along the solid lines. Check that you have actions on one side and energy saving results on the other. Shuffle cards.
3. As a small group (or as individuals) decide which actions you think belong in each column of the matrix card (9 in first column, 7 in second column and 5 in third column). Turn the cards over to check if your placements are correct.
4. Decide which actions you will start with to cut 10% of your energy usage (20 kWh per day).

|  |   |   |
|--|---|---|
| Learn to live without motor car– ride a bicycle again  | Double glaze windows & block all draughts   | Improve loft insulation (e.g. from 6cm to 24cm) |
| No air travel.   | Eat only organic food   | Recycle more things                             |
| Buy only what I need, not want. <i>Energy embedded in purchases by the average UK citizen is c. 48kWh/day.</i> | Eat a vegetarian diet.  | Use only low energy light bulbs                 |
| Find room for another person in my house.  | Insulate loft (e.g. from nothing to 24cm thickness)                                   | Lower thermostat 1 degree C                     |
| Eat seasonal, locally produced, organic, vegan food  | Insulate walls  | Reduce the time heating is on by 10%            |
| Limit electricity usage to 6kWh/day; generate that with solar PV   | Eat meat only every other day   | Dry clothes on the line                         |
| Buy local in season veg & fruit; use farmers' markets; grow more of my own food                                | Eat more food that needs no cooking or cycle hard for 10 hrs to generate electricity. | Use a cooler temperature for washing machine    |



|  |  |                                       |
|--|--|---------------------------------------|
| Save about 3 kWh per person each day   | Save about 7 kWh per person each day   | Save about 40 kWh per person each day |
| Recycling 3 aluminium tins, 5 plastic bottles and 1 Guardian newspaper would save c. 3kWh. | Save about 7.5 kWh per person each day | Save about 30 kWh per person each day |
| Save about 3 kWh per person each day   | Save about 6 kWh per person each day   | Save about 30 kWh per person each day |
| Save about 3 kWh per person each day   | Save about 8 kWh per person each day   | Save about 24 kWh per person each day |
| Save about 3 kWh per person each day   | Save about 7 kWh per person each day   | Save about 15 kWh per person each day |
| Save about 2 kWh per person each day   | Save about 5 kWh per person each day   | Save about 9 kWh per person each day  |
| Save about 1 kWh per wash load   | Save about 1 kWh per person each day   | Save about 2 kWh per person each day  |