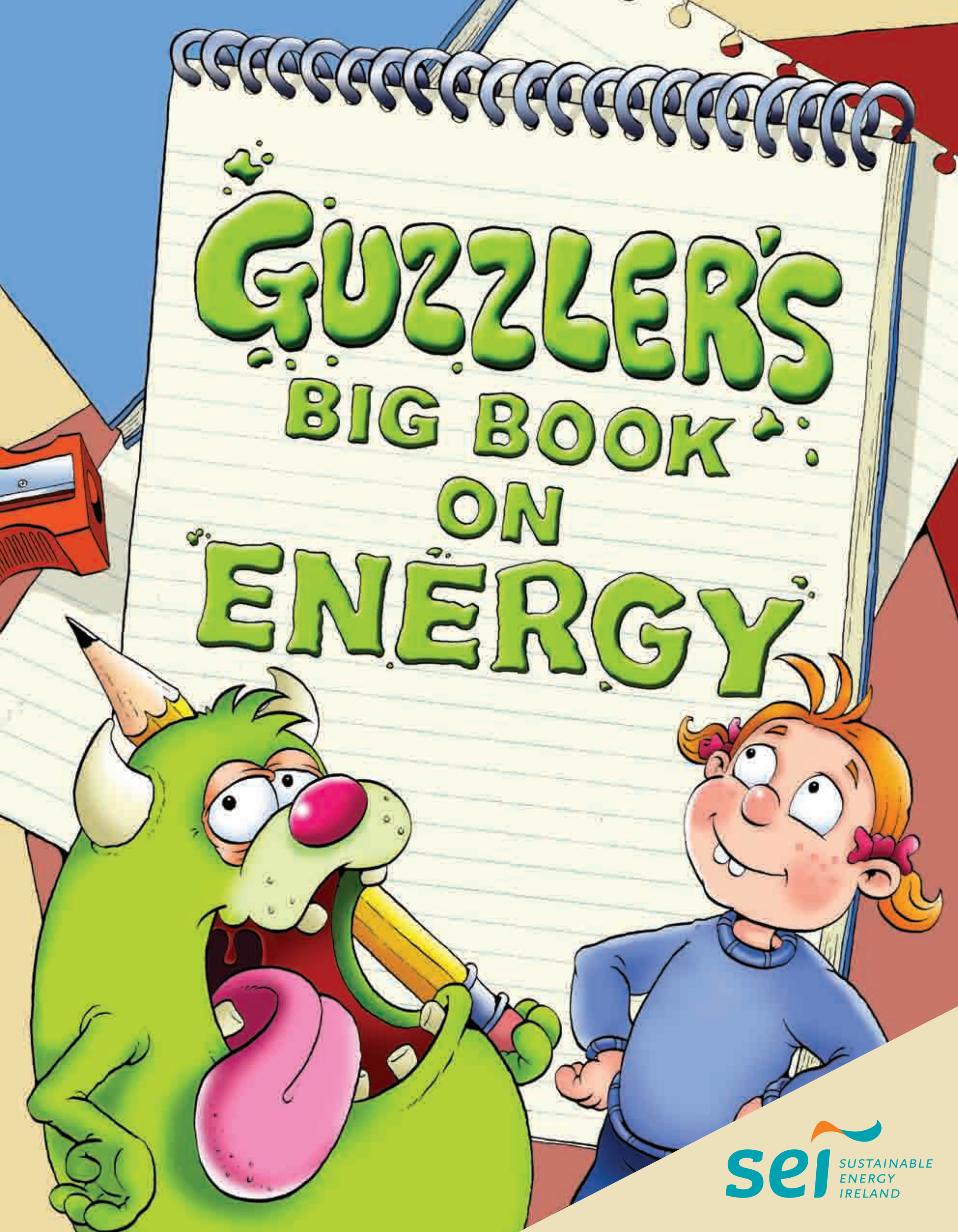
GUZZLER'S BIG BOOK ON ENERGY



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Guzzler's Big Book on Energy

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Guzzler's Big Book on Energy

Welcome to *Guzzler's Big Book on Energy*. This big book and the accompanying workbook, *Guzzler Investigates Energy*, both produced by Sustainable Energy Ireland, form a resource for teaching infant and junior classes about energy in the context of the SESE curriculum.

This resource has been developed in consultation with teachers of infant and junior classes and tested in the classroom. It addresses energy-related strands of the SESE Science, Geography and History curricula, including Energy and forces; Materials; Environmental awareness and care; Human environments; Myself and my family; and Change and continuity.

Guzzler is a friendly creature who lives in Aoife's wardrobe. This big book tells the story of how Aoife teaches Guzzler to save energy by only using the energy he needs. Guzzler is an enthusiastic learner, and he makes notes on the ideas Aoife and her friends and family give him.

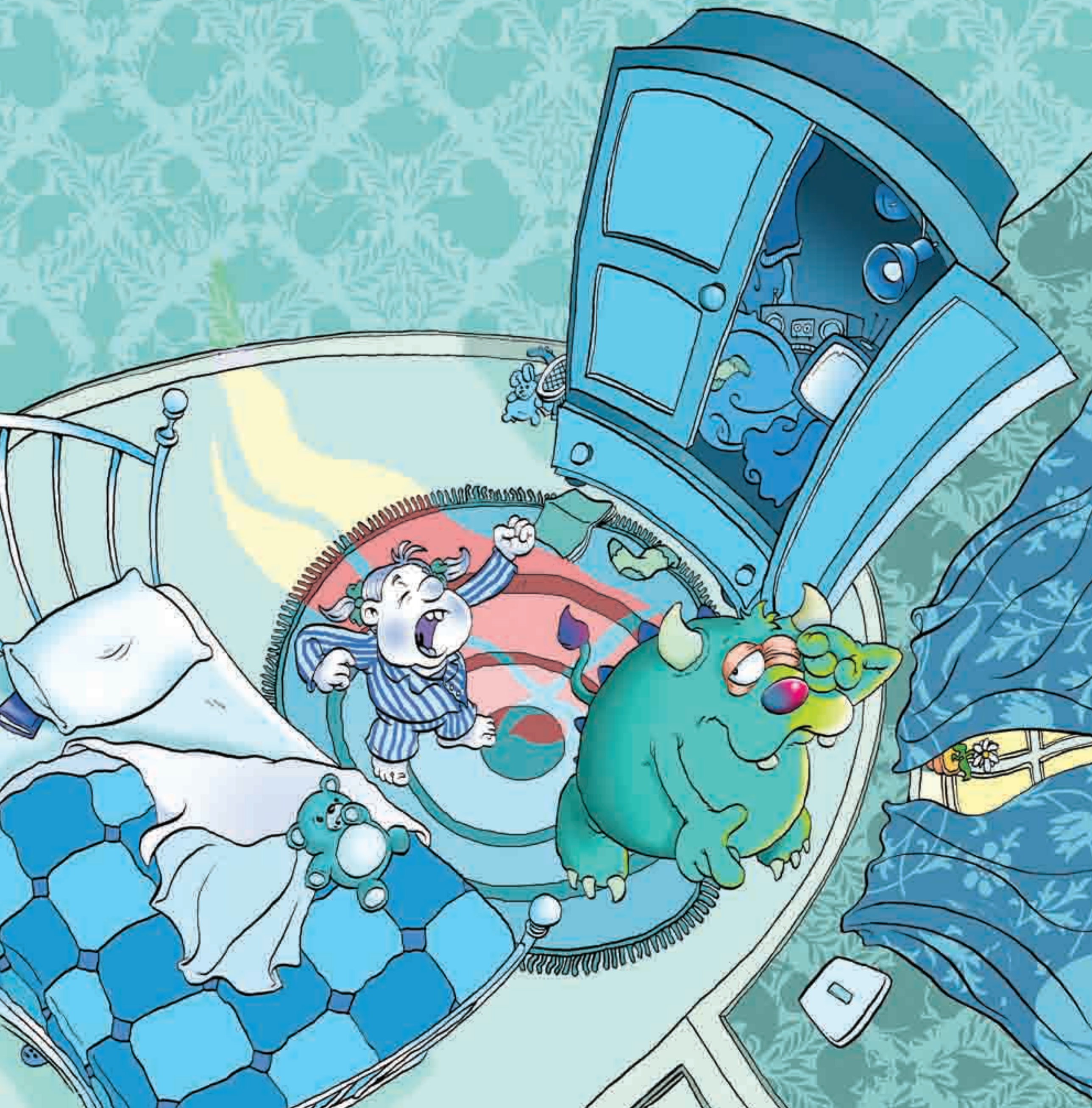
The themes addressed in this big book can be explored further through the workbook *Guzzler Investigates Energy*, which outlines a series of investigation, activities and demonstrations. These are intended to be carried out in the classroom, and all equipment is readily available. Links to specific activities in the workbook are featured throughout the big book. These will help the teacher to expand on the themes in the story.

“Hello! I‘m Aoife. This is Guzzler. He lives in my wardrobe. He likes to use too much energy. Let me show you what I mean, and then maybe you can help me to teach him not to use so much energy.”

This is Aoife's room.
Aoife and Guzzler
are asleep.

ZZZZZZZZZ

“Good morning, Guzzler,” says Aoife.
“We don’t need to turn the lights on—
they use electricity. The sun is shining,
so open the curtains instead! The sun
gives us light and heat.”



"We need food to give us energy, so eat up, Guzzler," says Aoife.

