

Name \_\_\_\_\_

### Day Lighting Worksheet

Day lighting uses natural light to light up indoor rooms. Day lighting saves money, protects the environment, and also helps people learn and work better. It can be as easy as opening the blinds and turning off the lights.

People know turning off lights saves energy. In a school building day lighting can make a big difference. Electric lighting accounts for 40 to 50 percent of a building's total energy use, so turning off the lights really lowers energy costs. And while day lighting saves money, it also saves natural resources.

Day lighting also creates a healthier, happier school environment. Sunlight helps produce a natural brain chemical which makes people feel happy. This brain chemical has many positive effects, helping people to see and pay attention better. It also can put people in a better mood. Research shows that students in classrooms with day lighting learn faster than those in classrooms with electric lighting. In one study students even scored up to 26% higher on tests taken in natural light.

Most people would rather work and learn in natural light because it makes them feel more comfortable and cheerful. Sunlight's Vitamin D improves the health of skin, bones, and teeth. And research shows daylight helps people work faster, and makes people less likely to miss school.

So find out how to use day lighting in your school. Turn off the lights and open the shades. If possible, dim the lights to add to sunlight on cloudy days. Ask the custodian to replace window shades with adjustable blinds so teachers can lessen glare while letting sunlight enter the room. And soak in the sun all year long!

1. Write the definition of day lighting: \_\_\_\_\_

\_\_\_\_\_

3. What are 3 main reasons to use day lighting? \_\_\_\_\_

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4. What are 3 ways sunlight helps people work and learn? \_\_\_\_\_

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Name \_\_\_\_\_

### Day Lighting Worksheet

Collect the following information using the lighting meter. For the current lighting box, write *natural*, *electric*, or *both*. Where possible, turn off electric lights and measure the remaining natural light.

Location	Current type(s) of lighting	Current light in foot candles	Natural light only in foot candles	Ohio School Design Manual recommendation
Cafeteria				
Gymnasium				
Library				
Office				
Hallway				
Classroom 1				
Classroom 2				

Where does the current lighting exceed the Ohio School Design Manual recommendations?

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Where could day lighting be used for some or all lighting? \_\_\_\_\_

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