



List of 30

30 Ways Kids Can Protect Groundwater

Kids! The future of groundwater is in your hands! Start now by trying out these ways you can help protect groundwater:

1. **Shut off the water** while you brush your teeth.
2. Take short showers – **5 minutes or less**.
3. Help your family install a [rain garden](#) to help capture stormwater runoff from sidewalks, driveways, and lawns.
4. *Pull weeds* instead of getting out the weed killer.
5. Start a **compost pile**.
6. **Reduce, reuse, and recycle** whenever you can at home and at school.
7. **Scoop the poop** if you have a pet (or a neighbor's pet!) that poops in your lawn.
8. Sweep grass clippings off the sidewalk and back into the lawn after it is mowed to help *keep the clippings out of storm drains*.
9. Help plant **native and drought-resistant plants** in your home's landscape.
10. Paint a **rain barrel** and help install it on a downspout at your home. Use the water to irrigate your garden or landscape!
11. Work with others to **stencil storm drains** around your community to remind people not to dump harmful substances.
12. Get your school, local park, golf course, or other green space to apply for [Groundwater Guardian Green Site](#) designation.
13. Help load the dishwasher and only **run it when it's full**.
14. **Check for leaks in your home's toilets** – put a drop or two of food coloring in the tank and see if the color seeps into the bowl. Have a grown up fix the leak.
15. Check your **faucets and showerheads for drips and leaks**, and make sure a grown up fixes them right away.
16. **Use less stuff**. Why? Water is used to make basically everything. So the less stuff we use, the less water we use.

17. Be the sparkplug for a local [Groundwater Guardian](#) Community.
18. Use [reusable bags](#) at the grocery store. If you do bring home plastic bags, [reuse them](#) around your home.
19. Use your towel for *more than one bath or shower* before throwing it in the laundry.
20. If your lawn needs watering, **run through the sprinklers instead of filling up your pool**. Your lawn will get the water it needs and you'll have some fun getting wet!
21. Plan to take the **30 by 30 Challenge** during the month of September and **see how much water you use each day**. Check out The Groundwater Foundation's [website](#), [Facebook](#), or [Twitter](#) to find out when the app will be available for download.
22. *Share what you know* about groundwater with your family and friends.
23. Make sure no one dumps old paint, motor oil, or other chemicals **on the ground**.
24. Find out about local [household hazardous waste collections](#) and volunteer to help at an event.
25. Volunteer at a local **groundwater festival**. If there isn't one, talk to your teacher or other grown up about getting one started.
26. Calculate your **water footprint** with an app or [online](#).
27. Help do the laundry, and *only run full loads* in the washing machine.
28. Make an [aquifer out of ice cream](#). You'll learn more about groundwater and get to eat a yummy treat!
29. Download the free [Water1der](#) app (if you have an iPhone, iPad, or iPod) and test your groundwater knowledge! **Challenge your family and friends**.
30. If your home has its own well, make sure your parents or guardians **have the water tested** at least once a year.