

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 followthrough with collective, postive, game-like structures.



Educational

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



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



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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

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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.



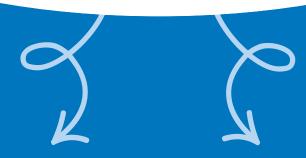


Cashel Community School

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



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



It fits easily into existing school programmes

(e.g., Green Schools, TY, CSPE, wellbeing).

The Shower Showdown can be run any time of year!

For help getting started, check out our Digital Toolkit.

To download the toolkit, <u>click here</u> or scan the QR code:

