



Facilitation Guide

Justice in My Home Heating

How Can My Family Stay Warm?

This facilitation guide helps to identify and ultimately fix (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 efficiency when heating your home to both protect the environment, and your wallets. If you are based in the Twin Cities, contact Natalya (narevalo@ceed.org) to pick up a CEED Heat Pack with weatherization supplies to save money on heating bills. If you are further away, many of the materials can be found at your local hardware store.

Materials Needed

- Play cash/bills
- [Weatherization Bingo](#) materials (optional)
- Prizes for winners (optional)
- 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? Goals for today [10 min]

B. Where heating bills rise [25 min]

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.
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?
 - 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 expenses, cold spaces, etc.).
6. Pass out the [Reducing Energy](#) resource sheet [from CEED's [Energy Workbook](#)] 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]

1. Pass out small stacks of laminated play cash and pieces of scotch tape. 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. (So how can we take back some of this cash? Weatherize!)
6. 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]

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.
 - a. For weatherization materials difficult to demonstrate onsite, have large photos and/or videos to supplement learning: caulking, window plastic, foam insulation, water pipe wrap insulation.
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).
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. (Optional) Weatherization Bingo [20 min]

1. Each player gets a Weatherization Bingo card and ~20 marker chips. Instead of using letters and numbers, like in traditional Bingo, Weatherization Bingo uses weatherization vocabulary words.
2. The Caller (this can be you or a volunteer from the group) will pick weatherization vocabulary words at random from the baggie. When the Caller calls out a word that appears on a player's card, the player covers that square with a marker chip.

3. As you pull vocabulary words from the baggie, engage the group in a discussion of what each word means and how it is used to improve efficiency and reduce heating and cooling costs.
4. The first player to mark five squares in a row, either horizontally, vertically or diagonally, needs to call out "Bingo!" and is the winner for that round.

G. 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.