"We use the energy we get from food to...

walk

jump

Why not investigate?
Go to the workbook
Guzzler Investigates Energy
Theme 1: What is energy?
Activity 1: Food energy.

climb

sleep

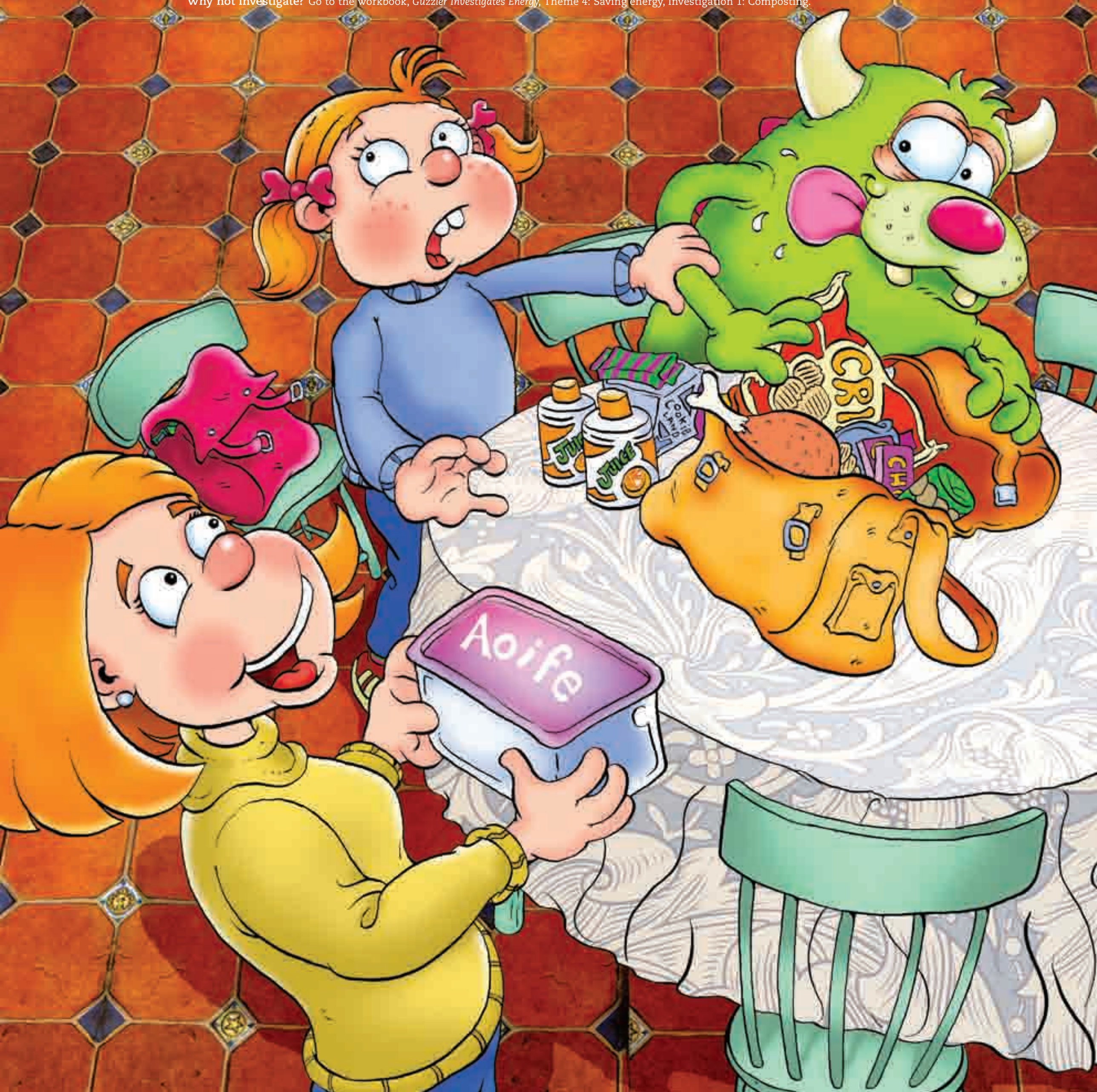
ZZZZZ

...and even to snore when we are asleep," says Aoife.

"We use energy to heat water so put the plug in the sink, Guzzler. You don't need to use all that hot water it's a waste!" says Aoife.

