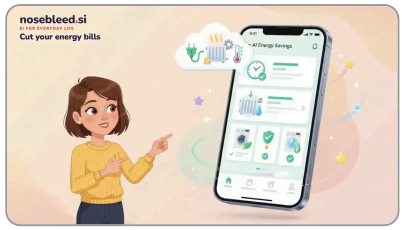
Cut your energy bills



Use AI to find simple ways to use less energy at home, and check which ideas suit you.

By the end, you'll be able to:

- give AI the details it needs about your home
- sort ideas into free, cheap and costly
- know where to get trusted help

Warm-up Where does the energy go in your home?

Talk about it with your group. Which do you think use the most: heating, hot water, cooking, the fridge, the TV or the kettle?

1 Tell AI about the home

The more AI knows, the better its ideas. Tick the details that would help.

☐ The type of home (flat, terraced, detached) ☐ Who lives there

☐ How it's heated (gas, electric, oil) ☐ Whether you're home in the day

☐ Anything already done, like loft insulation ☐ Your budget for changes

Now write a request about a home you know (no address needed).

2 Try it

If you have a device, try your request, or this one.

TRY THIS PROMPT

I'm 75, I live alone in a two-bedroom terraced house with gas central heating, and I'm home most of the day. Please give me ten ways to cut my energy bills. Sort them into: free, cheap (under £50), and bigger jobs. Don't suggest anything that would leave me cold.

3 Free, cheap or costly?

Tick each idea.

	Free	Cheap	Costly
Turn the thermostat down by one degree			
Fit draught excluders to doors			
Fill the kettle with only what you need			
Have loft insulation fitted			
Close curtains at dusk to keep the heat in			
Swap old bulbs for LED bulbs			

4 Choose two for you

Which two ideas would you try first, and why?

5 Stay warm, stay safe

- Don't cut back so much that you're cold: staying warm matters for health.
- AI may not know today's prices, or which grants are open now. Check with your energy company or a trusted advice service.
- Ask your energy company about its Priority Services Register, a free list for people who may need extra help.

> **No device?** In small groups, walk through a home room by room, out loud. Each person suggests one way to save energy in that room.

Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/cut-your-energy-bills**

Teacher notes: Cut your energy bills

Time: 45 to 60 minutes

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Try the prompt yourself. Some learners may be struggling to keep warm: be sensitive, and stress the 'stay warm' message.

Running order

5 min	**Warm-up.** Where the energy goes.
10 min	**Part 1.** Details AI needs, then write a request.
15 min	**Parts 2 and 3.** Try a request, then sort the ideas.
15 min	**Parts 4 and 5.** Choose two, then staying warm and safe.
5 min	**Wrap-up.** Where to get trusted help.

Answers: warm-up

In most UK homes, heating uses the most energy, followed by hot water.

Answers: Part 3

Free: the thermostat; the kettle; closing curtains.
Cheap: draught excluders; LED bulbs.
Costly: loft insulation, though grants are sometimes available.

Discussion points

- Grants and schemes change often. AI may describe old ones, so check with an official source.
- In the UK, the Energy Saving Trust and Citizens Advice give free, independent advice.
- The Priority Services Register can help older and disabled people, for example with advance warning of power cuts.

Safety notes

- Be wary of cold calls offering free insulation or grants. Check with the council or a trusted advice service first.

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