



The National  
Theatre for Children

CLASSROOM AND  
FAMILY ACTIVITIES

# ECO GUARDIANS



AN ALLETE COMPANY

## EDUCATIONAL CONCEPTS

- How to measure energy use
- How energy is wasted
- How we conserve energy
- What renewable resources are

# ECO GUARDIANS

Nikki Neutron has been called to save the day! Nikki is asked by their boss, U.R. Fired, to defeat The Sneaker, who has been wasting energy and even some water. It's up to Nikki to find The Sneaker and stop them.

Not knowing much about energy, Nikki enlists the help of her friends Thunderstorm and Bert the Dirt Expert. They teach Nikki what energy and electricity are, what renewable resources are and ways to save energy and water.

Finally, it's time to face The Sneaker. Has Nikki learned enough to keep the world safe from The Sneaker? *Have you?*

## WORDS TO KNOW

<b>Aerator</b>	A small attachment on a faucet to save water in kitchens and bathrooms
<b>Conserve</b>	To save or use wisely
<b>Efficient</b>	Producing very little waste
<b>Electricity</b>	A useful source of energy used in many ways
<b>Energy</b>	The ability to do work and the force that makes things change
<b>Energy-Efficient Lightbulb</b>	A lightbulb that uses less energy than an incandescent bulb
<b>Energy-Efficient Showerhead</b>	A showerhead that saves water and energy
<b>Kilowatt</b>	One thousand watts of electricity
<b>Kilowatt-Hour</b>	Using 1,000 watts of electricity for one hour
<b>Resource</b>	Something we use to make electricity, like natural gas, water, solar energy and wind
<b>Waste</b>	To use more than necessary
<b>Watt</b>	A unit of electricity

© The National Theatre for Children 2026



Nikki Neutron

Thunderstorm

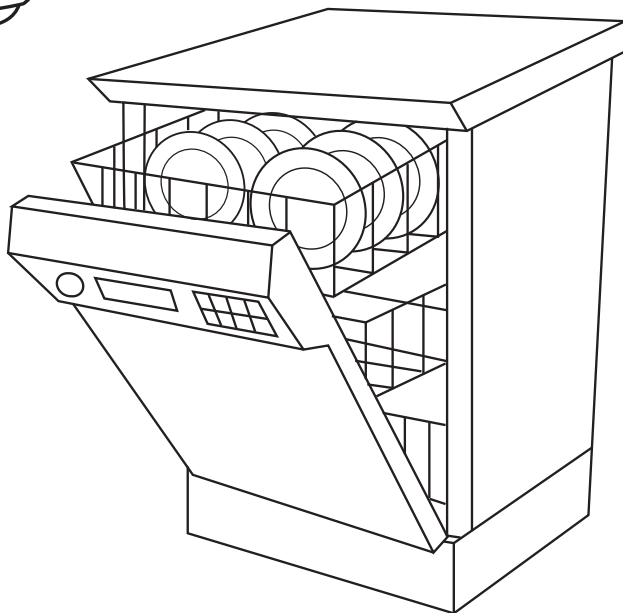
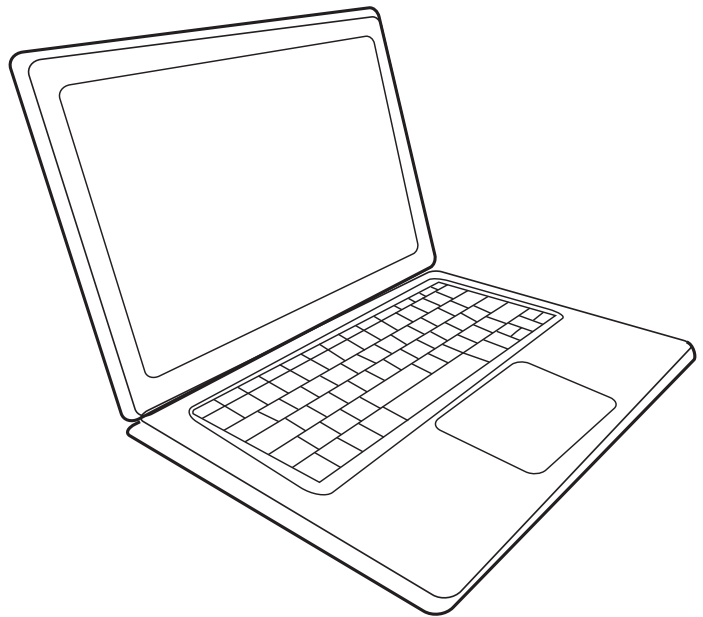
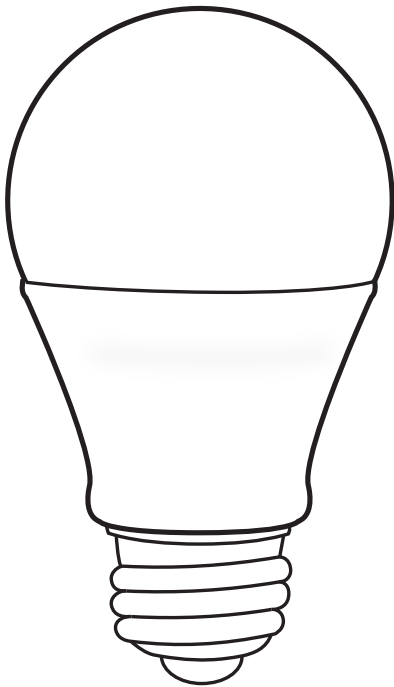
U.R. Fired

