

dirtygirlworld

get energy wise



Calling all greenthumbs

I challenge you to
get energy wise!



get energy wise

Welcome

Woohoo!

Are you ready to get get energy wise?

Energy is amazing!

This unit is jam packed with ideas and activities
all about energy,
how we use it, how we make it
and how we save it.

So let's start to get energy wise!



Each 'get grubby' unit has
a different mission flower.
The greenthumbs can
complete their mission
as a group or individually.



My greenthumb mission chart

Choose a mission from the flower.
Complete the mission.
Colour in the petal.
Can you finish the whole flower?



Sing big orange tractor

Find out what uses energy at your place

Sing lalala

Squeeze some orange juice by hand

Play eco bingo

Rug up to cool down the planet

Have a swap day

Unplug for a morning



get energy wise

starting

You have a couple of ways you can start this unit.
There is a clip from dirtgirl and Costa the Garden Gnome
and a letter from dirtgirl.

You may like to use both of these on different days.

How you roll out the unit is completely up to you.

You can pick and choose which activities best suit your greenthumbs.

You can choose to adapt or create a 'play form'
or an 'invitation to play and explore' from any of the suggested activities.

You can choose to do a complete unit in one block
or pick and choose

and spread parts of the unit across the year.

You may even hold back some activities to do in future years.

You chose what best works, for you!



get energy wise

Read the following letter from dirtgirl
to the greenthumbs.

If you like you can personalize this
by printing it out and putting it an envelope
and addressing it to the greenthumbs at your place.
You can even create a dirtgirlworld mail bag
or mail box to receive letters from dirtgirl.



dirtgirlworld



dirtgirlworld

Hi Greenthumbs!

Are you ready to get energy wise?

Energy is amazing.

We can't see, hear, taste or even smell energy,
but we sure can use it!

People and animals use energy to move and
plants need energy to grow flowers and fruit.

We all need energy to grow.

We also use energy in our homes.

Most people buy the energy they use in their
homes; energy to heat and cool, to make light, to
cook with and even to keep food cold. There is so
much to know about energy and how we make it
and can save it.

Are you ready to become an energy expert?

Love from
dirtgirl



get energy wise

watch

Watch -get energy wise clip 1

In this clip,
dirtgirl and Costa the Garden Gnome
talk about energy, how we use it And
they play 'eye spy energy'!



Chat...

How do you use energy?
How do we recharge ourselves?
How do you make energy?

How do animals use energy?
How do animals make their energy?
How do plants use energy?
How do plants make energy?

and

play 'I spy energy'

get energy wise

Discuss how you can't see energy – but can spot energy at work. Rather than looking for the energy, we look at other things and see what energy does to them and how they use and make energy. Energy is a bit like the wind- you can't see the wind, but you can tell it's there by seeing the leaves rustling in the trees or by putting your hand up, you can feel it against your hand. Can you spy energy at work? For example, if you see a wheel rolling, you've spotted energy at work!

Use your five senses to see energy at work – play I spy –
go outside and feel and hear the wind,
feel the warmth of the sun;
come inside smell food cooking, see the fan ball rolling,
light bulb lighting up, hand towels drying,
flash of lightning in the sky, airplane flying over, clap of thunder.



energy

Energy makes the world go around... literally! Hehe! Most of what you see in the world around you uses energy to exist, to move, to work, to turn on and to grow.



Some of the energy comes straight from nature. The energy we need to grow and to move comes from our food, water and from the oxygen we breath. The energy that plants need to grow comes from the sun, from water and from the nutrients in the soil.



energy



Another word for energy is power. When we 'turn on' the television, or you 'switch on' a computer, it means you are 'switching on' or 'turning on' the power inside of the TV or computer. By pressing that button, you have sent a message to a chain of teeny-tiny things inside, telling them to work together and use energy, so that the TV or computer can turn on. But where does that energy come from?

energy

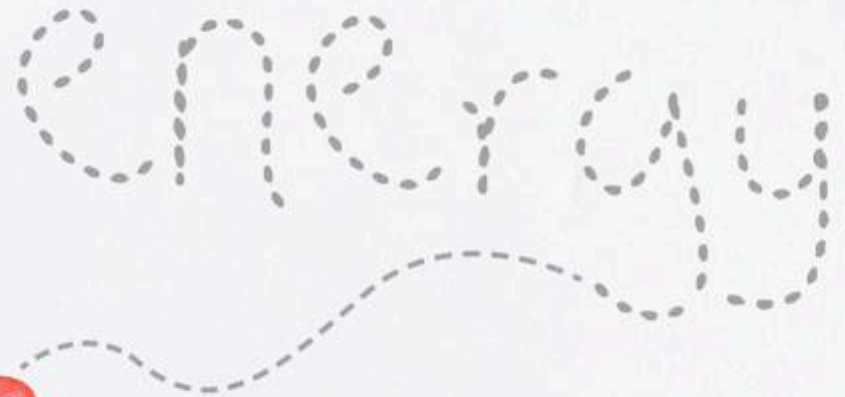
Colour in the
ripe oranges.
What colour
will you choose?



Colour in 'e' for energy...



Trace the word...



get energy wise

watch

Watch -get energy wise clip 2

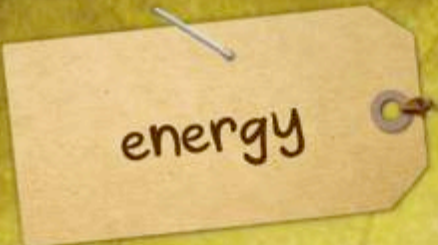
In this clip, dirtgirl and Costa the Garden Gnome chat about the different types of energy. They challenge the greenthumbs to find out where energy comes from.



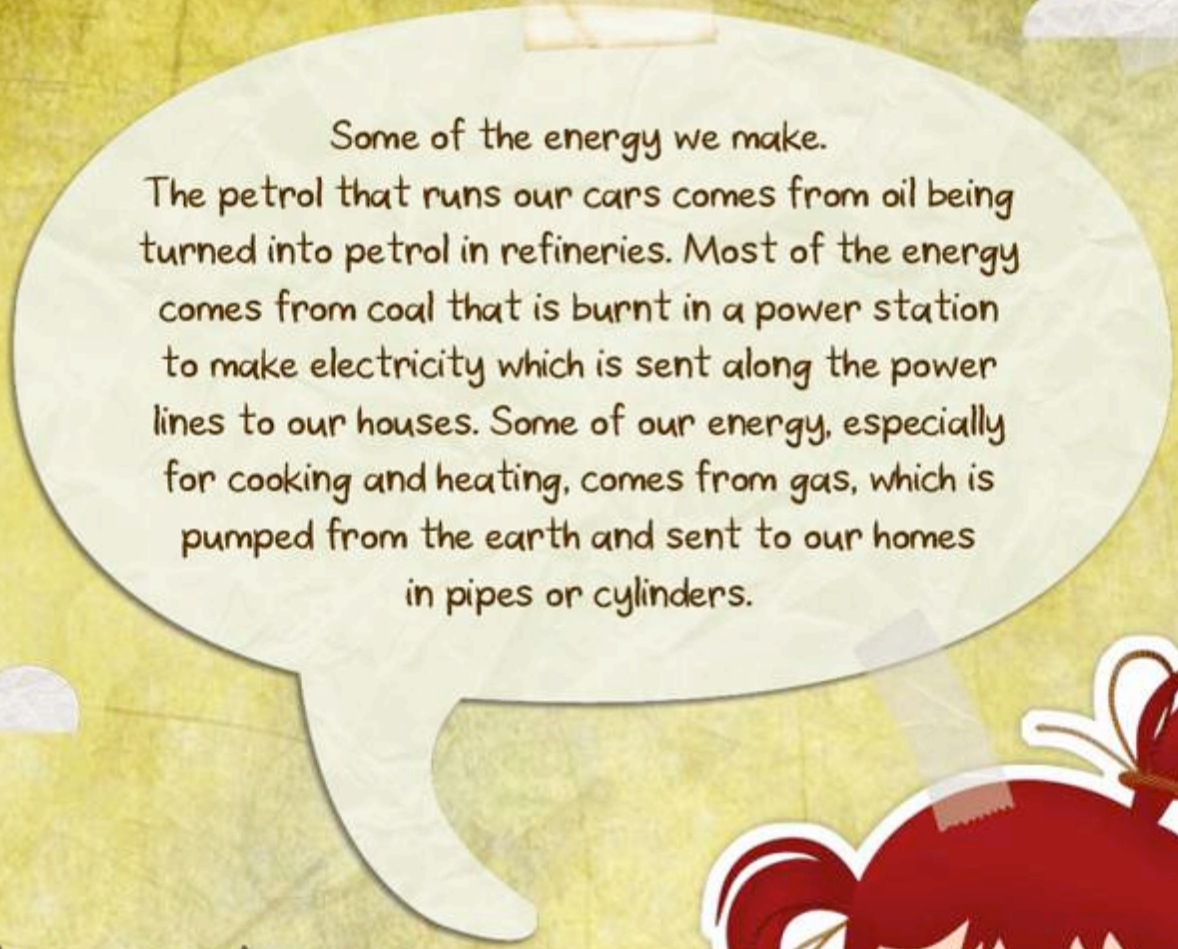
Chat...

How is the energy that is used in the centre and in our homes, made?

Use old magazines to make a mural or a scrapbook page, of things that need energy.



energy



Some of the energy we make.
The petrol that runs our cars comes from oil being turned into petrol in refineries. Most of the energy comes from coal that is burnt in a power station to make electricity which is sent along the power lines to our houses. Some of our energy, especially for cooking and heating, comes from gas, which is pumped from the earth and sent to our homes in pipes or cylinders.



energy

The coal, oil and gas come from under the ground and under the oceans. Once we use them all up, they're gone forever. There is no way of getting them back.

This kind of power is called **unrenewable power**.

Power from gas, oil and coal is not clean energy. It contributes to pollution.

So as well as it saving us money to save power, we need to not use too much power, or waste power, to help protect the planet.

There are other ways to make power. Power from the sun, water, the tides and the wind are all natural ways and cleaner ways to make power.

These are called **renewable energies** because rather than running out as we use them, nature keeps renewing them or topping them up for us every day.



energy



Every time food, water and energy/power reach our homes, it costs the earth something.

Some sources of energy are more 'sustainable' so they cost our earth less,
but some sources of energy are made in ways that hurt our planet for a long time,
so they cost our earth a lot.

We have a lot of people in this world to feed and to supply power to,
and it can all add up, and take its toll on our earth.

To keep our home -Planet Earth- healthy,
it's super important to be smart about energy.
And it's super fun.



get energy wise

Many of the things we need or do everyday also use energy.
Things such as warming our houses or running a fridge.

What things can you see around you that use energy?

Go on an energy hunt around your centre.
Make a list or poster of where energy is being used.

How many lights are on?

What is using energy, right now?

Do you know how that energy is made?





wind



sun



rocks



flowers, corn, food scraps



coal



waves & river

get energy wise

Here are lots of images for you to use when you are talking about power and wondering about all the different ways there are to make power.

You will want to add your own as well but these will be a great start



The background is a hand-drawn illustration on aged paper, framed by a wooden border. The scene depicts a landscape with two green hills, each topped with three wind turbines. To the right of the hills is a rocky shore with several red, spiky plants. Further right are blue waves and more clouds. The sky is light yellow with a large sun in the upper right corner, made of yellow paper with a polka-dot pattern and wavy rays. A piece of white, torn paper is pasted across the center of the page.

Switches, plugs, boards and bulbs

OFF













coal power, power lines, sub stations,





The illustration is set on a piece of aged, yellowish paper mounted on a wooden frame. At the top left, there's a purple cloud with blue wind lines. At the top right, a yellow sun with a polka-dot face and wavy rays is partially cut off. In the center, a white, crumpled paper strip with a spiral binding on the left edge contains the text 'Solar power' in orange. The bottom of the page features a landscape with two green hills, each with three black wind turbines. To the right of the hills is a volcano with grey rocks and red smoke rising from it. Further right are blue waves and more purple clouds with wind lines.

Solar power

































wind power



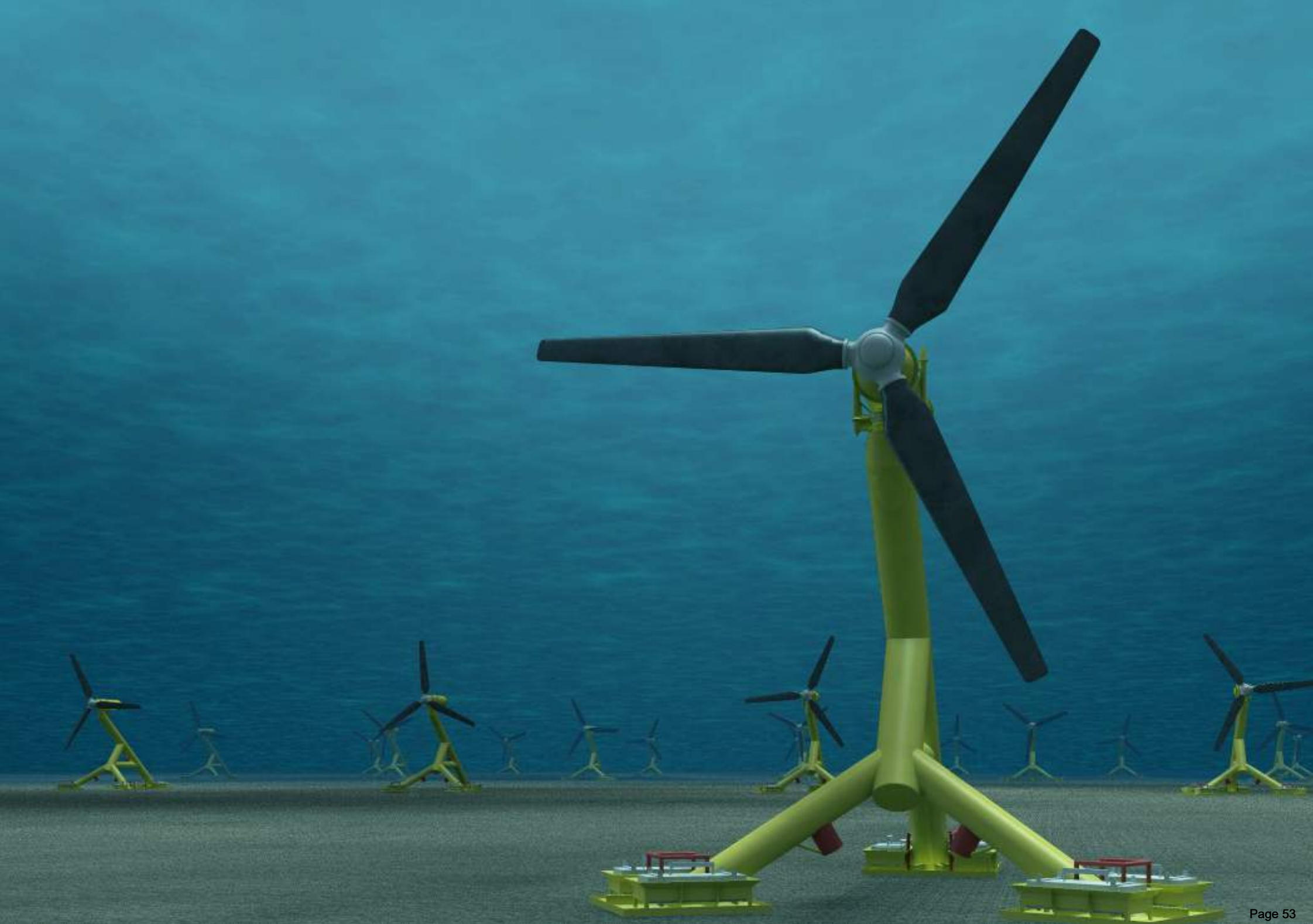




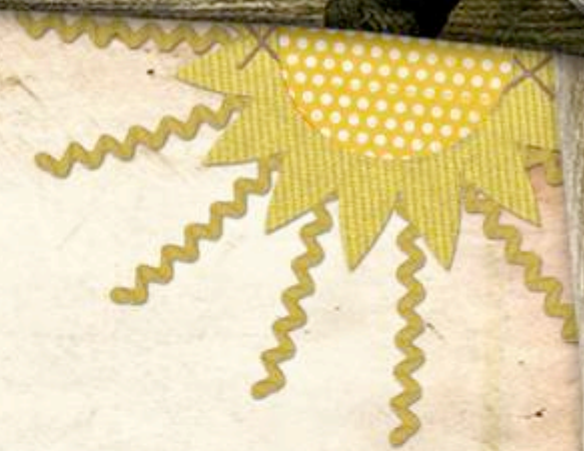


tidal power













geothermal power



A collage on aged, textured paper. At the top left is a purple and grey cloud with blue wind lines. At the top right is a yellow sun with a polka-dot face and wavy rays. In the center is a white, torn-edged paper strip with two punch holes on the left, containing the text "nuclear power" in orange. At the bottom left are two green hills with three wind turbines each. At the bottom center are grey rocks with red, wavy lines rising from them. At the bottom right are blue waves. The entire collage is framed by a wooden border with screws at the corners.

