



# 5-Minute Shower Showdown

The 5-Minute Shower Showdown is a campaign led by students to encourage peers to take 5' showers.

Swipe to learn more →



# Why it Matters



## Environmental

Demonstrates how shorter showers and other small individual actions collectively reduce household water and energy use at scale.



## Behavioural

Increases motivation and follow-through with collective, positive, game-like structures.



## Educational

Empowers student ambassadors with the skills, messaging, and structure to lead, communicate, and influence peers effectively.



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# The Numbers



**26**

schools participated.

**9,658**

5-minute showers logged.

**482,900**

estimated litres of water  
saved over one week.

# What Schools Have to Say



”

The highlight . . . was the **sense of collaboration and excitement** felt across the entire school. Each day, we celebrated together as the new tally was announced, building a **real buzz around our shared progress**.

—Primary Teacher, Citywest and Saggart CNS

”

Students were **genuinely surprised to learn** how much water is wasted during long showers, and their **immediate willingness** to take on the challenge was inspiring.

—Primary Teacher, Glenroe CNS

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I am delighted our school took part and **will do it every year** and continue to promote throughout the year.

—Secondary Teacher, Hartstown Community School



# School Spotlight

## Ballyhaas National School

Engaged the whole school with their mascot, **Sammy Seahorse**, sending him to classroom shower tallies and designing a special poster competition around him.



## Cashel Community School

Logged an incredible **909 "5-minute showers"**—saving an estimated 45,450 litres of water.



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# Ready to have a 5' Shower Showdown at your school?

**It fits easily into  
existing school  
programmes**  
(e.g., Green Schools,  
TY, CSPE, wellbeing).

**For help getting  
started, check out  
our Digital Toolkit.**

*To download the toolkit,  
[click here](#) or scan the QR code:*



**The Shower  
Showdown can  
be run any time  
of year!**