

TURN OFF THE LIGHT, TURN ON THE ENERGY SAVING AND ... LOVE THE EARTH!

To change the world we need everyone to play their part in daily life to waste less energy at home, at school and in the city and make our lifestyle more sustainable.

Reducing waste means doing our planet and nature a favor.

RISPARMIARE ... ENERGIA.



School is your home.
Home is your school.
Everything you learn
you put into practice at
school and at home.

ALWAYS REMEMBER THESE RULES TO SAVE ENERGY

A Turn off the light when you leave a room.

B Close the doors to keep the heat and the cold as needed.

C Adjusts the temperature of heat and cold, without exaggerating, with the thermostat.

D Do not leave the refrigerator for too long open.

E And Make use of household appliances, such as washing machine and dishwasher during the night.

F Check that your parents unplug after using electric tools.

G Throw away your waste by sorting it in the special containers you will find in your home.

H Turn off your computer monitor when you are not using it.

I When you are not using the TV, turn it off instead to leave it on stand-by

L Do not use the elevator, but use the stairs. It's good for health !!!

M Take a shower instead of a bath so you consume less hot water

N Open the tap when you get wet and washed. Then always close it.

O Always go on foot or by bicycle instead of be accompanied by car.

P Advise your parents to pull the plug when you go vacation.

RISPARMIARE ... ENERGIA.

HELLO I'M GIORGIA!
I RECOMMEND YOU
ALWAYS TURN OFF
LIGHT WHEN YOU
COME OUT OF THE
ROOM!

REGOLA A



ALWAYS CLOSE
THE DOORS TO
KEEP WARM
AND THE
COLD!
!!!!

REGOLA B



RISPARMIARE ... ENERGIA.

REGOLA

C

HELLO I'M GRETA!
ADJUST THE HOT OR COLD
TEMPERATURE WITHOUT
EXAGGERATING WITH
THE THERMOSTAT



BE CAREFUL NOT
TO LEAVE THE
REFRIGERATOR OPEN
TOO MUCH TIME !!

REGOLA

D



RISPARMIARE ... ENERGIA.

REGOLA E

HELLO I AM AMAL,
LET THE APPLIANCES BE USED
AS A WASHING MACHINE
AND DISHWASHER IN
THE NIGHT HOURS!



CHECK YOUR PARENTS
TO UNPLUG
AFTER USING
ELECTRICAL TOOLS!!

REGOLA F



RISPARMIARE ... ENERGIA.

REGOLA G

HELLO I'M CHECCO!
I REMIND YOU TO THROW
OUT THE WASTE
DIFFERENTIATING THEM IN
THE APPROPRIATE
CONTAINERS!



ALWAYS TURN
OFF THE
MONITOR OF
COMPUTER WHEN
YOU DON'T USE
IT ...!



REGOLA H

RISPARMIARE ... ENERGIA.

REGOLA I

I AM CAROL!
I RECOMMEND WHEN
YOU DO NOT USE THE TV
TURNS IT OFF
DO NOT LEAVE IT
ON STAND BY



DO NOT USE
THE LIFT BUT
USE THE STAIRS !!!
IT'S GOOD
TO HEALTH !!!

REGOLA L



RISPARMIARE ... ENERGIA.

REGOLA M

I AM PHILIP.
ALWAYS TAKE A
SHOWER INSTEAD OF
THE BATHROOM ..
YOU WILL CONSUME
LESS WATER !! !!



OPEN THE TAP
ONLY WHEN YOU
GET BATH
AND YOU WASH
THEN CLOSE IT
ALWAYS !!!

REGOLA N



REGOLA

0

HELLO I AM MARK!
I ALWAYS ASK MUM AND
DAD FROM GOING AROUND
ON FOOT OR BY BICYCLE
INSTEAD OF USING
THE CAR!



NOW
MY BROTHER
WILL REMEMBER
YOU THE LAST
RULE !!!

MY DAD WHEN WE
LEAVE FOR A LONG
TRIP UNPLUG ALL
THE PLUGS IN THE
HOUSE!



REGOLA

P