nuclear power





pedal power



















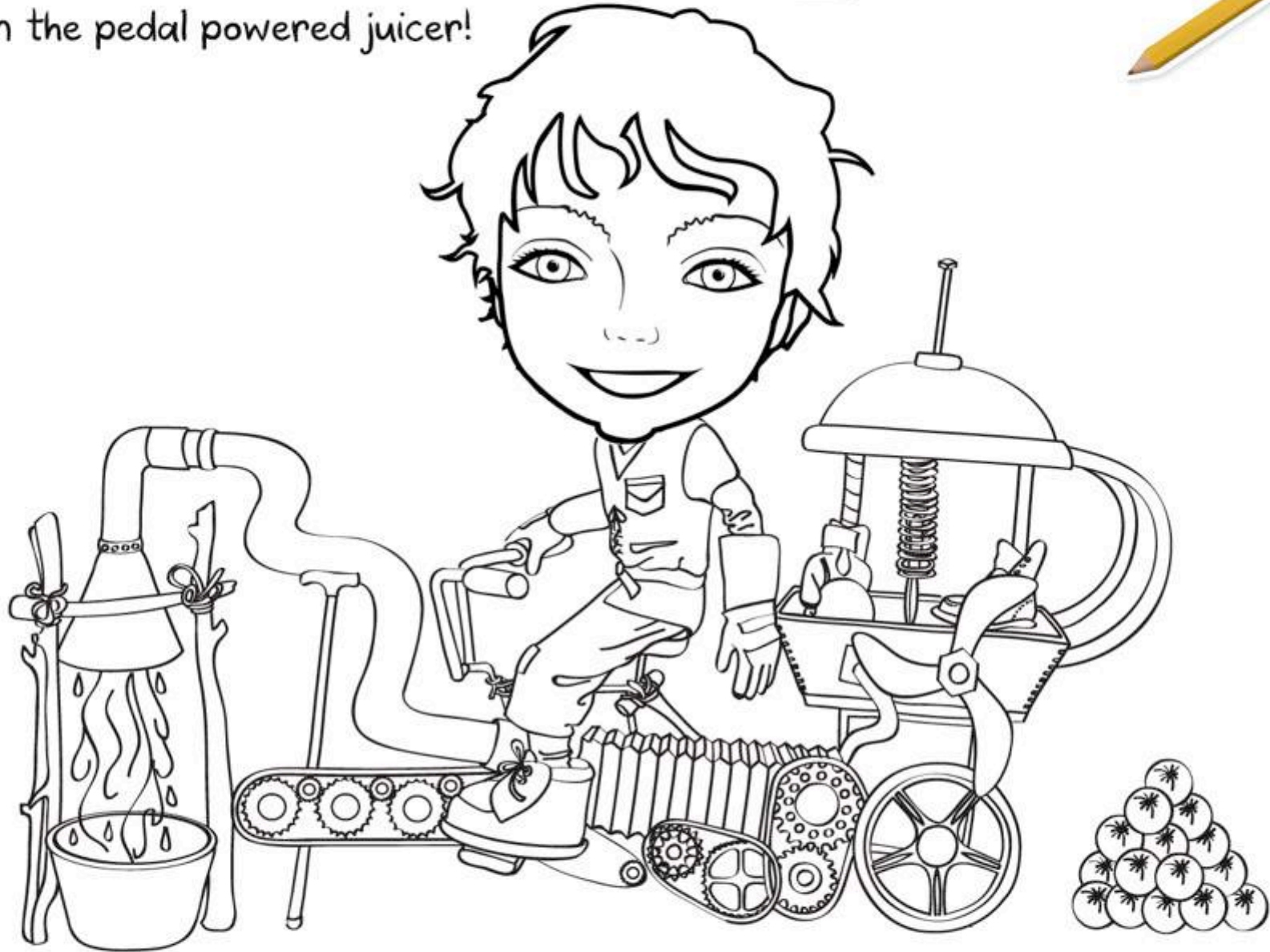


dirtygirlworld

Draw a line from the object to its place in the pedal-powered juicer.



Colour in the pedal powered juicer!



get energy wise

Here's one of my very favourite songs.
It's called **Big Orange Tractor** or as I like to call him **B.O.T B.O.T**
Because as well as being his initials, **B.O.T B.O.T**
it is also the sound that he makes when he is motoring along.

B.O.T B.O.T is an amazing tractor , he runs on biofuel.
That's fuel that is made from plants.
And in our case we make our fuel from corn!
Amazing!
I hope you love **Big Orange Tractor**

You will find the song for
'big orange tractor'
in the 'get energy wise'
assets in the teacher's section of website.

sing

Big Orange Tractor

Driving on my tractor, lots of jobs to do today, go forward - go back, turn left - turn right

Got both hands on the steering wheel, I'm driving... my tractor, my tractor, my big orange

Turn left - turn right, tractor, my tractor,

my big orange... turn left - turn right



Driving on my tractor, cutting grass and making hay, go forward - go back, turn left - turn right

Got both hands on the steering wheel, I'm driving... my tractor, my tractor, my big orange

Turn left - turn right, tractor, my tractor, my big orange... turn left - turn right

Tractor, my tractor, driving my... turn right, TURN RIGHT!

Tractor, my tractor, my big orange tractor!