Bert the  
Dirt Expert

The Sneaker

# COLOR AND SHARE

We use energy in many ways.  
Color the pictures and hang your work where friends and family will see it.



# MATCH 'EM UP

Find and circle the two characters that are exactly the same. Their captions also have to match. Talk to your friends and find out who else made the match.

WE USE ENERGY EVERY DAY!

WATER IS A RENEWABLE RESOURCE.

A KILOWATT IS ONE THOUSAND WATTS OF ELECTRICITY.

ELECTRICITY IS MADE AT A POWER PLANT.

TURN OFF LIGHTS TO SAVE ENERGY.

WE USE ENERGY EVERY DAY!

NIKKI'S

# MIXED MESSAGES

Unscramble the message by writing the words in the boxes below. Use the numbers at the top of each box if you need help.



3.  
**WISELY**

4.  
**EVERY**

5.  
**DAY**

7.  
**USE**

2.  
**ENERGY**

---

1

---

2

---

4

---

3

---

5

THUNDERSTORM'S

# ENERGY MESSAGE

Go down the line writing down every other letter to find the hidden energy message. When you get to the end of the line, start over with the second letter. The first three letters are already done for you. Share the message with your friends.



**RAEBNLEEW**

Go back to the second letter.

①

②

③

The sun, wind and water are all

**R E N** \_\_\_\_\_

1

2

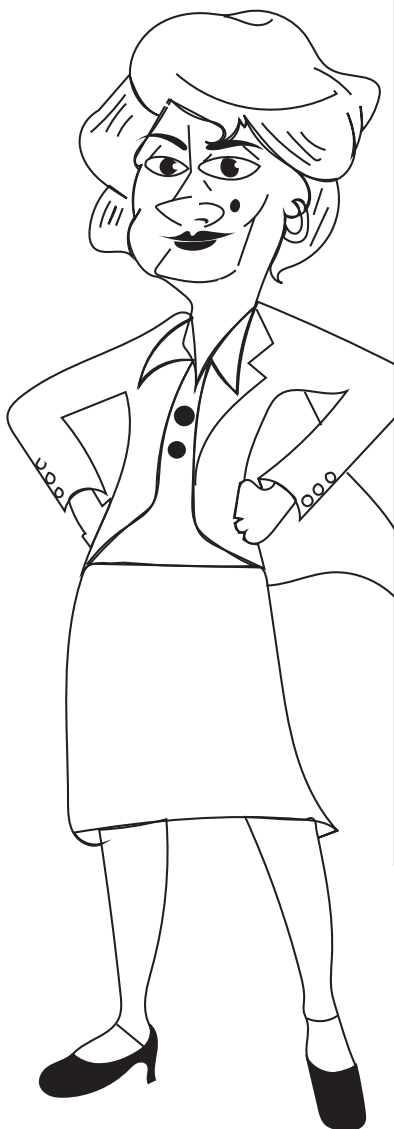
3

resources.

U.R. FIRED'S

# WORD FIND

You and your friends can find and circle all of the words from the list below. Do you remember what the words mean? Review their meanings on the inside front cover.



H	J	S	A	Z	W	Q	Z	X	W	T	E	C	W	T
B	X	V	E	G	P	B	K	H	E	Z	L	M	V	O
M	A	A	L	F	Q	D	N	C	F	Z	E	A	Q	Y
T	B	G	R	Q	T	H	B	L	F	Y	C	J	B	X