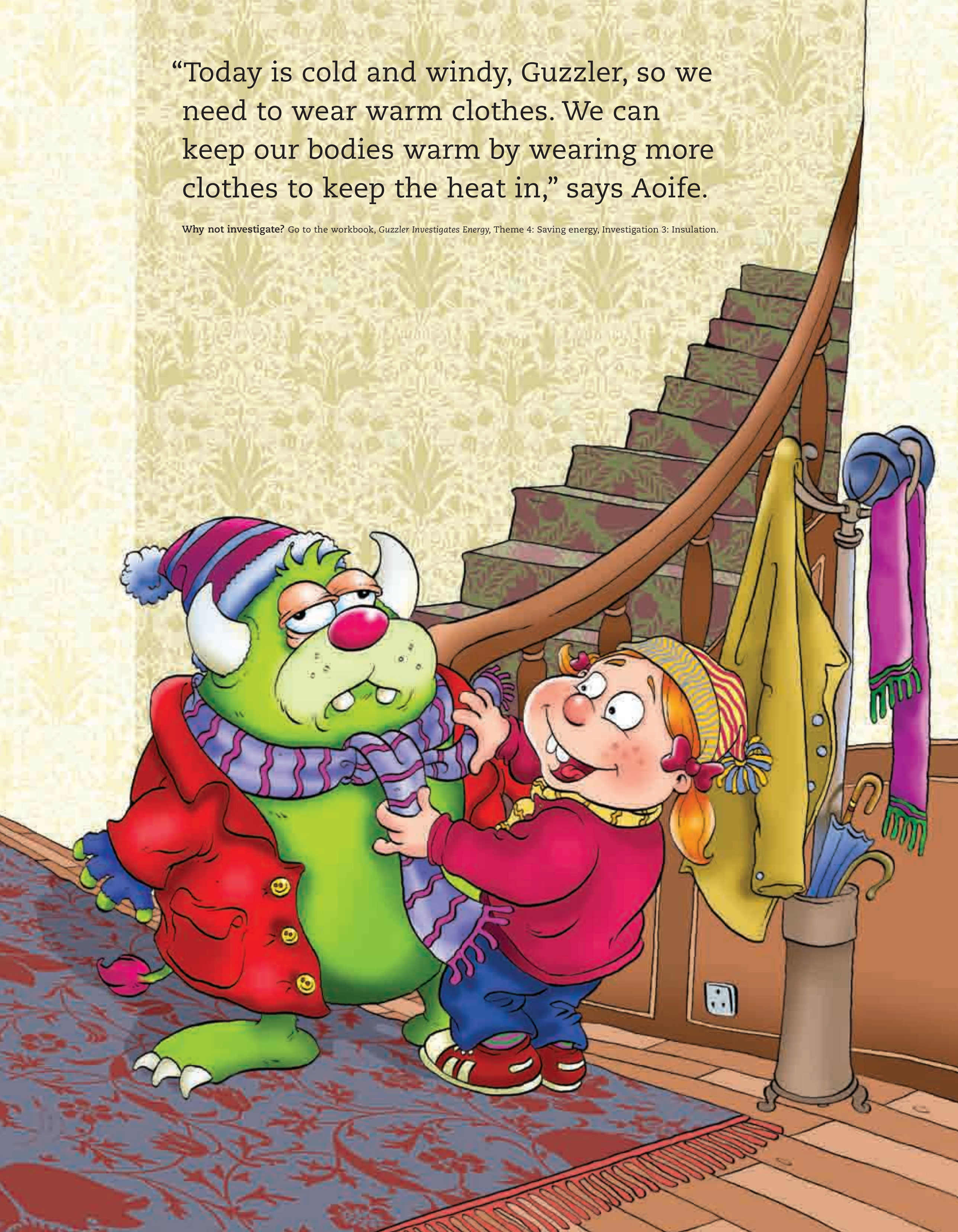
"Thanks Mum," says Aoife. "We bring the same lunch box and bottle every day, so we don't throw away a plastic bag and carton or bottle every day. That means there is less litter, and that's good for the environment."

Why not investigate? Go to the workbook, *Guzzler Investigates Energy*, Theme 4: Saving energy, Investigation 1: Composting.

