

**5 quick and simple actions listed overleaf will help your family save energy. And help to make the world a better place for us and for polar animals.**



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# Remember to...

- ✓ unplug mobile phone chargers at the wall once the phone is charged
- ✓ switch off the TV when you finish watching it. Never leave it on standby
- ✓ switch off lights in rooms that no-one is using
- ✓ turn the laptop off when not using it. Never leave it on standby
- ✓ turn the heating down by one degree and put on woolly jumpers instead

## Small actions, big difference.



[www.poletopolecampaign.org](http://www.poletopolecampaign.org)