

Be 'green' challenge











Rampion
Visitor Centre

Would you like to become an energy expert?

Take on this week's challenge and find out that there are many ways we can save energy and help our planet!

Every time you complete one of the suggestions in the table below, give yourself a 'tick' and a badge! You can colour in the badges.

Task		Badge
Turn off lights when you leave the room		
If you open the fridge to get food out, do not keep the door open for a long time, close it as quick as you can		
Turn off the TV, computer or other electronic gadgets when you finished watching or playing with them		

<p>Recycle something instead of putting it in the bin (check with an adult what can go in the recycling bin)</p>		
<p>Read a book or play a board game instead of watching TV. You could also write a story for the Rampion Zephyr Story competition! (closes 21st February 2021)</p>		
<p>Can you be quick in the shower and make it less than 5 minutes? Put a timer on and beat the 5 minutes!</p>		
<p>Cycle or walk somewhere instead of going in the car</p>		

How many badges did you get?

Are there other ways we can save energy? Share your ideas with us!



And now for the more important challenge – can you keep this good work up from now on?