C	N	C	E	B	P	A	U	V	I	U	T	V	I	X
R	L	O	S	L	R	F	Z	C	C	E	R	B	U	S
Y	Y	N	O	J	Z	F	J	B	I	Y	I	M	M	K
I	P	S	U	Z	F	G	S	N	E	C	C	W	L	V
Y	S	E	R	Y	Z	T	P	Q	N	D	I	P	E	W
R	V	R	C	Y	A	D	W	A	T	T	T	X	W	O
Z	B	V	E	J	B	E	N	E	R	G	Y	W	C	S
Q	K	E	F	V	E	J	A	G	H	A	R	A	M	Z
T	J	S	L	P	V	J	S	M	X	P	V	S	F	F
J	Z	L	D	E	P	K	L	Q	V	A	L	T	D	K
K	Z	Q	M	F	M	T	Z	X	W	M	I	E	O	U

- |             |          |
|-------------|----------|
| CONSERVE    | RESOURCE |
| EFFICIENT   | WASTE    |
| ELECTRICITY | WATT     |
| ENERGY      |          |

# HOME ENERGY ADVENTURE



## START

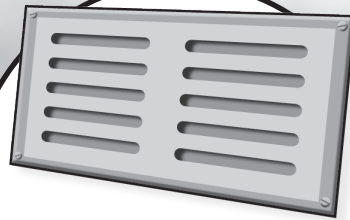
1

Count how many LED bulbs you have installed in your home. Install more LED bulbs in your home.



2

Where are most of the heating and cooling vents located in your home? On the floor? On the wall? On the ceiling?



### ENERGY SAVING TIP

Fix leaks in your air ducts to save energy and money.

### ENERGY SAVING TIP

Energy-efficient bulbs use at least 75% less energy than incandescent bulbs.



## FINISH

Congratulations! You've done your part at home to save energy.



8

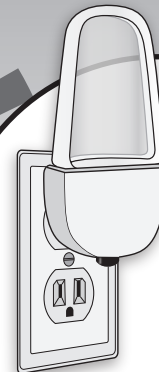


In the winter, do you experience drafts of cold air in your home?

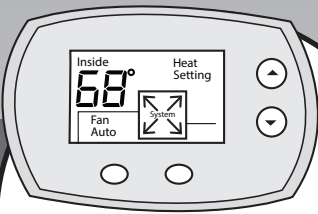
### ENERGY SAVING TIP

Unplug cellphone chargers from the wall when they are not in use.

7



Use an LED night light to save energy.



3

At what temperature is your thermostat set?

**78 degrees** when you are home

**82 degrees** when you are away

**ENERGY SAVING TIP**

Make a habit of turning off the lights every time you leave the room.

4



Turn off any lights in unoccupied rooms.

