

LESSON 5: ACTIVITY 2

Teacher Resource Sheet: Diary of my Day

PART A:

Approx. Time	Description of activity	Cost?		
7.30am	Alarm went off – got out of bed	(electricity - alarm clock/light) ✓		
7.35am	Shower	(electricity - hot water) ✓		
8.00am	Breakfast	(cereal, bread, coffee, etc) ✓		
8.20am	Walk/cycle to school	X		

PART B:

Approx. Time	Description of activity	Cost?	Who pays?	
7.30am	Alarm went off – got out of bed	(electricity - alarm clock/light) ✓	Parents (pay electricity bills)	
7.35am	Shower	(electricity - hot water) ✓	Parents (pay gas/electricity bills)	
8.00am	Breakfast	(cereal, bread, coffee, etc) ✓	Parents (as part of weekly shop)	
8.20am	Walk/cycle to school	X	—	

PART C:

Approx. Time	Description of activity	Cost?	Who pays?	What can I do?
7.30am	Alarm went off – got out of bed	(electricity - alarm clock/light) ✓	Parents (pay electricity bills)	Only put light on when necessary
7.35am	Shower	(electricity - hot water) ✓	Parents (pay gas/electricity bills)	Keep time spent in shower short as possible
8.00am	Breakfast	(cereal, bread, coffee, etc) ✓	Parents (as part of weekly shop)	Don't waste food
8.20am	Walk/cycle to school	X	—	walking or cycling does not incur any day-to-day cost