Conserving energy is just one way we can help the environment and minimize the use of our energy resources. As students, parents, and teachers gear up for Spring Break, here are a few easy ways that kids can be a part of conserving energy at home.

**Energy Conservation for Kids at Home**

**1. Take a Shower Instead of a Bath**

Taking a bath can use up to 25 gallons of water, that’s just for one wash! It takes power and energy to heat the water that is used in both baths and showers. However, taking a shower uses 3.5 times less water than a bath which means a lot less energy is used to heat the water. Switching to showers is a great way to conserve energy while staying squeaky clean.

**2. Limit Electronic Usage**

The summer months are a great time to get kids off of electronics and outside to play. As we approach the school year and get into the colder months, it may be harder to keep kids off of electronics. However, limited electronic use is a great way to conserve energy.

When devices are used less frequently they don’t require as much charging time. This means that less of our electricity is being used to power electronics. Consider implementing a screen time rule or come up with fun activities, like [STEM projects](https://tristate.coop/18-stay-home-stem-activity-sites-for-kids), to do indoors during the winter.

**3. Turn Everything off When You Aren’t in the Room**

When lights, TVs, computers, video games, and other devices are left on and aren’t being used they waste electricity. A simple way that kids can help conserve energy is to be responsible for turning off all lights and devices when leaving a room for more than a few minutes. This not only makes them more conscious about how their actions affect the environment but also builds in practical ways they can be a part of energy conservation.

**4. Keep Windows and Blinds Closed**

In the warmer months it is especially important to keep our windows and blinds closed during the day. When the windows stay shut, the heat is kept out and the air conditioning stays in. Additionally, blinds can block out heat from the sun and keep our homes cooler on warm days.

This also helps conserve energy because the energy being used to power the air conditioning doesn’t get wasted on cooling the outdoors. Kids can be a part of this effort by helping check the windows in the morning and making sure they are closed during the day.

**5. Plant a Tree**

Planting trees can provide your home with shade and offer a cooler indoor temperature. The shade from a tree may allow you to use less air conditioning and conserve energy in your home.

Have a wonderful Spring Break everyone! Sincerely, Mrs. Pimpinella