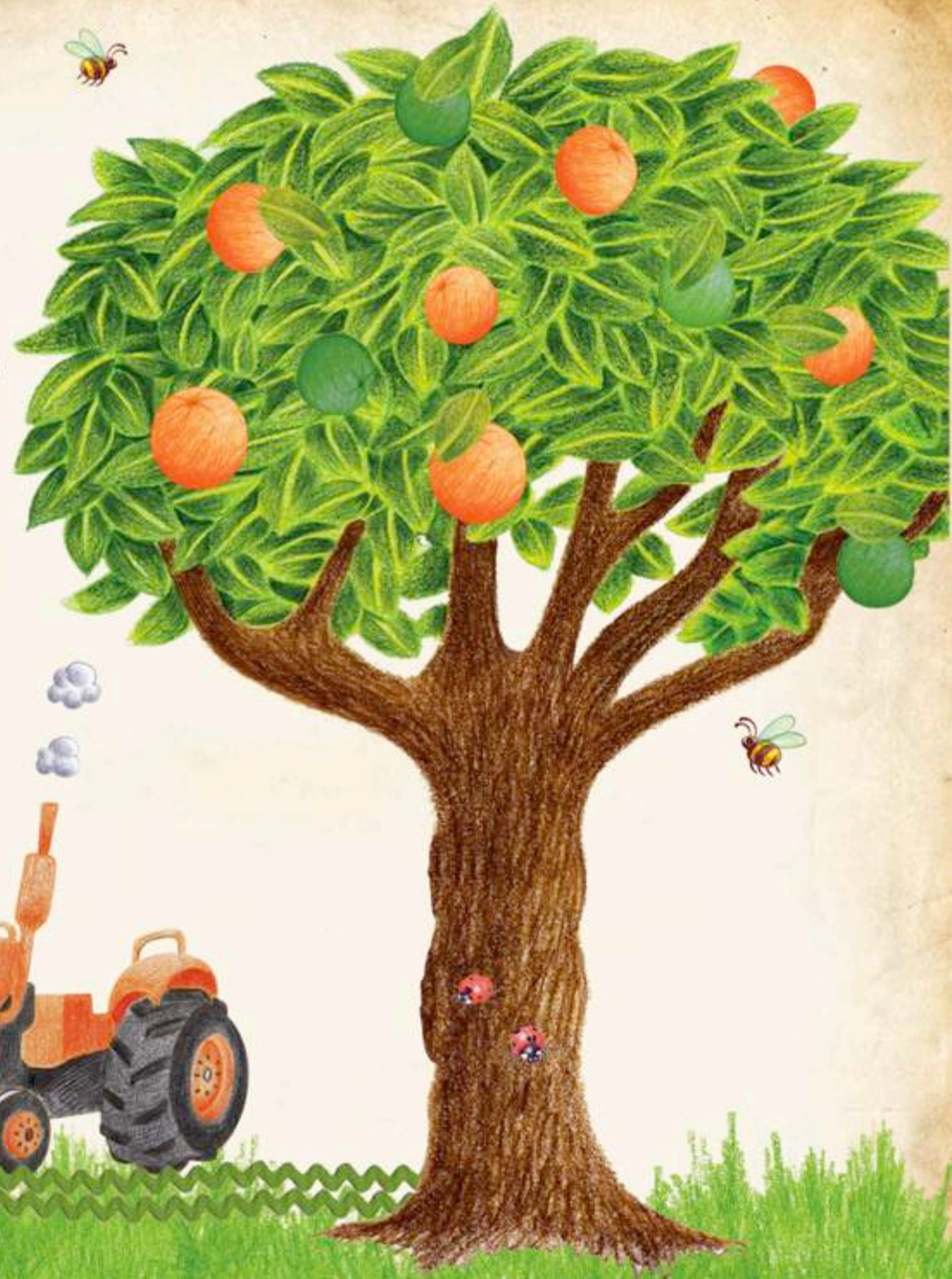

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Colour in the Big Orange Tractor!



energy

Oranges turn orange when they are
ripe and juicy and ready to pick.
How many ripe oranges can you see on this tree?
Write your answer here



energy

Less is more!

We buy the energy that our house uses — just like we buy the food our bodies use.

If we don't put the energy we buy for our home to good use, we waste energy.

It's like putting delicious food in the garbage without even eating it.

It is also like putting money in the garbage
because the energy to heat our home costs money.



energy

'Save'
What does that
mean?



You can 'save' something from harm or danger -
to 'save' something can mean to protect it!
When we say we want to 'save' our planet, we
mean we want to protect it from harm!
To 'save' something can also mean to keep it,
store it or put it away for later.

So what can you do in your own home
to help 'save' the planet?

You can 'save' natural resources!

A natural resource is a thing that humans need
or that they find useful -
water is a natural resource.

Soil is a natural resource.

Coal, oil, and even the sun, are resources people
use to make energy and power.

A single tree is a natural resource;
a whole forest is a natural resource.

energy

Here's a bunch of super easy peasy little things you can do to 'save' in your own home!



- Turning off the tap to 'save' water!
- Turning of the light to 'save' energy or power!
- Putting a jumper or sweater on, and turning off the heater to 'save' electricity!
- Putting out buckets or containers for when it rains, to catch and 'save' rain water! (You can use them to water your garden!!)
- Rather than using glad wrap/ cling wrap or foil to wrap your sandwiches and lunch, you could put them in containers that can be washed and re-used over and over again!
- You can 'save' old newspapers, wrapping paper or cards for later to use for someone else's presents!
- Rather than buying bottled water, choose a re-usable bottle that you can wash and use over and over again!
- 'Save' water and take shorter showers!
- 'Save' the water from your bath and re-use it to water your garden!



SAVING ENERGY ROCKS!

dirtygirlworld



Energy stick-'em-ups

Cut them out and stick them around the place



I spy something
beginning with
LIGHT!



**CLOSE
and
SAVE**



I'm switched on
because
I switch off!

Playing
outdoors
rocks!



Save power!



Save energy, rock the planet!



some activities require big people supervision

get energy wise

watch

Watch -get energy wise clip 3
In this clip, dirtgirl and Costa the Garden Gnome give their 3 top tips for saving energy.



Chat...

about what we would do if we ran out of power and why it is important to be energy wise.

Do you ever have a power outage at your home. What do you do?

and do

Walk around your centre and make a list of ways that you could save power every day?

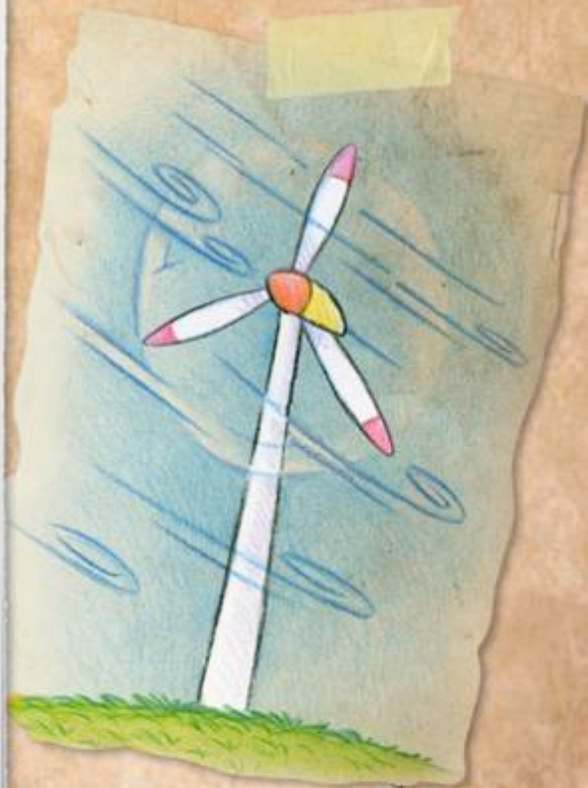
Use the light bulbs as awards or Energy monitor/power saver badges.



energy



dirty girl's
'top tips'
for energy
savers!



energy

dirtgirl's 'top tips' for energy savers!

My number 1 'Top tip'!
Kid Powered Fun

You don't have to be plugged in or powered up to have a great time. There are buckets of games that we can play that don't use any power at all - well, actually, they use kid power! Hehe! Just power up your kid power for at least an hour a day.

What's all the buzz about kid powered fun? Usually, we power things at home with 'electricity'. The way electricity is made, before it reaches your house, can be very damaging to our earth. Also, the more electricity we use, the more we pollute the air and contribute to 'global warming'. Kid powered fun rocks our planet for the better!



energy

dirtygirl's 'top tips' for energy savers!



What kid powered games do you play?
Here's some suggestions for
battery / electricity-powered games
that you can switch for power-free fun!

I could switch computer solitaire for
solitaire with real cards!
Actually, I could switch lots of
online games for board games,
(like, Monopoly, Battle Ships or Chess,
plus loads more!).

Another super fun way
to save power is
to 'switch' playing indoors for
some play time outdoors!

What kid powered
games do you play?



energy

dirtygirl's 'top tips' for energy savers!



My number 2 'top tip'
for being a power
saver is a game.

It's called 'I spy with my little eye,
something beginning with... L.
When you spot a light on at your house,
that should be switched off, just say,
'I spy with my little eye something beginning with...
LIGHT!'

What energy do you save by playing
this power saver game?
Just like with my number 1 'top tip',
we cut down on electricity.

Let's recap!

Most electricity in homes
around the world comes from fossil fuels,
like coal, which when burnt for energy, releases nasty
gases and pollution into our earth's atmosphere and
contributes to greenhouse gases and global warming.



energy

dirty girl's 'top tips' for energy savers!