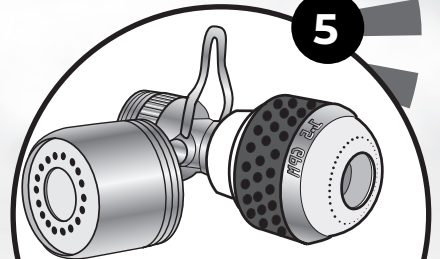
**ENERGY SAVING TIP**

Stay cool and save energy by running ceiling fans only when people are in the room. You could save \$100 a year.

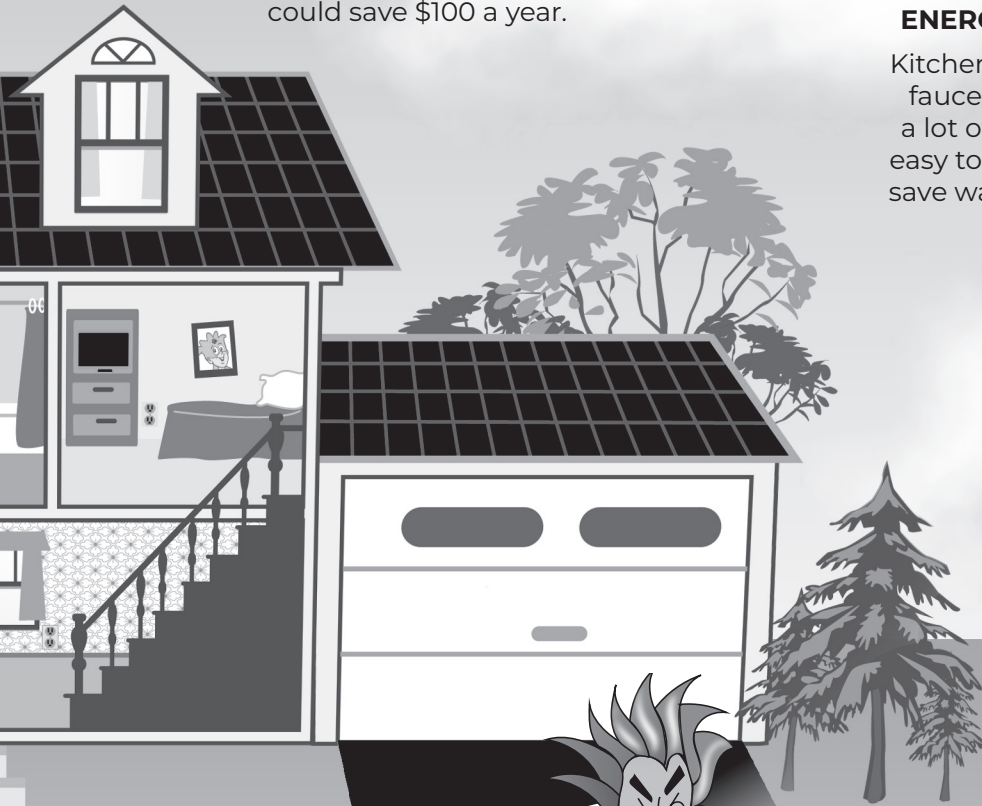
**ENERGY SAVING TIP**

Kitchen and bathroom faucet aerators save a lot of water. They're easy to install and help save water and energy.

5



Do you have aerators on the faucets in your kitchen and bathroom?



6



Do you notice uneven temperatures between the different rooms in your house?

**ENERGY SAVING TIP**

Use weatherstripping tape to seal off air leaks around windows and doors.

**ENERGY SAVING TIP**

LED night lights use less energy than regular night lights.

WRITE A STORY ABOUT

# NATURAL RESOURCES

Write a story about natural resources. Include what you learned about electricity, resources and saving energy. Use another piece of paper if you need it. Share what you know by reading your story to your family.

