

What is **energy**?

Here are some helpful talking points for each presentation slide:

For Slide 1

Start with excitement:

Hello, everyone! Today, we are going to learn about something we use every day... energy!

Ask:

Can you name something in the classroom that uses energy?

(Lights, computer, projector, heating, etc.)



Where does energy come from?

For Slide 2

Discussion points:

- Energy comes from different places! Some are natural, like the **Sun, wind, and water**, and some come from things we take from the Earth, like coal, oil, and gas.
- **Show images** of a wind turbine, solar panel, and power station.

Ask:

Which ones do you think are better for the planet?

Watch the video: BBC Bitesize
– What is Energy?



Why do we need to **save energy**?



For Slide 3

Discussion points:

- Using too much energy can harm the planet because some energy comes from burning things like coal, which makes the air dirty.
- But if we use less energy, we can help animals, trees, and people!

Make it fun:

Imagine if we left all the lights on all night long in the classroom. What would happen?

(Wasted energy, high bills, bad for the planet).



How can we **save energy** in school?

For Slide 4

Discussion points:

We can all help save energy by doing little things every day!

Read each point and act it out:

- Turn off the lights when leaving the room.
(Mime or use a light switch.)
- Close the doors to keep the warmth inside!
(Mime or close a door.)



Activity – Be an Energy Detective!



For Slide 5

Discussion points:

Now it's your turn! Look around your classroom and find something that is using energy.

Give your students one minute to look around and then ask for answers.

This week, let's see which class can save the most energy by switching things off!

Refer to the **Class Activity Pack: 'Activity #1: Start an Energy Detective Challenge!'** available to download for free from Our School Energy Action Hub for the full activity, including method and material needed.

Extra Video: Be inspired by Bridgewater Primary School's Energy Saving Song – Turn it Off!

