



Ministry of Sustainability
& Climate Resiliency
Cayman Islands Government

Become an Energy Superhero
Let's save Energy!

DO IT YOURSELF: Become an Energy Superhero!

An energy mission
for the young people
of the Cayman Islands

Let's save energy!





SAVE ENERGY AND BECOME AN ENERGY SUPERHERO!



Energy is all around us.

Even though we cannot always see it or touch it, energy is everywhere. Energy cannot be made or destroyed; it can only be changed into different forms. When we turn on a light, electrical energy is transformed into light energy. When we eat, our bodies turn food into energy so we can learn and play!

There are many kinds of energy. Here are some you might recognise:



ELECTRICAL ENERGY

This is the energy that powers our homes and schools. In nature, electricity can be seen in the form of a bolt of lightning.



RADIANT ENERGY

This is energy that comes from the movement of light. The sun is a main source of energy on Earth.



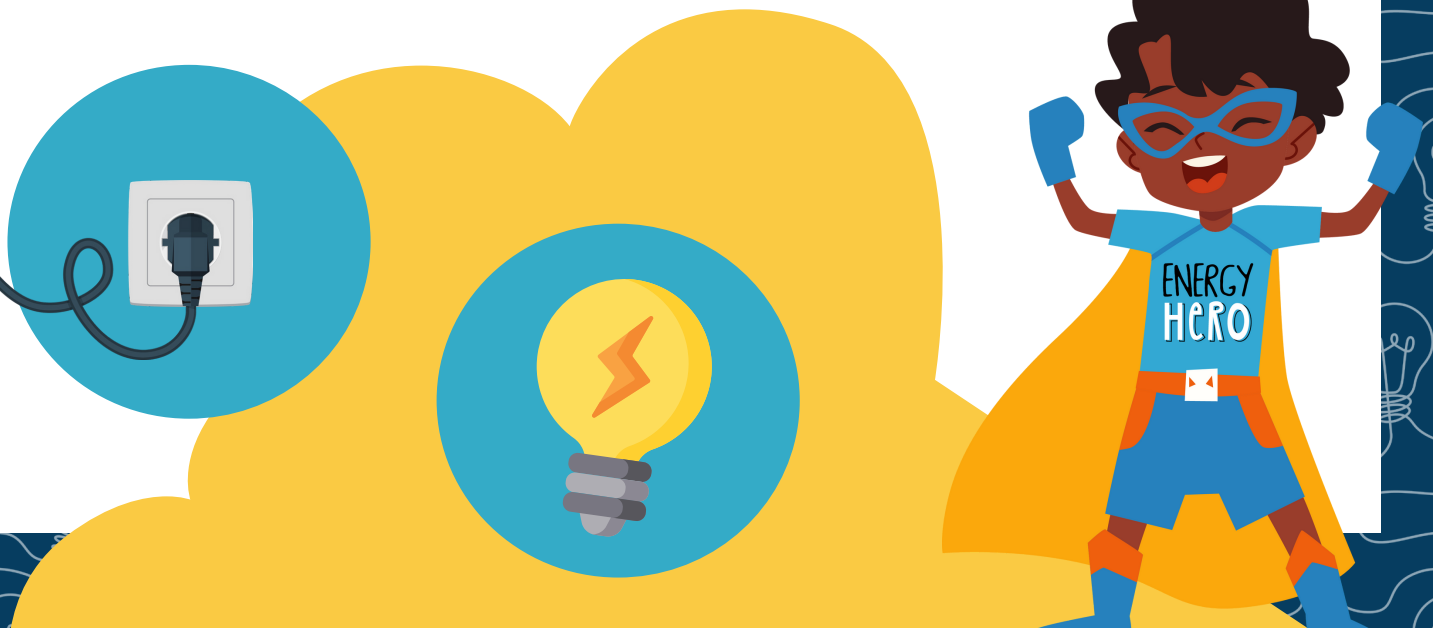
KINETIC ENERGY

Anything that is moving is using kinetic energy - including you!



HEAT ENERGY

This energy is also known as thermal energy, like the energy that comes from a fire.



If energy cannot be made or destroyed, why do we need to save it?

When we talk about being more energy efficient, we are focusing on ways to power our appliances, homes and schools with less electrical energy.

There are two main reasons it is important to save electrical energy:



SAVING OUR PLANET

Many of the energy sources we depend on come from fossil fuels. Burning fossil fuels causes a lot of pollution, including greenhouse gases.



SAVING MONEY

Energy costs money. Your family pays for all the electricity/energy you use. So, wasting energy is the same as wasting money.

Here are some examples of times we accidentally waste energy in our homes and schools:



Keeping lights on even when no one is using the room.



Leaving the TV on when no one is watching it.



Leaving the hot water running when washing dishes.



Leaving the fridge or freezer door open while looking for a snack.

You can become more energy efficient by making a few small changes to your daily habits. You can help your family save money, reduce pollution and make the Cayman Islands a better place for everyone!





Energy checklist

Pin this Energy Checklist on your bedroom wall and check off the actions as you do them every day. Do you have seven ticks at the end of each week?

Congratulations - you are an Energy Superhero!

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	You are an energy superhero!
Have I switched lights off when I am not in a room?								
Have I switched off the TV, computer and gaming console?								
Have I turned the tap off when I am brushing my teeth?								
Have I decided what I want to eat before I open the fridge or the freezer?								
Have I closed windows and doors to keep my house cool?								
Can I cut down the time I am in the shower and can I make it a little cooler?								
Can I keep the shades closed in my bedroom to keep the heat from the sun out?								
Have I reminded my parents to use cold water in the washing machine? <i>Hot water can waste a lot of energy.</i>								
Have I reminded my parents to check the air conditioning isn't too cool when we aren't in the house?								



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CERTIFICATE OF EXCELLENCE

This certificate is proudly awarded to

For being an ENERGY SUPERHERO

For saving energy every day and helping
create a greener future for the
Cayman Islands.

Kristen Smith

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