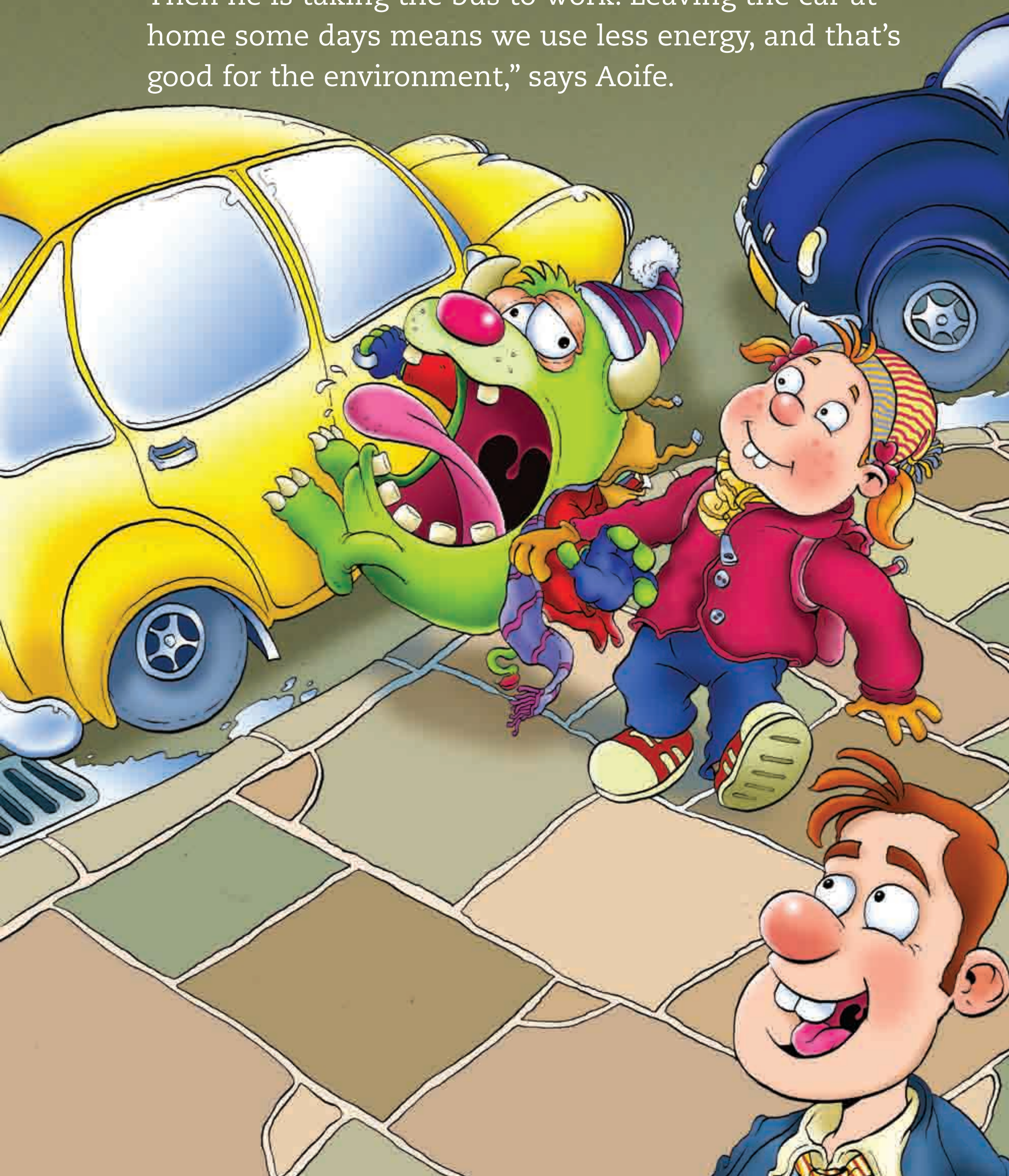


"Today is cold and windy, Guzzler, so we need to wear warm clothes. We can keep our bodies warm by wearing more clothes to keep the heat in," says Aoife.

Why not investigate? Go to the workbook, *Guzzler Investigates Energy*, Theme 4: Saving energy, Investigation 3: Insulation.



"Come on, Guzzler! Dad is walking us to school today. Then he is taking the bus to work. Leaving the car at home some days means we use less energy, and that's good for the environment," says Aoife.



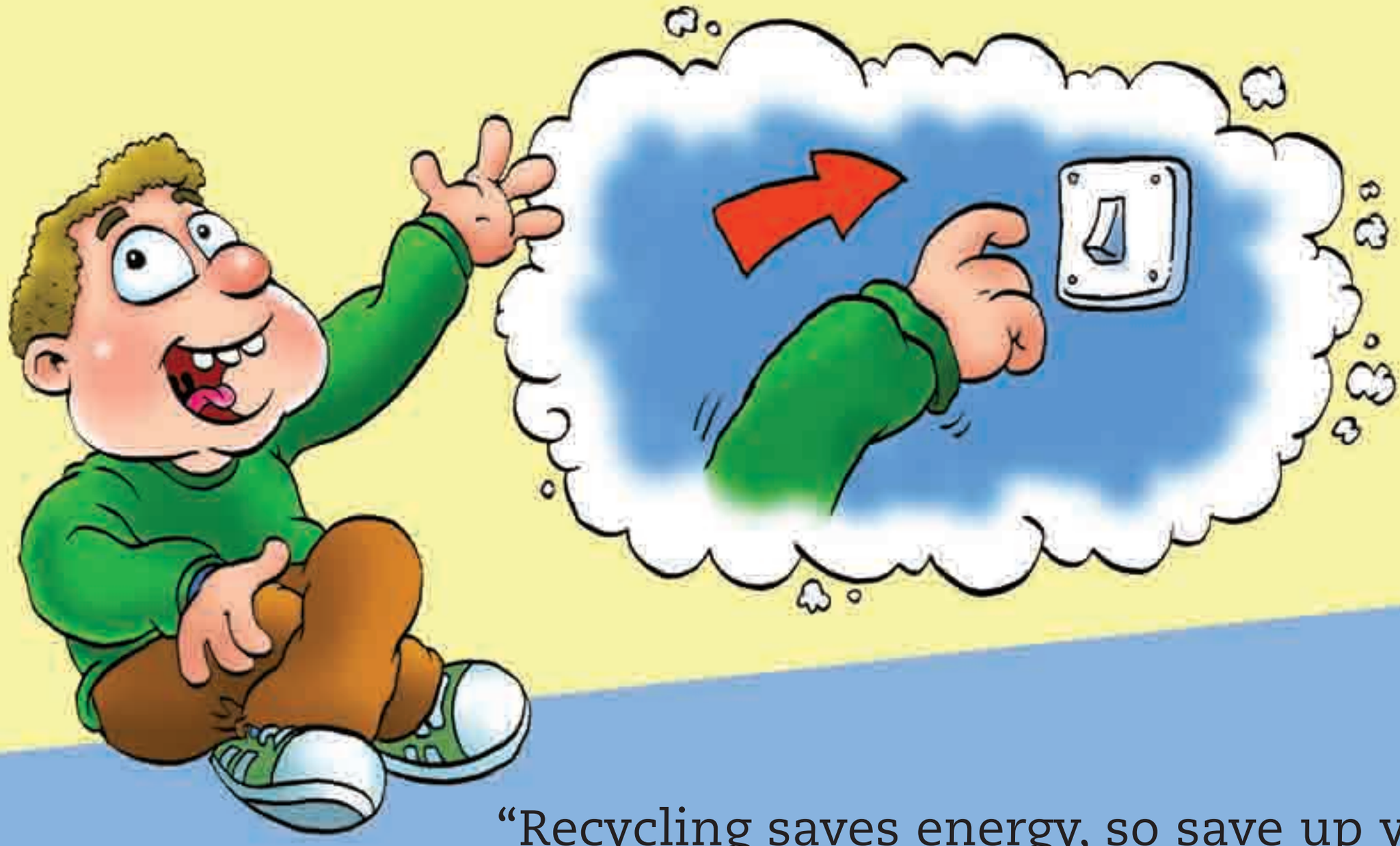
"Can you help me to tell Guzzler about the different ways to get to school and to explain which ways of travelling use less energy?"

