

Estimation activity

How much water do I use in a day?

You will need:

- A notebook, calculator and pencil
- Print out the Water Maths Activity sheet (attached) or create your own

Steps:

1. Using the worksheet (see page 2) or your own ruled up table in your notebook, record your water use for a day.
2. Shower as you normally would – start a timer when you hop in, and stop it when you hop out – record how long you were in the shower. Do you have two showers a day or one? If you have two, remember to time both of them!
3. Count how many glasses of water you drink – or how many drink bottles you finish (try and drink only water for the day – your body will thank you for it).
4. Count how many times you flushed the toilet.
5. Maybe you could ask a family member if they are happy for you to record their water use for the day as well – then you can compare and see who uses the least water!
6. Use our formulas to help you calculate an estimate of your total water use (you might need an adult to help you).
7. If you feel like you could be even better at saving water, make a goal at the bottom of the worksheet and try and stick to it to improve your water usage!



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My water calculation chart

Water used	Water usage calculation	Estimation of total L used
A. Drinking water (record each glass or bottle you drink)	1 glass = approximately 250 ml (4 glasses) = approximately 1L of water. Drink bottle = approximately 500 ml, so 2 bottles = approximately 1L of water.	A.
B. Shower time (minutes) OR baths (how many?)	1 minute shower usage = approximately 9L of water. So calculate using number of minutes x 9L. A bath uses approximately 96L of water.	B.
C. Toilet flush (how many times?)	A dual flush toilet uses approximately 5L per flush. An older single flush toilet uses approximately 11L of water per flush.	C.
D. Handwashing (how many times?)	Each time you wash your hands you use approximately 2L of water.	D.
Total amount of water (Litres)	A + B + C + D =	A + B + C + D =

My water saving goal - I am going to try and save water by:
