We use energy every day. We use it to keep us cool in the summer and warm in the winter. We use it to light our houses, watch television, and even to play video games. Energy is very important, but did you know it is also very important to conserve it? That means we need to be careful not to waste it. Adults can help by installing solar panels to gather energy from the sun. Solar panels collect energy from the sun that can be converted to electricity. You can make a big difference just by turning off the lights when you leave a room. Conserving energy is easy, anyone can do it!

How do we use energy?

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What can adults use to gather energy from the sun?

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How can you conserve energy?

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