Why not investigate?
Go to the workbook
Guzzler Investigates Energy
Theme 3: Energy long ago and energy worldwide
Topic 2: Transport, travel to school survey

“Today we are going to help Aoife. Aoife wants to teach Guzzler about saving energy, which means using only as much energy as we need. Can anyone help?” asks the teacher.

HEDGEHOG
MATHS

"When it's bright turn off the light,
and don't leave the light on if there is
no one in the room," says James.



"Recycling saves energy, so save up your
bottles, cans and paper and put them in
the recycling bin," says Seán.

Why not investigate?
Go to the workbook
Guzzler Investigates Energy
Theme 4: Saving energy
Investigation 2: Paper recycling

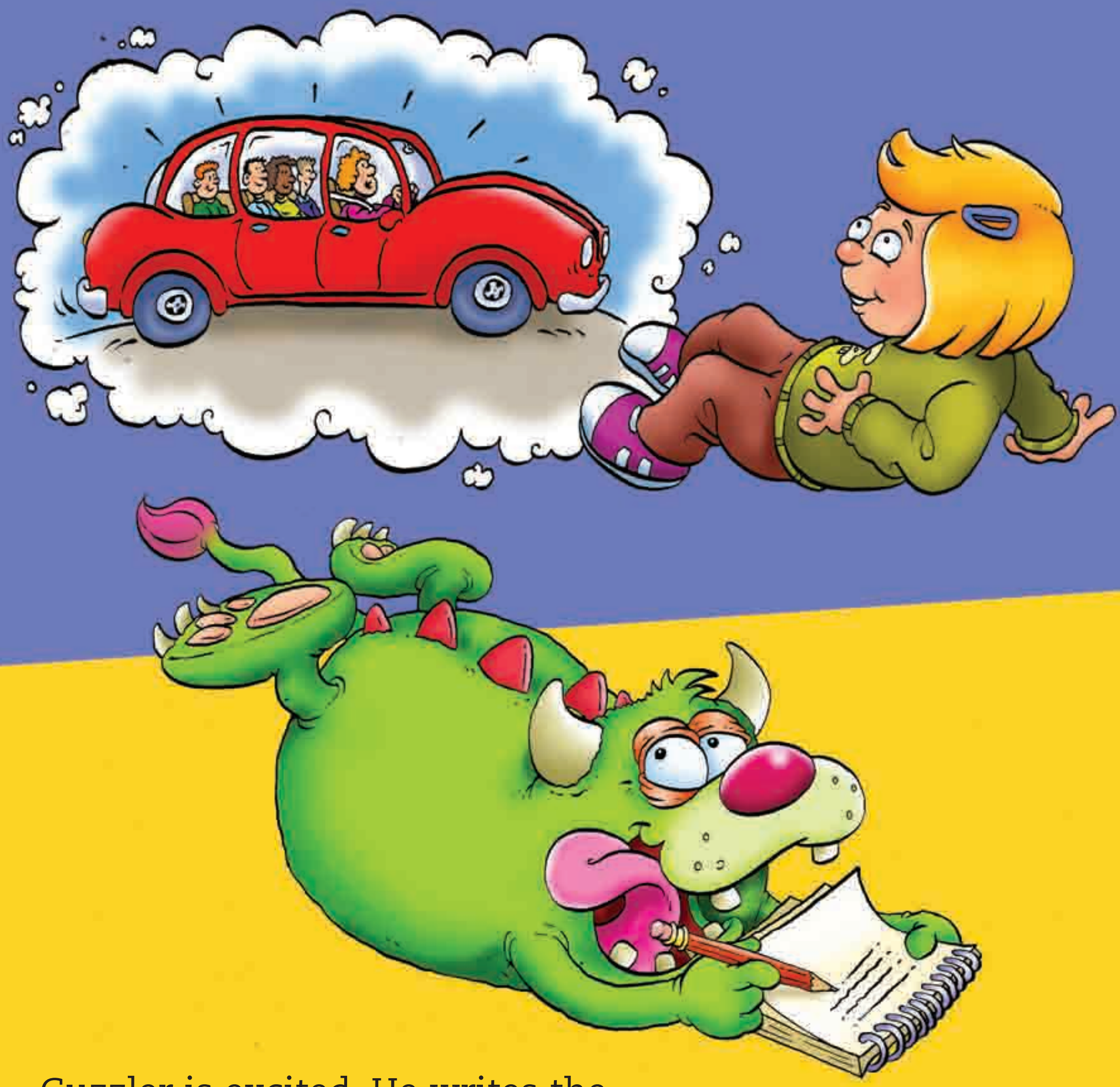
"Don't waste water. Put the plug in the sink, and don't leave the tap running when you are brushing your teeth," says Zara.