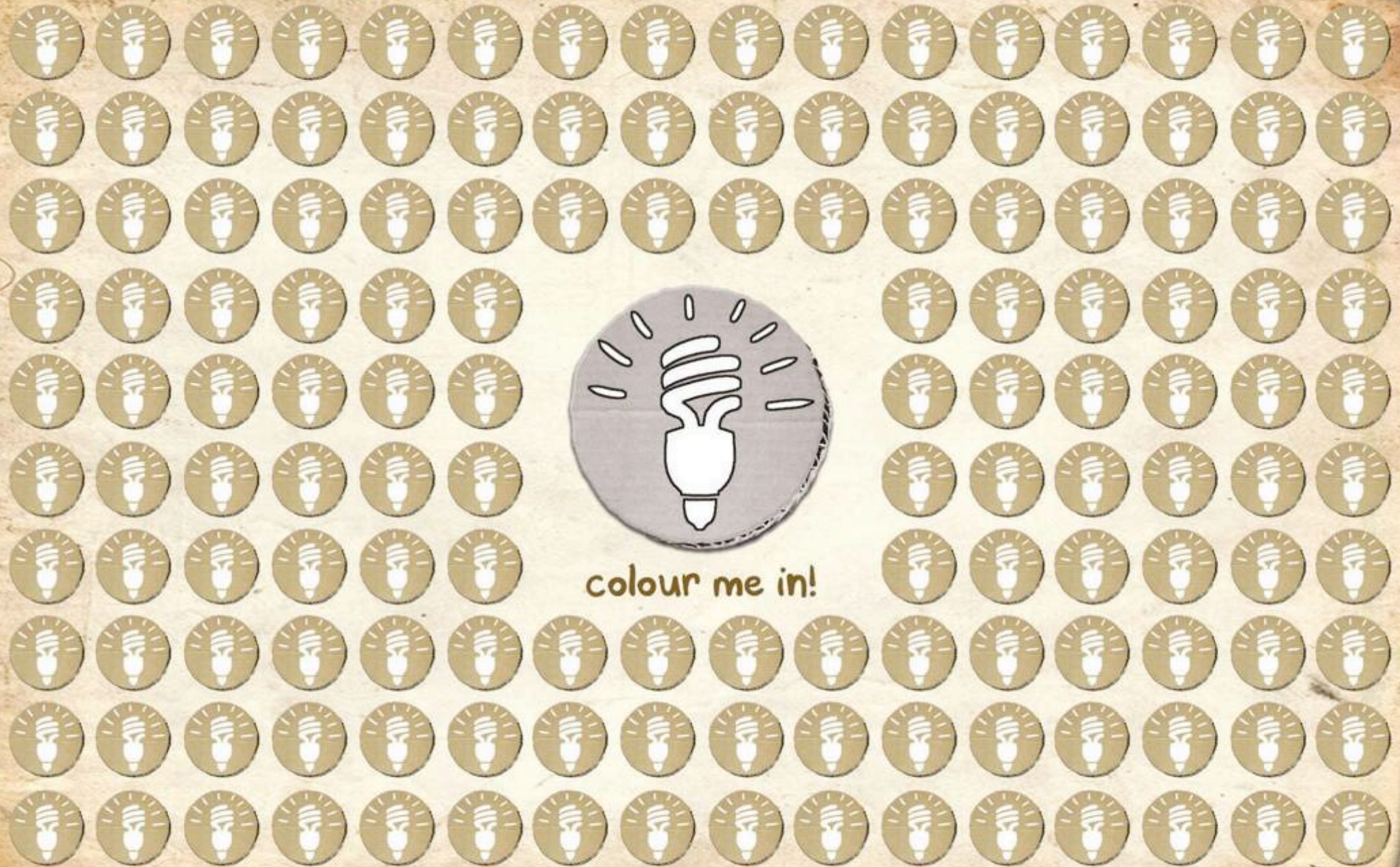
My 'top Tip' number 3... is a super easy thing we can all do.

Close the fridge door.

Keeping the fridge door open wastes stacks of energy. Why? Well, you see, the fridge is like a big box, that uses energy- electricity- to keep the inside of the box much colder than the temperature outside of the box. When you leave the door open, you're letting out the cold air that the fridge is using so much energy to keep cool, and you're letting in the warmer air from outside the fridge- this means that the fridge has to work a lot harder to keep the air inside of it cold. This is a waste because if we keep the door closed, it wouldn't need to use so much energy. The more you leave the fridge door open, the harder the fridge has to work and the more energy (electricity) the fridge uses. And remember, the less energy we use, the less we pollute! Got it? You got it! Great work!

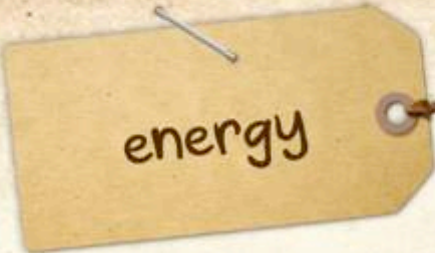
So, if creating your own fun saves energy,
And spying a light left on saves energy,
And not leaving the fridge door open saves energy,
Then it's easy.
Little things do make a big difference.

badges to cut out and stick on my actionist scoreboard



colour me in!

dirtygirlworld



energy

I am a nature detective.

It's my mission to save energy.

Energy is precious.

I am going to look out for lights that are left on.

I am going to keep the fridge door shut.

I am going to play an hour without power.

I am going to rug up when it's cold.

I am going to switch, swap and save.

signed



Switch stick-em-ups

Cut them out and stick them around the place

I switched
indoors
for outdoors!



Playing
outdoors
rocks!



I'm switched-on
because I
switched off!

Ready, set,
switch!



switch off
& play
today!



Get
Grubby!

I
switched
off my
light!



Ready, set,
switch!

Good night
=
lights out!



Power-free
zone!



One hour
without power!

some activities require big people supervision

Stick to some thick card, cut out the door hanger, punch a hole in the top, thread some string through and hang it up!



please
turn off
the lights



Please
close the door
to keep it warm

A dark wood-textured rectangular sign with a dashed white border. The text is written in a bold, yellow, sans-serif font. There are four screws visible at the corners of the sign.

with green glue and tape
Cut out and hang up!



Please
close the door
to keep it cool

A light wood-textured rectangular sign with a dashed white border. The text is written in a bold, green, sans-serif font. There are four screws visible at the corners of the sign.

Imagine it's bed time.
Circle the items that need to be switched off to save power
before you go to sleep.



energy

switch



So what does it mean to 'switch'?

I can 'switch' from playing with toys that need batteries, to playing with toys that don't need any power at all.

The less power we use, the healthier our planet is. So if we all made this little 'switch', it would be really great for our planet!

I can also 'switch' from travelling by car (which uses fuel), to travelling by bike - which doesn't require fuel or energy. It only uses 'me' power!

Other words for 'switch' are 'swap' or 'change'. Switching definitely doesn't mean missing out! To 'switch' means to change one thing for another.

We know that doing little things makes a big difference to our planet.



energy

switch



In this campaign, we'd like to learn what it means to 'switch' the little things that we use or do for more planet friendly things.

'Switch' can also have another meaning:

I can also 'switch' off my light.

I can 'switch' off the television.

So, I can make the 'switch' from doing one thing to another thing, and I can also 'switch' things off.

'Switch' might seem like a tricky word, but in this campaign we have some super fun activities to do that will make understanding the word 'switch' easy-peasy!

Soon, you'll be a 'switched' on expert on what it means 'to switch'!

energy

switch



Usually, we power things at home with 'electricity'.
The way electricity is made, before it reaches your house,
can be very damaging to our earth.
Also, the more electricity we use, the more we pollute the air.

