



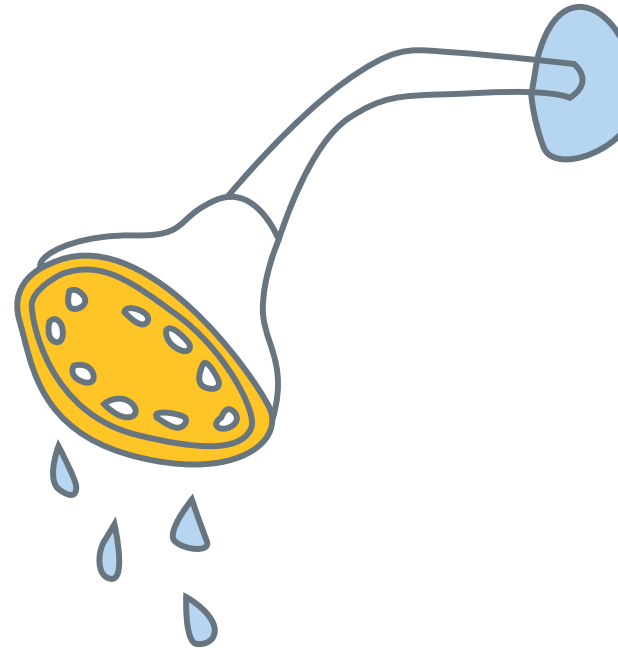
5-Minute Shower
Showdown

Digital Toolkit

Table of Contents

The following toolkit provides guidelines to help you plan your work. This challenge is all about increasing awareness about water consumption during showers and building skills along the way.

You are invited to organise your campaign in a way that suits your own circumstances - you can pick what you do and when you do it as you see fit.



01

Challenge Overview

02

Judging Criteria & Awards

03

Committee Planning & Role Checklist

04

Data Collection & Reporting

05

5' Shower Tracking Log Template

06

Idea: Shower Time Challenge

Tip: Print this out and share it with others, or simply use it as a reference in your campaign!



5-Minute Shower Showdown Overview

1 Summary

The 5-Minute Shower Showdown is a five-week campaign led by students to encourage peers to take 5' showers. The Challenge culminates with a dedicated event week for the whole school community to participate and log their showers.

3 What will my school be expected to do?

Guided by this toolkit, your school will organise, promote, and run your own challenge. You will:

- **Meet as a committee / Water Ambassador Team:** Decide how you will track shower times (timer/playlist), assign roles, design posters, finalise playlists.
- **Promote challenge:** Present the challenge at an assembly, hang posters, share playlists. School apps, social media, and newsletters are other ways to let students, parents, and staff know about the challenge.
- **Run your campaign:** During challenge week, you will track 5' showers across your school, post a daily fun fact or leaderboard, and encourage your peers.
- **Collect results:** Tally the total number of 5' showers, reflect with your team, present at assembly, thank participants, and share results with community.

2 Why 5' showers?

Showers are typically the second largest water use in homes, after toilets. The average shower uses **10 L of water per minute**. By reducing your shower time from 10 to 5 minutes, you can save up to 50 L of water per shower!

Looking at your time in the shower not only reduces your water usage, but it also saves energy needed to heat and treat your water.

4 Who should be involved?

Everyone! Encourage your peers, teachers, families, and wider community to get involved.

5 What's in it for us?

You will help raise awareness about the environmental impact of water use during showers and inspire behaviour change across your community. You will also build important skills in leadership, communications, campaign organisation, and teamwork.

6 Suggested Timeline

Committee Planning: 1 week

Campaign Launch: 1 week

Challenge Week: 1 week

Committee Score Tally & Reflections: 1 week

Committee Planning & Role Checklist

Timeline

1 week Committee Preparation

- ☐ Meet as a committee ☐ Decide how you will track 5' showers (timer/playlist)
- ☐ Assign roles ☐ Finalise playlists ☐ Create posters ☐ Follow Green-Schools Water on Instagram (@greenschoolsire_water) to stay up-to-date
- ☐ Brainstorm promotion strategies and/or partnerships ☐ Schedule assembly

1 week Campaign Launch

- ☐ Present challenge at assembly ☐ Hang posters ☐ Share playlists ☐ Distribute any other campaign materials ☐ Post on social media ☐ Advertise in school newsletter ☐ Promote on school app

1 week Challenge Week

- ☐ Log showers ☐ Post daily fun fact or leaderboard ☐ Encourage peers mid-week ☐ Take photos of campaign materials and activities

1 week Reporting & Reflections

- ☐ Collect and compile results ☐ Present at assembly ☐ Thank participants
- ☐ Reflect with team ☐ Submit results to online form**

Make sure to submit your results by **Friday, 5 December using the online form, **available at this link.**

Committee Roles

Role	Key Tasks	Mini-Training Tip
Promotion Leads	Posters, announcements, social media.	Have a clear and simple call-to-action.
Data Leads	Collect participation numbers, measure results.	Keep it simple - count sign-ups and record shower times.
Tech/Music Leads	Make 5-min playlist, share via QR code.	Pick upbeat songs, test exact length.
Event Coordinator	Organise launch + wrap-up presentations.	Practice explaining why this matters in <60 seconds.