"If you are cold, put on a jumper instead of turning up the heat," says Abdul.

"The TV uses electricity, so turn the TV off when you aren't watching it! Don't just leave it on stand-by—make sure the red light is off," says Máire.

"Walk or cycle to school if it is safe, or take the bus," says Peter.

"If you travel to school by car, ask your parents if they can take turns driving a group of your friends to school," says Anne.



Guzzler is excited. He writes the ideas that the children have given him down in his notebook.

“Instead of filling up the kettle, I only boil as much water as I need when I am making a cup of tea. But remember, children should never go near the kettle!” says Mum.

Why not investigate? Go to the workbook *Guzzler Investigates Energy*, Theme 4: Saving energy, Investigation 5: Save energy in the kitchen.

“Hi Guzzler! When it’s dry we can use the sun and wind to dry our clothes instead of a tumble drier,” says Dad.

“When we recycle, old cans are crushed and are used to make new cans. This uses less energy than making brand new cans,” says Conor.

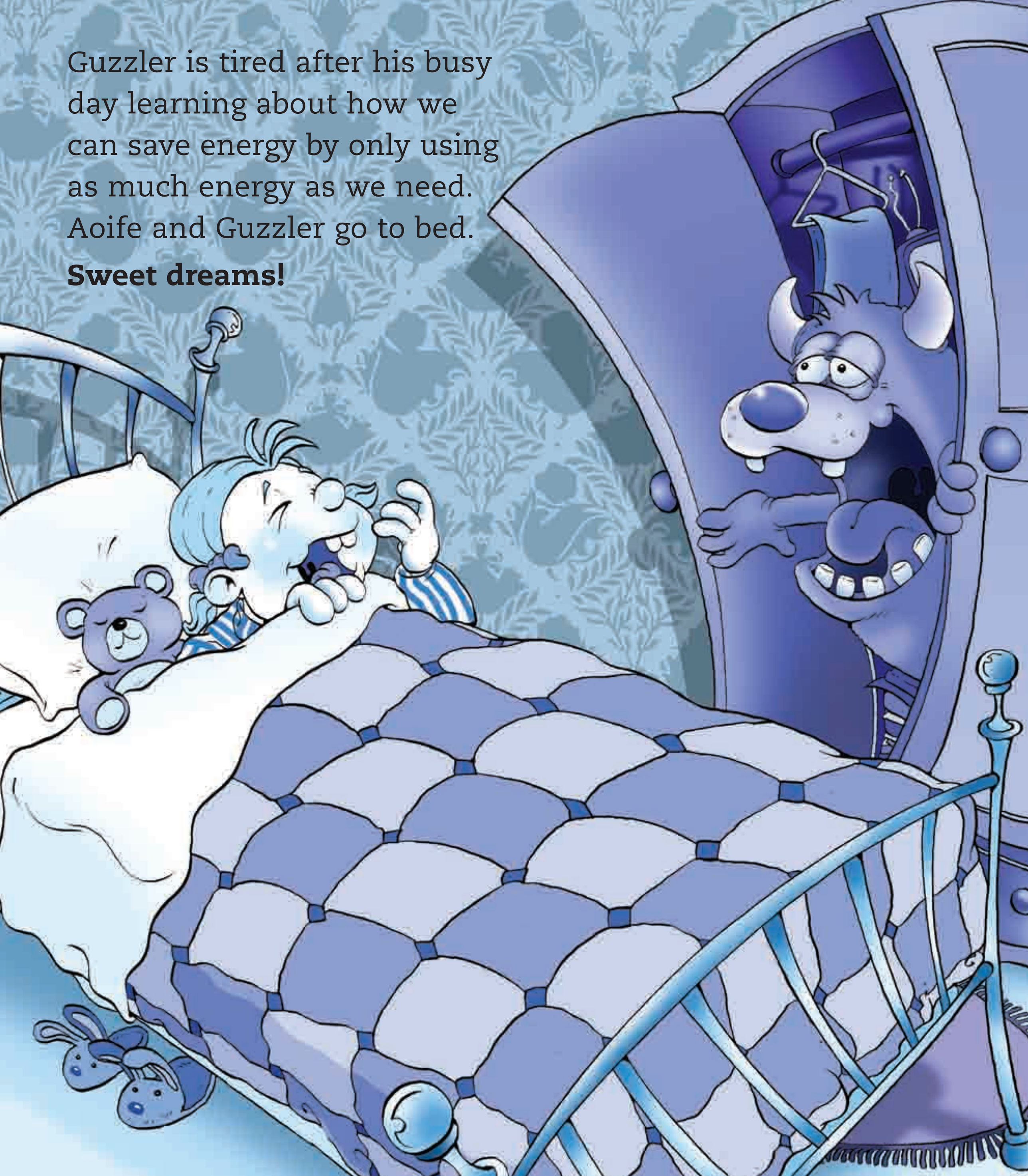
"This is a lagging jacket. It keeps the hot water hot for longer, just like when we put on our winter jackets," says Aoife.