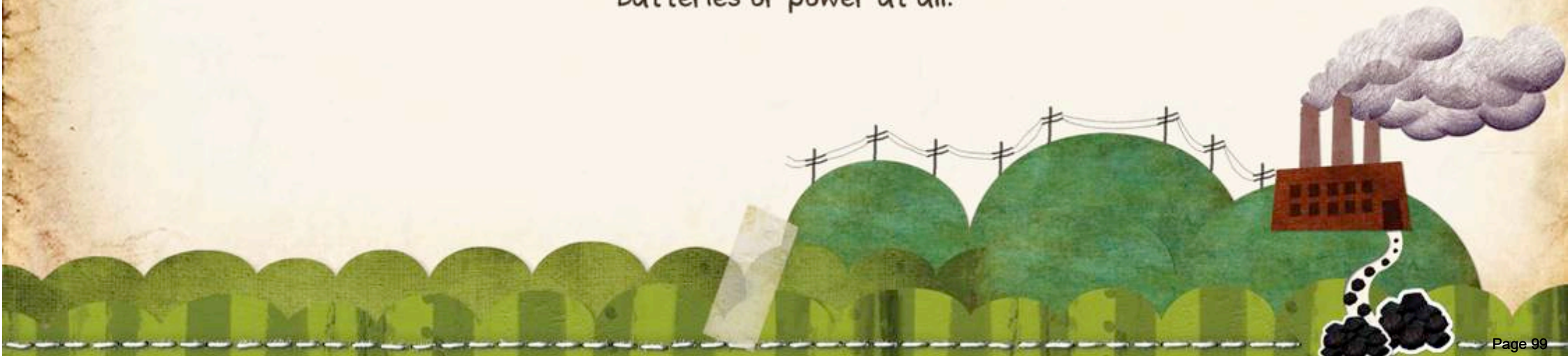
So how do we make the switch?

Gaming systems, like DS's, Playstations and computer games,
all require batteries and electricity.

Anything plugged into the wall uses electricity. Batteries use power too.
Batteries are one of the most dangerous types of garbage that you can throw out.

They also require electricity to recharge.

'Power-free play' means playing without using any electricity,
batteries or power at all!



energy

switch



What battery & electricity-powered games can you switch for power-free games?

I could 'switch' computer solitaire for solitaire with real cards! Actually, I could switch lots of online games for board games (like, Monopoly, Battle Ships or chess, plus loads more!). Another super fun way to save power is to 'switch' playing indoors for some play time outdoors!

What indoor games can you switch for outdoor games?

Here's some things that I love to play outdoors: jump rope/skipping rope, hula hooping, trike/bike riding, hide-and-go seek, flashlight/torch scavenger hunt. Actually, since we're switching off our battery powered toys, you could even use a wind-up powered torch!



Your get energy wise badges. Simply print out and cut out to stick in your scrapbook!



energy



Grubby's energy safety tips

Always ask a big person for help when you need to use something that uses electricity.

Don't yank or pull cords from a wall.

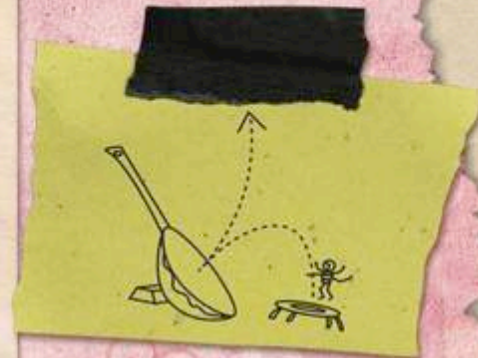
Pulling cords can damage the outlet, the appliance or the plug.

Ask a big person to put safety caps on all unused electrical outlets. This can also help save energy by stopping drafts.

Keep electrical stuff away from water.

Water and electricity don't mix. Most electrical accidents in the home happen when people use electricity near water.

Watch out for power lines. Never touch a power line, especially if there is one that may have fallen down.



card games

Print out a few sets of the card templates, I have left some spaces for you till fill in with some ideas that you have too.

Stick them onto some recycled cardboard - cereal boxes are ideal for this.

Cut out the cards.

Now you have a deck of cards to have some energy wise fun with.

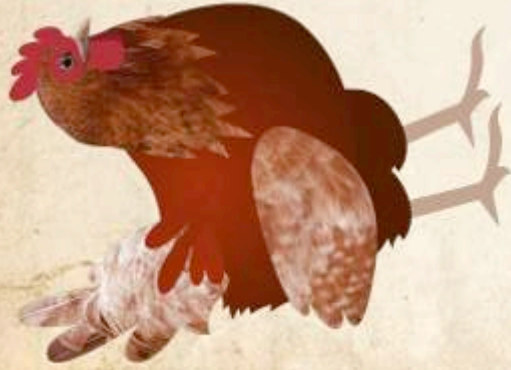
You can
play...snap

Memory or
concentration

Or fish

Or as 'name
this', flash cards.

dirtygirlworld



chicken

dirtygirlworld



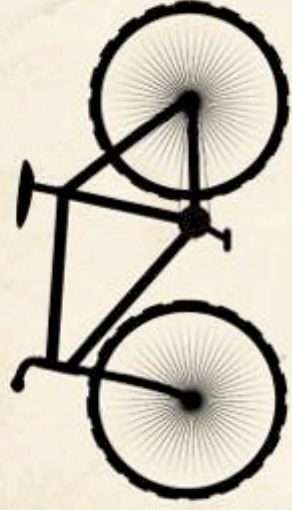
loose turbines

dirtygirlworld



compost

dirtygirlworld



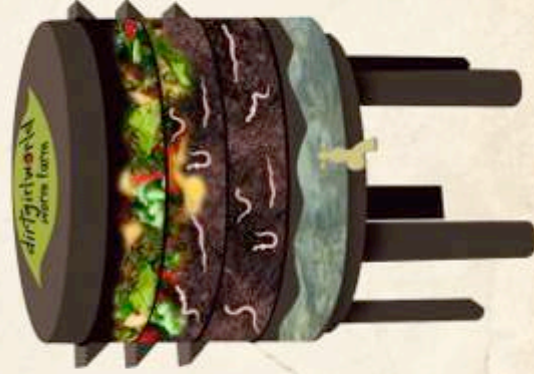
bicycle

dirtygirlworld



sun

dirtygirlworld



worm farm

dirtygirlworld



light switch

dirtygirlworld



recycle

dirtygirlworld



water bottle

dirtygirlworld



green bin

dirtygirlworld



shopping bag

dirtygirlworld



yellow bin

dirtygirlworld



light bulb

dirtygirlworld



wave power

dirtygirlworld



red bin

dirtygirlworld



solar power

dirtygirlworld



shoes

dirtygirlworld



ferry

dirtygirlworld



skateboard

dirtygirlworld



scooter

dirtygirlworld



train

dirtygirlworld



pram

dirtygirlworld



boat

dirtygirlworld



horse

dirtygirlworld



bicycle



car



bus



tram

Calling all greenthumbs

I challenge you
to have
kid powered fun!



energy

Make your own fun fans

If it is a hot day it is very useful to have a fan handy to make some breeze! They are very easy to make. You make lovely ones with recycled present wrapping paper, or recycled paper that you can paint.

1



You will need long rectangular pieces of paper about the width of your hand or a bit wider.

2



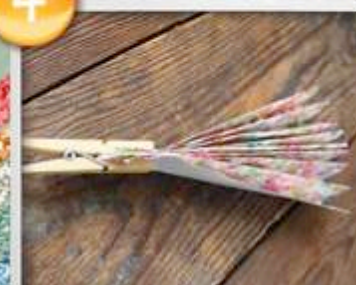
First paint or decorate your paper.

3



Then start folding mountain and valley style, back and forth.

4



Use a peg to secure the end

5



Or use some masking tape to secure.

continued
over page

energy

Make your own fun fans

6



They fold up easily and fit into your bag, and they also make a lovely present to give.

7



energy

Fire fly night light



This friendly little fire fly is a great alternative to using a night light plugged into electricity. You will need a container for the body, something round or oval that snaps together. Also, some pipe cleaners, googly eyes, an LED candle, some glue and someone to help you put holes in the plastic.

