



Facilitation Guide

Justice in My Home Heating

How Can My Family Stay Warm?

This facilitation guide helps to identify and ultimately weatherize the places in your home that may be costing you extra money on your heating bills– especially during the colder months. We hope that this workshop encourages energy efficient habits when heating your home to both protect the environment, and your wallets.

Materials Needed

- Play cash/bills
- Paper
- Markers
- Tape

CEED resources to download and print

- [Reducing Energy](#) (from CEED's [Energy Workbook](#))
- [DIY Audit](#)
- [DIY Audit Checklist](#)
- [Weatherization Materials](#)
- *MN Specific* [Quick Guide to Energy Assistance](#)

Materials that may be included in CEED's Heat Pack

- Pipe wrap insulation kit
- Outlet plugs
- Silicone caulk
- Smooth rod caulk gun
- Window insulator kit
- Draft blockers
- Insulating foam sealant

- Weather stripping
- Electric outlet and switch sealers

Facilitation Steps

A. Introduction: Who are we? Who's all here? Housing type? Goals for today [10 min]

B. Where heating bills rise [25 min]

Connecting participants' everyday experiences to the energy system and understanding the ways we use, or need to use energy in our homes [to stay warm and comfortable].

1. Pass out paper and markers to all participants. Encourage them to draw the inside of their home– like a dollhouse, a floorplan, or as simple squares. Be sure to have them include all doors and windows.
2. Explain that their home drawings are to help visualize where in their home it feels colder and/or warmer (and ultimately, where in their home heating bills are potentially rising). Use leading questions:
 - a. Where and when does it feel cold in your house?
 - b. Is it when you're sitting down in a certain place (e.g near a window)?
 - i. Use the color red for warm spaces and blue for cold spaces.
3. Once participants have finished drawing their home and identifying their warm/cold spaces, have them write 1) the name of their heating utility provider, 2) the type of heating their house has (e.g natural gas, wood, water, electric), and 3) an estimate of how much they pay in heating expenses per month for their house.
 - a. Note: sometimes renters are not responsible for paying their gas and/or electric bills. Highlight that this workshop is not only meant to address energy efficiency for lowered bills, but also for continued comfort and safety within the home.
4. Split participants into pairs or small groups. Instruct them to share their drawings and describe their house's warm and cold spaces in detail (e.g how they came to notice a breeze/draft), and if comfortable, to share their heating expenses. Have them work together through discussion and leading questions to identify similar warm/cold spaces in their home:
 - a. Which rooms feel the coldest?
 - b. Are the colder rooms larger? Near a door? Lined with windows? In the basement?
 - c. Do you use a space heater to supplement your home's overall heating?
5. Give participants a couple of minutes to summarize their similarities for the larger group. Going group by group, guide the conversation to highlight and reiterate similarities (e.g expense amounts, cold spaces, etc.).
6. Pass out the [Reducing Energy](#) resource sheet [from CEED's [Energy Workbook](#), detailing the connections between our energy use, the impacts of energy use on the environment, and general awareness and tips regarding home heating] for participants to review and take home. This sheet includes various do's and don'ts when it comes to supplemental home heating (e.g space heaters and electric blankets) and safety.

C. Where to weatherize [25 min]

Physically and intentionally identifying cold spots to visualize opportunities for weatherization and maximizing savings.

1. Pass out small stacks of laminated play cash and pieces of scotch tape (can substitute with sticky notes). These bills illustrate heating expenses.
2. Get participants standing/gathered (with healthy space between).
3. Explain that participants will roam throughout the space to identify cold spots. At each cold spot, they should tape a laminated bill on or near it; note that there can be more than one bill taped to cold spots in the room. Encourage them to use their senses: touch the walls, windowsills, floorboards, countertops. Allow ~10 minutes for participants to roam.
4. Gather everyone back together. Walk through the space as a large group, stopping at each taped bill and noting why this is a cold spot. Highlight additional spots as needed: if participants missed cracks in the wall, electrical plates, outlet plates, holes for piping, door frames, etc. Have participants tape more bills in these areas.
5. Take a step back and center the group in the middle of the space to look around. Where do we see multiple bills taped in one spot? Highlight that this is an illustration of where our own heating bills are rising.
6. (So how can we take back some of this cash? Weatherize!)

What does it mean to weatherize my home?

Weatherization means to make something, for example our homes, better protected against colder weather. Weatherizing your home focuses on making energy efficient changes or upgrades in order to save energy and ensure your home is a comfortable, healthy, and safe place to live.

7. Pass out the [DIY Audit](#) and [DIY Audit Checklist](#) sheets. Allow ~5 minutes for participants to review weatherization options. Ask them to consider what areas of this space could be weatherized and how.

D. How to weatherize & other bill saving resources [20 min]

Equipping participants with the knowledge of how to make energy efficient changes in their homes, and supplemental resources in their city/state that can help.

1. Have participants grab a chair and make a large group circle.
2. Place all of the weatherization materials from the Heat Pack in the middle of the circle.
3. Instruct participants to grab 1-2 weatherization materials. Go around the circle and have each participant share what they have. Ask them if they know what it's for/how they may use it, and to demonstrate if able. If they are not sure, direct the question to the larger group or reference the DIY Audit sheets previously shared.
4. Encourage participants to share household items they may also use for weatherization (e.g rice socks for heating packs, wool blankets placed under the door or draped in front of their

windows).

5. Pass out the [Weatherization Materials](#) resource sheet with pricing (prices may vary by state).
6. *MN Specific* Pass out the [Quick Guide to Energy Assistance](#). The programs listed on this sheet can help support more expensive items, such as insulation, windows, and efficient boilers.

E. Reflections & Closing [10 min]

1. Wrap-up; what did participants learn? What will they be sharing with community members? What remains unanswered?
2. Thank participants for their time and participation; we hope that they learned something new and are energized to continue conversations like today's.
3. Distribute Heat Packs for participants to perform their at-home DIY audits and weatherization.