

How Much Water Do You Use?

www.groundwater.org

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

Items Needed:

- Writing utensil, markers, crayons, etc.
- Paper

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.



www.groundwater.org
1-800-858-4844

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

BRUSHING YOUR TEETH
(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
12.50 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.

