

Reflect on water use: Water use challenge Activity 7

Water for a day challenge

Choose a water challenge to complete for one day from the list below.

Water for a day challenges:

- should not include drinking water – drink as much water as you need without counting it in your challenge
- must include good personal hygiene – keeping your hands and body clean and flushing toilets for health and wellbeing.

Terrific water challenge

Challenge level: **Medium**

Challenge yourself to save some water from your regular daily use. You'll need to think about which water uses you could do without.

Water you can use for one day:

100 litres per day

(10 buckets full)



Tips: Don't be wasteful with water, have a short shower, flush the toilet only when necessary.

Super water challenge

Challenge level: **Difficult**

Take a bigger challenge by reducing your water use in half! You'll need to think carefully about what you will use water for throughout the day.

Water you can use for one day:

80 litres per day

(8 buckets full)



Tips: Have a short shower, use hand sanitiser, avoid water wastage, flush the toilet only when necessary.

People in most western countries use more than 80 litres per day, so it might require going without a few things, just for the day. Think carefully about how you might wash yourself and keep clean.

Mega water challenge

Challenge level: **Very difficult**

Are you up for a big challenge? Use your water saving superpowers to conserve water by the litre! This may require going without some water uses, just for the day.

Water you can use for one day:

50 litres per day

(5 buckets full)



Tips: Have a very short shower, use hand sanitiser, avoid water wastage, reuse your water if possible, have low water use meals, flush the toilet only when really necessary.

You'll need to plan your water use and be strict with the amounts you use for each task you need it for. This amount of water is used by people who don't have easy access to a water source. Think carefully about how you might wash yourself and keep clean.

This activity is part of a suite of resources that support Smart Water – A context for learning, which provides students and teachers with opportunities to connect with water and learn more about drinking water in the Waikato region.

www.smartwater.org.nz/smart-water-schools

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