Data Collection and Reporting

Your committee will be responsible for collecting 5' shower data, recording your campaign strategies, and sharing all of this with us in your final Impact Report. There are many ways you can approach this, but to make things easier, here are a few options.

1 Collecting 5-Minute Shower Data

Check out the tracking log in this toolkit for help keeping track of your tallies!

Option A: Holding a Hands Up Survey in Classes

- Each day, have members of your team visit classes and ask students to hold up their hands if they took a shower that was 5 minutes or less.
- Record the number of hands in each class and add all the classes together for your daily total.
- Repeat Monday to Friday.

Option B: Setting up a Table at Lunchtime

- Set up a table in a visible area during lunchtime. Get creative: make a poster, add info. sheets, or play music.
- Encourage your peers to visit the table to report if they took a shower that was 5 minutes or less. Have members of your team sit at the table and add tallies to the log sheet.
- Repeat Monday to Friday.

Documenting Your Campaign

Remember, you will be judged not only on how much water you saved, but also on creativity and collaboration. Here are a few tips to document your campaign:

Tip 1: Take lots of photos and videos.

- Take photos and videos of anything you make and everything you do and keep them in a Google Drive folder.
- You will have the option to submit photos/videos in your final Impact Report.

Tip 2: Utilise social media.

- Did you create a unique hashtag? Make a TikTok? Share IG stories? Track your social media content by keeping links or screenshots.
- Make sure to tag us on IG! (@greenschoolsire_water)

Tip 3: Document your partnerships.

- Did you work with different school clubs, local sports teams, or any other community groups?
- Keep a list of different people or groups you partner with.

3 Sharing Your Impact

Congratulations, you just ran your first campaign! The week after the challenge, you will tally your final numbers, gather campaign documentation, and share your results. Make sure to:

1. Reflect with your team.

- What did you do well? What would you change in the future? Did people learn from the challenge?

2. Share results with your school.

- Share your final tallies with your school. Thank them for participating and reiterate the importance of the challenge.

3. Share results with your community

- Share your results with your wider community, including families and partners.
- Use your website, newsletter or app to share photos, final tallies, and reflections.

5-Minute Shower Showdown Tracking Log



School: _____

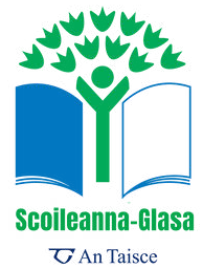
Each day of the **5-Minute Shower Showdown**, tally the number of people who took a shower that was 5 minutes or less. At the end, add your daily totals to find your weekly total. **Please note: 0 minute showers don't count!**

Day	People who took a 5-minute (or less) shower	Daily total
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

Weekly total:

At the end of the week, share your impact with your school by reporting the total number of people who took 5-minute showers (or less).

Dúshlán Ceatha 5-nóiméad! Cuntas rianaigh



Scoil: _____

Le linn gach lá den **Dúshlán ceatha 5 nóiméad**, comhraigh uimhir na ndaoine a thóg cith a raibh 5 nóiméad nó níos lú. Ag deireadh, cuir na hiomlán laethúil le chéile chun bhur n-iomlán seachtainiúil le chéile.

Tabhair faoi dheara: Ní féidir ceatha 0 nóiméad a chomhaireamh!

Lá	Daoine a thóg cith 5 nóiméad (nó níos lú)	Iomlán an lae
Dé Lúain		
Dé Máirt		
Dé Céadaoin		
Déardaoin		
Dé hAoine		

Iomlán seachtainiúl:

Ag deireadh na seachtaine, déan taifead ar an líon iomlán daoine a thóg ceatha de 5 nóiméad (nó níos lú).



SHOWER TIME CHALLENGE



ON AVERAGE . . .

Showers are typically the second largest water use in homes after toilets 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 may reduce your water usage, taking pressure off our water resource and save the energy needed to heat and treat your shower water.

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 litres 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!

CONCLUSION

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

TIP!

Maybe you can try another challenge... See if you can have a navy shower once a week!