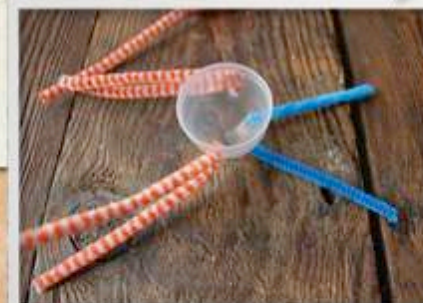
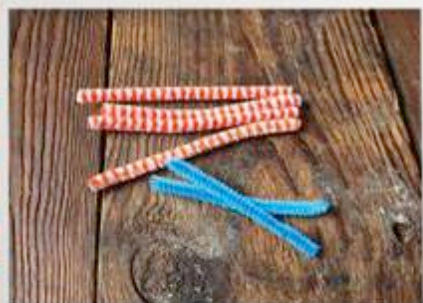


Get someone to put the holes in where the legs will go, by heating up a pin or a nail with a lighter and pushing it through, melting the plastic.

Cut your pipe cleaners to the right lengths.

Push them into the holes and secure inside by bending over, if you leave more inside it will be stronger. Also if you pull some of the hair off the end of the pipe cleaner you can push it through the hole easier.

continued over page



energy

Fire fly night light

Then add the antennae.

And glue on some eyes.

With the led candle you might need to take the casing off it so that it fits inside your body, depending on the size of the casing and your body container.

You might also want to glue it in place inside, and make a hole so that you can turn the switch on and off without having to open the body.

Now you have a lovely little firefly night light.



energy

recycled costumes!

Making new things out of old things is fun! Especially making dress ups, costumes and accessories. You could have a whole dress-up day or fashion parade!

Here's how to make a simple newspaper skirt:

Get two sheets of newspaper.

Fold them over long ways.

Place a piece of string that is long enough to go around your waist, (with a bit extra for tying) along the fold of the newspaper.

Use some masking tape to secure it in the fold.

Now you can easily rip the strips of newspaper with the grain up into the waist.

You end up with a fun skirt that moves and swishes.

You can also use this same design but smaller, and wrap it around your head like a feather headdress, or around your shoulders as a very flamboyant cape! If you paint up your newspaper first it will be even more fun!



1



2



3



continued
over page

energy

recycled costumes!

continued....

4



5



Other things you can make are bangles and bracelets from the insides of old sticky tape and masking tape rolls. Then if you have enough of those rolls, try sticking them together to make a tiara.

You can make great paper hats using newspaper and masking tape. Or plastic bag tutu's with sticky tape and plastic bags of different colours. You could even try making a wig or cape out of them!

See what else you can make to wear out of anything that is in the recycling!

Tie dying

energy

One way to upcycle old clothes is to re-dye them. If you have clothes that have stains or that just need a little bit of new energy, pull them all out and get ready to transform them!

You can buy many different dyes. There are some that only need warm water and are safe and easy to use.

You will also need as many rubber bands as you can find!



continued
over page

energy

Tie dying continued...

continued
over page

To tie dye, take a section of the cloth and bunch it up into a long piece. Using the rubber bands make a band around the bunched section. Make sure you get the rubber bands wrapped as tight as possible. You might need some help. Keep adding as many bunched, banded sections as you want for your design. Try putting around sleeves, or in the middle of t-shirts.



1



Mix up the dye to whatever the specifications on the packet say.

2



Usually you need warm water in a saucepan, a metal stirrer (like a potato masher is good), and sometimes cooking salt.

3



Dip your pieces of clothing into the dye pot, give it a stir...

4



...and leave it there for as long as it says on the dye packet (maybe around 30 mins)

energy

5



Squeeze out the water and then take out the rubber bands. You might need someone to cut them off for you.

6



Pull the material apart, and see your wonderful design! Every piece will be unique!

Tie dying continued...

If you want to try some thing really special on large pieces of clothing, you could dye one end with one colour (you can peg it to the side of the pot so that it doesn't all go in), and then when that's done, dye the other end another colour. Experiment with all types of designs.

Hang them on the line to dry. Now you have brand new clothes that are colourful and original!



energy

water wheel

Water wheels are used in rivers and streams to create energy. You can make your own small one with some plastic cups (4-7), two plastic plates, skewers or bamboo chopsticks, two old sewing cotton spindles or something else that is small and round, something to pour water with, sticky tape and a little bit of help.



First get someone to help make a hole in the middle of both plates. It is easy for them to heat up a nail and push it through the plastic.



Now sticky tape your cups to the outside edges of one of the plates. The mouths of the cups should face out, and slightly angled.

continued
over page

energy

water wheel

continued...



Then stick the other plate on top to secure it all.



Now with the two other sticks, secure the sewing spindles to the stick facing across.



Push the bamboo sticks through the holes in the middle of the plates.



The stick that is through the middle of the plates will fit into these spindles and you can get someone to hold these sticks.

continued over page

energy

water wheel

continued...



Pour water into one of the cups, watch it start to move, keep pouring. See how the more water you pour into the cups the faster the wheel moves. See how fast you can get it to go!

This is a fun game that you can play in the bathtub, or out in the garden over a big bucket or water catcher.



energy

How to make a solar oven

It's easy to make a solar oven to cook things and warm up left overs, all using heat from the sun!

1



All you need is a pizza box, sticky tape or masking tape, plastic wrap, tin foil and some chopsticks or a ruler, or piece of stick.

2



In the top of the pizza box, cut a square hole, leaving the side closest to the join of the box uncut. Like a flap or lid.

3



Cover the inner 'lid' section with tin foil bringing the foil around the sides and taping to the other side.

4



5



Then cover the hole section with plastic wrap, taping it to the edges of the pizza box on both sides so it is well sealed.

6



continued over page

energy

How to make a solar oven

continued...

Now you are ready to put in something to cook. Heating up left overs is really easy. Cooking takes longer than a regular oven but it's safer!

7



8



Then inside the box, put cover the bottom with tin foil, then black cardboard.

9



10



Now you just need a chop stick, ruler or stick to hold the square hole open.



If you want to add extra insulation, roll up some newspaper and pack the sides of the inside of the box with it.

energy

Who's that on my wall?



Step 1: Turn the lights off.

Step 2: Ask a big person to light a candle for you or use a wind-up torch/flashlight to light up your wall.

Step 3: Use your hands' shadows on the wall to tell a story. Let the entertainment begin!
Who needs a TV when you have your bedroom wall and your imagination?!

Tip: Switch indoors for outdoors!

You could also use an outside wall and use the moonlight to light up shadow puppet stage!



Thankyou to Rachele for these lovely images from her awesome blog!

<http://messypreschoolers.blogspot.com.au/>

energy

Grubby's sundried tomatoes

For this yummy recipe you will need
tomatoes - Roma and "paste" types
will give you the best results

salt

a drying rack

baking paper

cheesecloth or muslin or tulle



1



First cut the tomatoes up into pieces.
Try to make them all the same size
so they dry evenly.

2



Then ask your big person to help cut
a little slit into the skin, which helps
the drying process.

3



Now face them cut side up on the
baking paper, on a metal rack.
Sprinkle a little salt on the
top of them.

4



Using sticks or toothpicks, and
something to cover them, make a little
tent over the top to keep any
bugs or flies off them.
Then pop them in a sunny spot.

continued
over page

energy

Grubby's sundried tomatoes

5



They should have darkened in colour, and should be smaller and dryer, but still pliable.

Depending on how the weather is, it might take from four days to two weeks to dry.

They should have darkened in colour, and should be smaller and dryer, but still pliable.

If you put them in olive oil to soak it gives them even more flavour.

They are ready for using in salads, on pizza, or munching on by themselves.

Very tasty!

6



If you put them in olive oil to soak, it gives them even more flavour.



energy

Eco Bingo

How to play eco bingo:

You need at least 3 people to play.

1 person is the caller and the others are the players.

The caller uses the set of cards.

Each player receives a game mat.

Each game mat is divided into 4 rectangles.

Each player will need 4 markers. You can use any small object as a marker, such as a button, a small empty bottle, even a little piece of fruit.

Firstly cut out the set of cards.

Next cut out a game mat for each team player.

The caller shuffles the cards and then places them face down in front of them.

The caller turns one card over at a time, calling out what is on the card, eg. "the sun - solar power!"