We use natural resources to ... \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# MESSAGE MATH

Do the math and fill in the spaces below to discover a way to save energy.  
Read the message out loud once you've completed it.

$97 - 5 = \square \quad S$

$40 + 5 = \square \quad L$

$3 \times 17 = \square \quad T$

$15 \div 5 = \square \quad H$

$10 \times 8 = \square \quad I$

$18 + 7 = \square \quad G$



$99 + 15 = \square \quad P$

$36 \div 6 = \square \quad N$

$13 + 7 = \square \quad D$

$12 - 12 = \square \quad A$

$33 \times 3 = \square \quad E$

$65 - 9 = \square \quad C$

**To save energy, turn off**

45

80

25

3

51

92

0

6

20

0

114

114

45

80

0

6

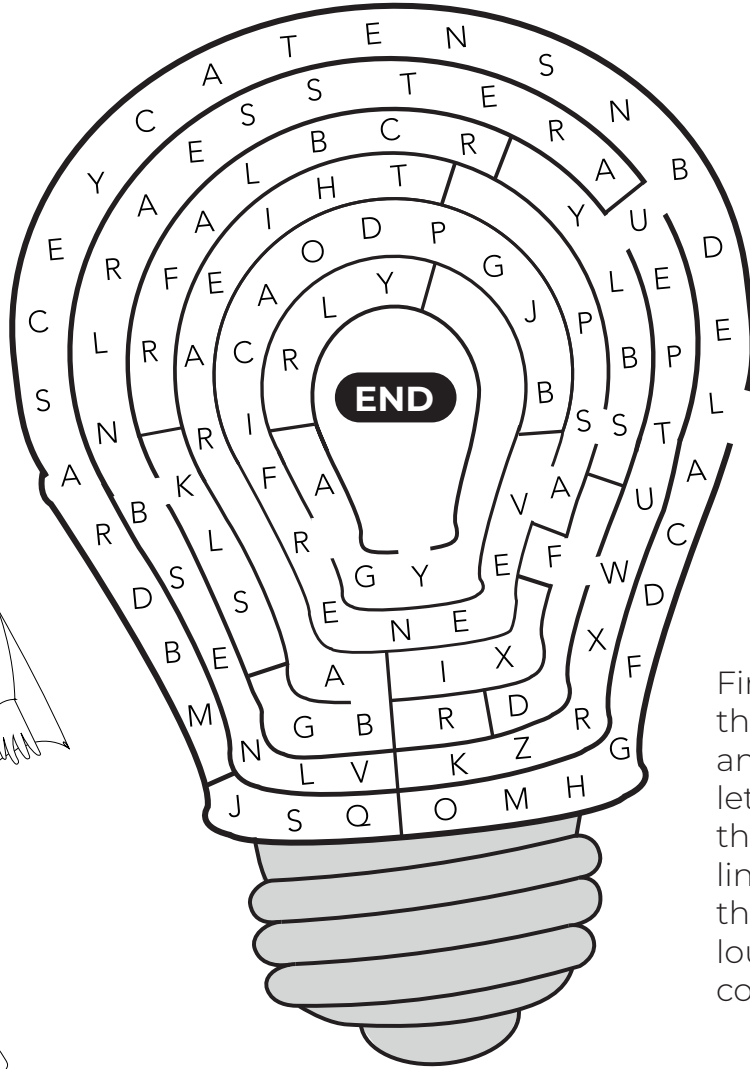
56

99

92

THUNDERSTORM'S

# MAZE MAYHEM



**START**

**END**

Find your way through the maze and write the letters in the order they appear on the lines below. Read the sentence out loud once you've completed it.

