



# GREEN-SCHOOLS STAY HOME - WATER



## Idea - Shower Time Challenge

On average, showers are typically the third largest water use in homes, after toilets and washing machines and are more water efficient than baths. That is if you have a short shower.

An average bath uses around 80 litres of water whereas an average shower uses 10 litres per minute and if you have a 15 minute shower that means you use 150 litres.

There are water saving shower techniques, for example:

- Only start the shower when you are in the shower
- Have a 4/5 minute shower when you can
- Have a navy/sea/staggered shower where you turn off the water while you are lathering

### Why is this useful?

Looking at your time in the shower not only reduces your water usage, taking pressure of our water resource which is especially important during times of drought but it also saves a lot of energy needed to heat and treat your shower water. Energy that is most likely derived from fossil fuels.



**FACT!**  
A WATER EFFICIENT SINGLE  
SPRAY SHOWERHEAD WILL USE  
AS LITTLE AS 7-8 LITRES OF  
WATER PER MINUTE.  
SAVING AT LEAST 2 LITRES OF  
WATER PER MINUTE!

## Shower Time Challenge



Guess your shower times and see if you can reduce your water use.

### WHAT DO YOU NEED?

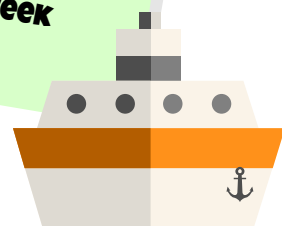
- A Shower
- Phone/clock with timer  
or
- a shower timer if you have one
- Paper and pen  
(Best not to use your phone to write notes when in the bathroom)



### WHAT TO DO...

- Guess your times before shower, with and without washing your hair.
- Write down your guesses.
- Set your timer once your shower starts running and stop it as soon as your shower stops.  
**Note:** if you are using a shower timer remember to rotate it once it completes one turn and keep track of the number of times you have rotated it in order to calculate total shower time at the end.
- At the end multiply your minutes by 10 liters to get total result.
- Maybe you can try guess and time the showers of others in the house and see who is the water saving champion!

**TIP!**  
- MAYBE YOU CAN TRY  
ANOTHER CHALLENGE.....  
SEE IF YOU CAN HAVE A NAVY  
SHOWER ONCE A WEEK



### CONCLUSION...

Did you get close with your guesses? Did the times surprise you? Do you think after doing this challenge you want to or can reduce your shower time?

Do you have a water efficient shower head? Does your shower even need one?

To check if your shower can use a water efficient shower head you could (adult help needed):

- Remove the shower head
- Turn on your shower and collect the water from your shower for 60 seconds and measure in litres (**tip:** you could water your garden with water collected)
- If what you collected is more than 9 litres you will benefit from eco shower head

Thanks for taking part,  
keep checking back for  
more tips, experiments &  
activities with  
**#GreenSchoolsStayHome**