



# Power Down Day

Can you imagine what life would be like without electricity?\*

We rely on electricity not just for the technology we enjoy using, but also often for our heating, hygiene and food!

Challenge yourself to spend an entire day without using any electricity.

\*You may want to really challenge yourself and try this activity as an Energy Free Day, and avoid all gas and oil use too!





Did you know...  
840 million people  
do not have  
access to  
electricity.  
This is 11% of all  
the people in the  
world.



In 2019 51.45% of UK electricity was produced by fossil fuels.

Burning fossil fuels releases greenhouse gases into our environment, gases which trap heat in our atmosphere and make the planet warmer. This warming is changing our climate, melting our polar ice caps, increasing sea levels and making the environment more polluted and inhospitable for animals, plants and us!

Over half of the electricity used in all UK homes contributes to this climate change. (Your home may be more or less than this).



On your Power Down Day you may need to think about:

How you  
prepare food

What you do  
for fun

What happens  
after dark

and more!

We would love to see what you do on your Power Down Day.  
Tag us at  @energysparks or  @EnergySparksUK



Energy Sparks