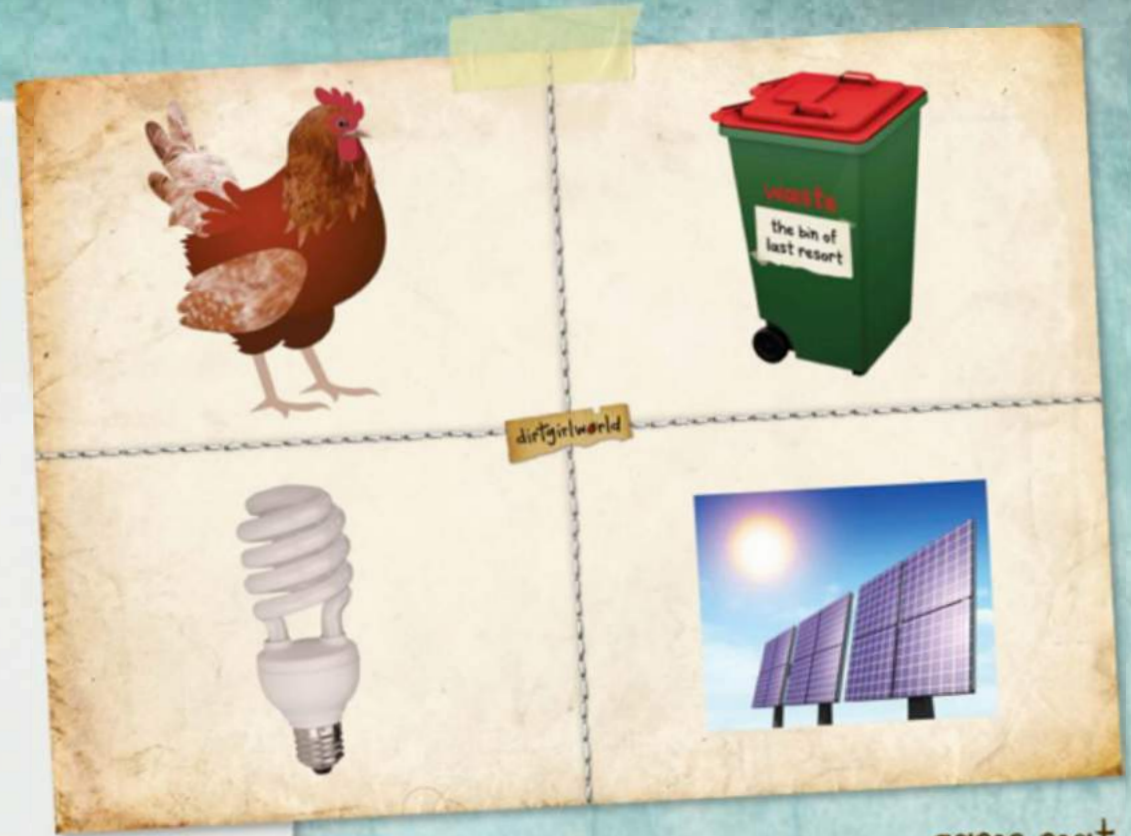
Each player checks their game mat.

If they have the item that has been called they place a marker on the square.

The first player to have a marker on each square calls out "ECO BINGO!".

The caller checks the cards to make sure it is correct and announces the winner.

Start all over again!



game mat



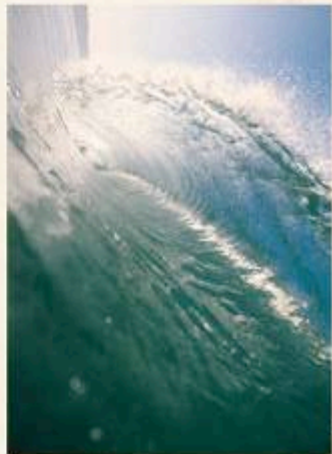
game cards



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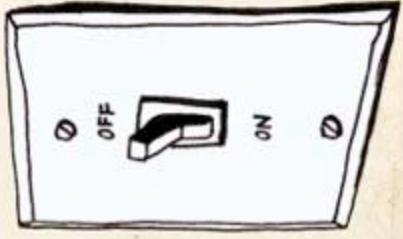


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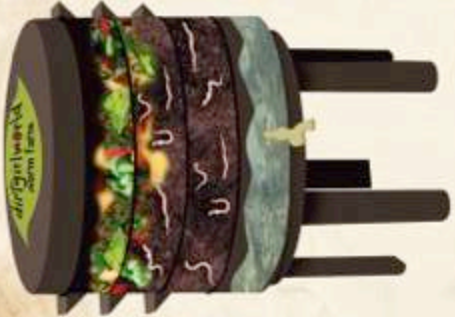




dirtygirlworld




dirtygirlworld



dirfgirlworld

dirfgirlworld

The page is framed by a rustic wooden border. At the top, a white paper strip with three punch holes is pasted, containing the title 'singing out loud' in green lowercase letters. The background is a soft, watercolor-style illustration of a garden. A large, multi-colored rainbow arches across the upper right portion of the page. In the foreground, there is a row of various plants: on the left, several tall sunflowers with bright yellow petals and dark brown centers; in the middle, several heads of green lettuce; and on the right, several red radishes with green leafy tops. The overall scene is bright and cheerful, suggesting a sunny day in a garden.

singing out loud

Lalala is all about swapping , sharing and trading.
We save energy when we don't have to make new
things.

So being thrifty is nifty.

You could hold a trash and treasure or swap day
Or set up a toy borrowing or trading table.
And ask kids to bring items from home-
Things that they don't need
that someone else might love.

sing

Lalalala

La la la la
La la la la
La la la la
Na na na

Something I
don't need
Something you
could use
Be a friend in deed
I give to you
You give to me

La la la la
La la la la
La la la la
Na na na



La la la la
La la la la
La la la la
Na na na

Something you
don't need,
something I
could use
be a friend in deed,
you give to me,
I give to you

get energy wise

energy wise dates

Cultivating a sense of fun, a sense of awareness and sense of gratitude can happen all year round- by partying!
Creating celebrations that reflect sustainability practices and that are mindful of the cost to the planet as well as to the pocket helps look after our planet.

You can party for the planet anytime but here are some **energy wise** dates that you might like to add to your celebration calendar.

July
Clean energy
week

March
Earth hour

April
Earth day

Oct
World
energy day

get energy wise

watch

Watch -get energy wise clip 4
In this clip, dirtgirl and Costa the
Garden Gnome congratulate the
green thumbs
on getting energy wise.

Chat...

About the many ways we can save energy
wherever we are!

and do

Print out the certificate
and pop it in your scrapbook.



The get grubby program is easy peasy to get going with your greenthumbs.
The program aims to bring sustainability into your centre or place
in a natural way - linking it to real world events and nurturing every day behaviours.
To help you out we have created two calendars for you to use.

'get grubby calendar' is a calendar of events, both locally and across the globe,
that celebrate or highlight sustainability and caring for our planet.

There's something happening each month.
Earth hour, world water week , national recycling week,
compost week and world environment day, all feature.

The second calendar 'let's get grubby' is a suggested roll out
of the 10 units in the program, throughout the year.

The roll out matches real world events
but also, importantly, considers seasonal and yearly cycles.

However, the program is completely flexible
and you can dip in and out of units, as you wish.

For the current years' calendar - [click here](#) to download.



dirtygirlworld

get grubby
calendar!

January

- * National Bird Day

March

- * Schools Cleanup Day
- * Sea Week
- * International Day of Happiness
- * World Water Day
- * Earth Hour

May

- * World Laughter Day
- * International Composting Awareness Week

July

- * Gummy Worm Day
- * National Tree Day

September

- * National Organics Week
- * World Car Free Day
- * Clean Energy Week
- * World Rivers Day

November

- * World Kindness Day
- * National Recycling Week
- * Buy Nothing Day

February

- * World Happy Day
- * World Wetlands Day

June

- * World Environment Day
- * World Oceans Day

April

- * National Smile Day
- * Earth Day
- * World Seed Day

October

- * World Habitat Day
- * We Love Worms Day
- * World Energy Day
- * World Planting Day
- * National Water Week

December

- * World Soil Day
- * International Mountain Day

August

- * International Youth Day
- * Keep Australia Beautiful week



dirtygirlworld.com

You're amazing!

Congratulations on
getting energy wise!

with love from all the gang
at dirtgirlworld

