Have you ever thought about how much water you use in one day, one week, or one month?

We use water for many things: cooking, cleaning, drinking, playing, etc. A simple task such as brushing your teeth can use up to 2 gallons of water! Simply turning the faucet off while brushing and only turning the water on to rinse can save 1.5 or more gallons! How else can you conserve water throughout the day?

Key Topic: Water availability/water use, Water conservation
Duration: 20 minutes
Grade Level: This activity can be adapted for many age groups and settings

Objectives:
Learn how much water you use in a day and how you can reduce the amount of water used over time.

Activity Steps:
Create your own chart to record the amount of water you use every day. Use the list provided for the amount of water used during different activities. (An example chart, ready to be filled in, is provided)

Water Use:
- Brushing your teeth (leave the tap running): 5 gallons
- Brushing your teeth (turn the tap off): 1/2 gallon
- Taking a bath: 70 gallons
- Five-minute shower: 12 1/2 gallons
- Hand-washing dishes: 30 gallons
- Running the dishwasher: 9 gallons
- Running the washing machine: 30 gallons

For More Fun:
Track your water use with the 30by30 app for Apple and Android products and learn easy ways to reduce your water use by 30 gallons a day for 30 days.

Items Needed:
- Writing utensil, markers, crayons, etc.
- Paper
How much water do you use?
Fill in a box for every five gallons of water used in your day. Some water use activities and the amount of water used are listed below. At the end of the day count how many boxes are filled.

- **Brushing Your Teeth**
  - Leave the tap running: 5 gallons
  - Fill in 1 box
  - Turn the tap off: 1/2 gallon
  - Make a small dot in 1 box

- **Flushing the Toilet**
  - 1.5-3.5 gallons
  - Fill in 1/2 of 1 box

- **Taking a Bath**
  - 70 gallons
  - Fill in 14 boxes

- **Five-Minute Shower**
  - 12.5 gallons
  - Fill in 2 and 1/2 boxes

- **Hand-Washing Dishes**
  - 30 gallons
  - Fill in 6 boxes

- **Running the Dishwasher**
  - 9 gallons
  - Fill in 2 boxes

- **Running the Washing Machine**
  - 30 gallons
  - Fill in 6 boxes

Can you reduce the amount of water you use?
Try to fill in fewer boxes tomorrow.

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1-800-858-4844