Why not investigate? Go to the workbook, *Guzzler Investigates Energy,* Theme 4: Saving energy, Investigation 4: Good and bad insulators.

It’s not for you, Guzzler!

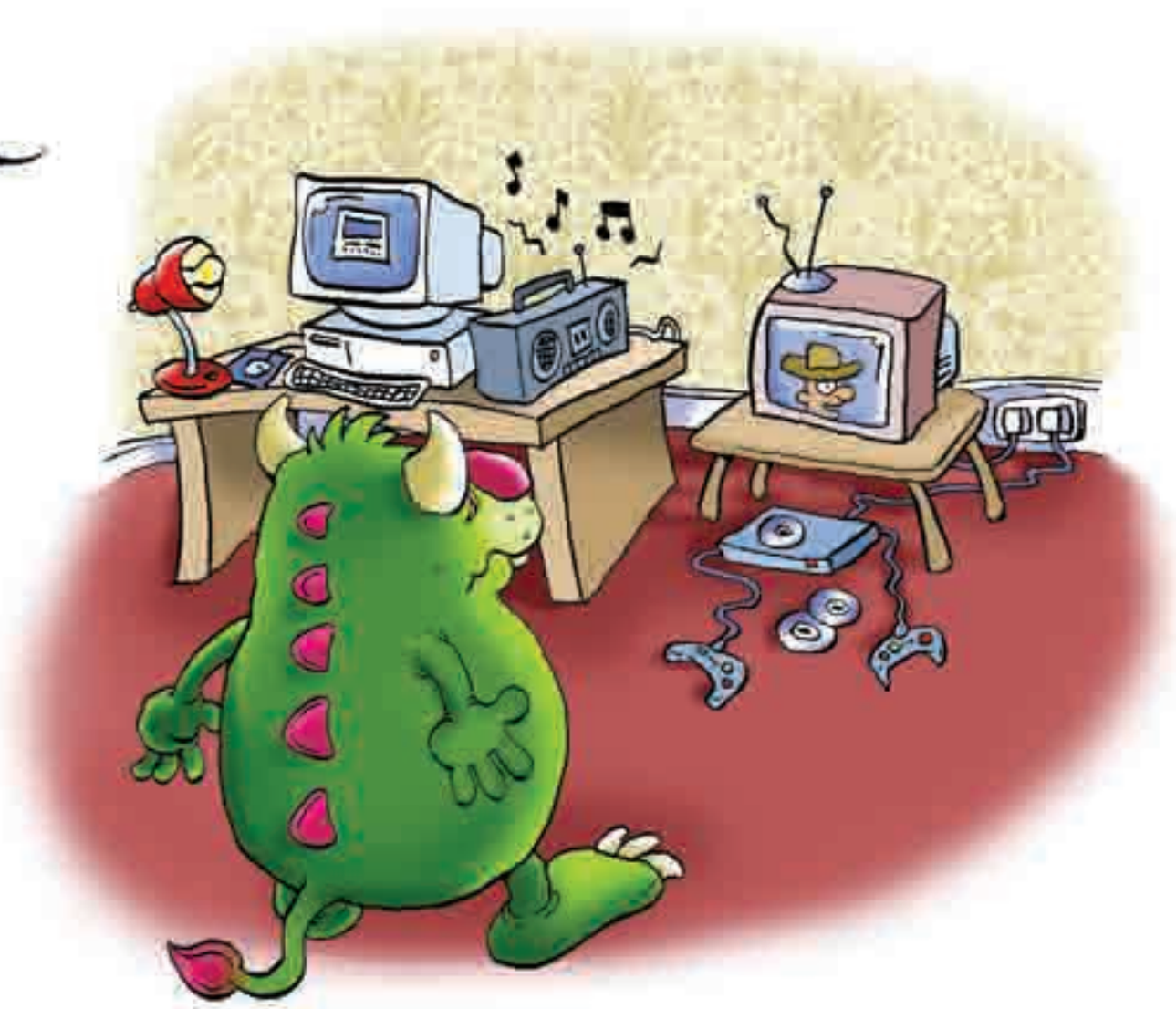
Guzzler is tired after his busy day learning about how we can save energy by only using as much energy as we need. Aoife and Guzzler go to bed.

Sweet dreams!



Guzzler is dreaming about ways to save energy Can you help him?

How can we save water and energy when washing?



Lots of things use electricity. What things should we turn off when we are not using them or when we leave the room?

How can we save energy travelling to school?

When we are too cold, what should we do—put on a jumper, or ask an adult to turn up the heat?

“Thanks for your help. Now see if you, your friends and your family can save some energy at home and in school by only using as much energy as you need!”

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Sustainable Energy Ireland is funded by the Irish Government through the National Development Plan 2000-2006 with programmes part financed by the European Union.

For more ideas on teaching energy, please visit the Sustainable Energy Ireland website **www.sei.ie**