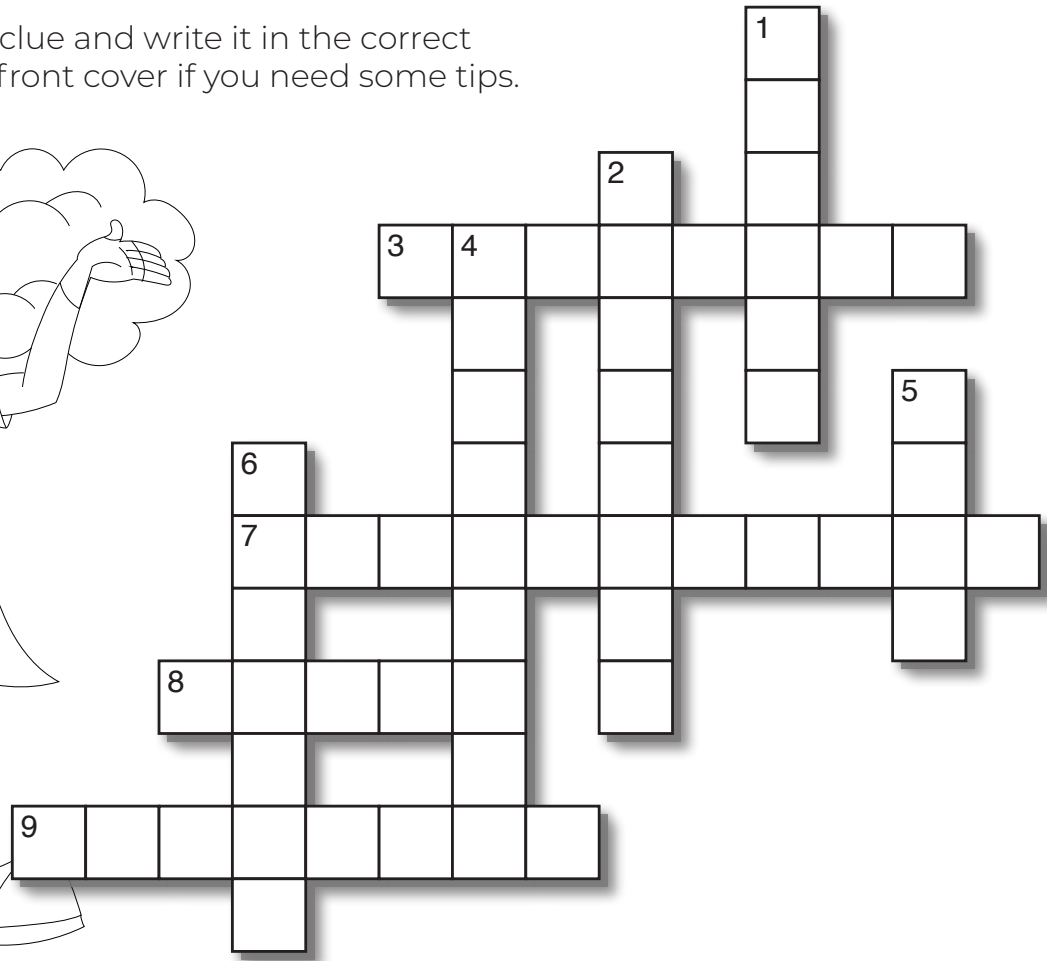
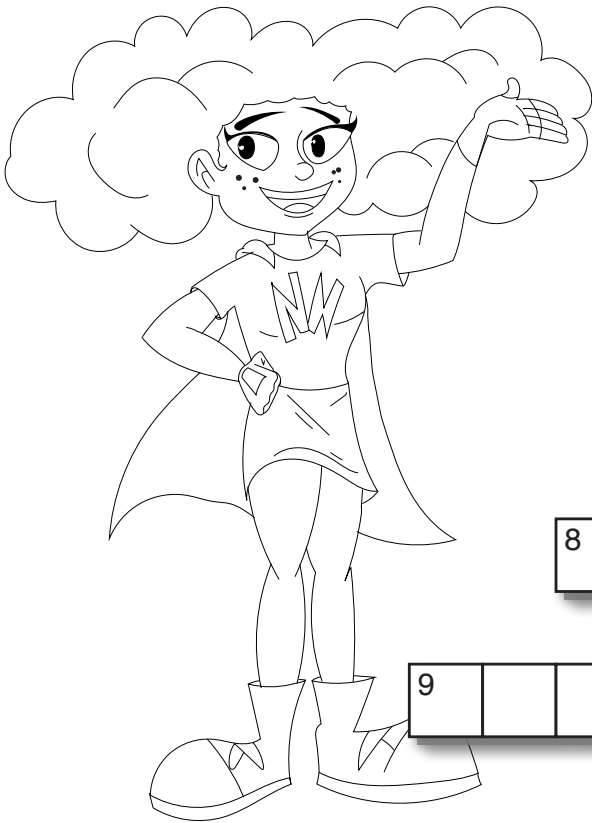
\_\_\_\_\_

