



Connecting Experience  
**Examine your Energy**

AGE GROUP

7+

AMOUNT OF PEOPLE

3+

TIME

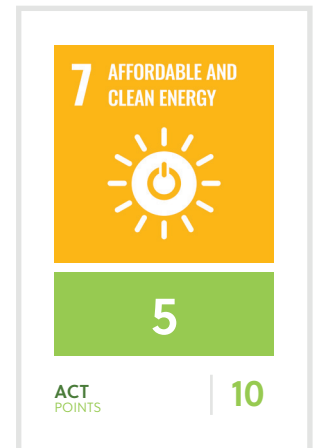
1 HOUR

OBJECTIVE

To learn how to reduce their consumption of energy.

MATERIAL

Paper, poster, pens, art supplies



**Instructions**

In small groups, give participants the task of coming up with 3 actions they could do to reduce their energy consumption.

Have each group should present their ideas, and as a group choose the ones that they think are achievable.

Create a diagram for each idea and display them on the wall or together on a big poster.

Each participant chooses one or two actions to focus on until the next meeting and places their name beside that goals image.

At the next meeting, have participants discuss whether they were successful or not. If they think that action is now part of their daily routine, they can pick a new one for the next week, or they can try again with the same task. Continue until everyone has successfully completed all the actions.



CONNECTING EXPERIENCE PAGE  
<https://ej2020.org/connecting-experience/>

HOST ORGANISATION



OFFICIAL EVENT



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