\_\_\_\_\_

NIKKI'S

# CROSSWORD

Find the answer for each clue and write it in the correct space. Look at the inside front cover if you need some tips.



- AERATOR
- CONSERVE
- EFFICIENT
- ELECTRICITY
- ENERGY
- KILOWATT
- RESOURCE
- WASTE
- WATT

**ACROSS**

- 3. Something we use to make electricity, like natural gas, water, solar energy and wind
- 7. A useful source of energy used in many ways
- 8. To use more than necessary
- 9. One thousand watts of electricity

**DOWN**

- 1. The ability to do work and the force that makes things change
- 2. To save or use wisely
- 4. Producing very little waste
- 5. A unit of electricity
- 6. A small attachment on a faucet to save water in kitchens and bathrooms

**Suggested Grades:** 3-5 • **Purpose of Activity:** Review, Define  
**Four Cs:** Critical Thinking • **Cognitive Level:** Skills and Concepts

READ WITH

# BERT

Gather your friends, then read the paragraphs and answer the True/False questions.

**EXTRA CREDIT** Read the article to someone else. Quiz them by asking the True/ False questions.



A resource is something we use. Natural gas is an example of a natural resource we use to make electricity at power plants.

To make electricity, the power plant uses natural gas to heat up water. When it starts boiling, the water creates steam. The steam then spins a turbine, which is like a giant rotating fan. The turbine has a magnet surrounded by copper wires attached to it. When the magnet spins inside the copper wires, electricity is created.

We use electricity to light our homes, charge our cellphones, and run our TVs, computers, refrigerators and many other things. If we waste natural resources we may not have enough electricity to power all of the things we need.

We save natural resources each time we turn off lights when we aren't using them and by switching to LED lightbulbs.

Water is a natural resource, too. It's also very important to conserve water. We all can save water and energy by using energy-efficient showerheads and by installing aerators on our kitchen and bathroom faucets.

**T/F** 1. We make electricity at power plants.

**T/F** 4. Energy-efficient showerheads save energy.

**T/F** 2. We should not turn off lights when we aren't using them.

**T/F** 5. It's very important to conserve water.

**T/F** 3. Water is a natural resource.

TAKE-HOME FAMILY ACTIVITY

# THINGS TO KNOW & DO



We use energy in our homes every day! Below is a list of ways your family can help conserve energy. Work together as a family and make a check when you complete each task.

**IMPORTANT:  
SHARE THIS INFORMATION  
WITH YOUR FAMILY**

**I HAVE SHARED  
THIS INFORMATION  
WITH MY FAMILY**

<b>COMPLETED</b>
------------------

## CONSERVATION CHECKLIST

<b>1.</b> Turn off lights and appliances.	<b>COMPLETED</b>
<b>2.</b> Install LED lightbulbs. How many LED lightbulbs did your family install?	<b>TOTAL</b>
<b>3.</b> Have an adult install a programmable thermostat.	<b>COMPLETED</b>
<b>4.</b> Have an adult install an energy-efficient showerhead.	<b>COMPLETED</b>



® ***minnesota power***

---

AN ALLETE COMPANY