

Daily

Swaps

Challenge
Toolkit

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The following toolkit provides guidelines to help you plan your work. This challenge is all about increasing awareness about **how our everyday choices have an impact on water and energy use**, and showing how small daily swaps can help protect the natural systems we all depend on.

You are invited to organise your campaign in a way that suits your own circumstances—**you can pick what you do**.



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Pro-Tip

Print these out and share it with others, or simply use them as references in your campaign!



Daily Swaps Challenge Overview

1 Summary

Daily Swaps is a week-long challenge where your Green-Schools Committee will organise and promote a school-wide campaign to make environmentally conscious swaps in your daily habits. Schools across Ireland will compete to see who can save the most water and energy.

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:** Pick a 1–2 daily swaps, decide if you will change swaps daily or focus on a few for the week, how you will track participation, assign roles, design posters.
- **Promote challenge:** Present the challenge at an assembly, hang posters, get the word out. 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 how many people make daily swaps, post a daily fun fact or leaderboard, and encourage your peers.
- **Collect results:** Tally the total number of daily swaps, reflect with your team, present at assembly, thank participants, and share your impact with us.

2 Why daily swaps?

Water and energy are essential for nearly everything we use each day, from food and clothing to heating and electricity. When we waste water, we also waste energy, and when we use more energy, we often use more water. As demand for both increases, it puts pressure on ecosystems, contributes to pollution, and drives climate change. By making small changes to our daily habits, we can help conserve these shared resources now and in the future.

4 Who should be involved?

Everyone! Take the lead by promoting daily swaps at home, at school, and in your community. Encourage your families, friends, and coaches to get involved and be part of the change.

5 What's in it for you?

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

6 Recommended Timeline

- **Committee Preparation:** 1 week
- **Motivate and Communicate:** 1 week
- **Challenge Week:** 1 week
- **Committee Score Tally & Reflections:** 1 week

Committee Planning & Role Checklist

Timeline



Committee Roles

Role	Key Tasks	Mini-Training Tip
Promotion Leads	Posters, announcements, newsletters, social media.	Have a clear and simple call-to-action for people.
Data Leads	Collect participation numbers, measure results.	Keep it simple - count how many people did each swap.
Partnership Leads	Brainstorm potential collaborators in school or community, lead outreach.	List every club, team, or group you can think of, choose a few, and reach out!
Event Coordinators	Organise launch + wrap-up presentations.	Practice explaining why this matters in <60 seconds.

Data Collection & Reporting

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

1

Collecting Daily Swaps Data

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

Option A: Hold 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 did the daily swap(s)
- Record the number of hands in each class and add all the classes together for your daily total.
- Repeat Monday to Friday.

Option B: Set up a table at lunchtime or breaks.

- Set up a table in a visible area during lunch or breaks. Get creative: make a poster, add info sheets, or play music.
- Encourage your peers to visit the table to report if they completed a daily swap. Have members of your team sit at the table and add tallies to the log sheet.
- Repeat Monday to Friday.

Documenting Your Campaign

2

Remember, creativity and collaboration are other ways to win. 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. Keep them in a folder.
- You will have the option to submit photos/videos in your final Impact Story.

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, groups, or businesses?
- Keep a list of different people or groups you partner with.

Sharing Your Impact

Congratulations, you just ran a 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. Make sure to tag us on IG! (@greenschoolsire_water)

Daily Swaps Challenge Tracking Log



School: _____

Each day of the **Daily Swaps Challenge**, tally the number of people who completed the daily swap(s). At the end, add your daily totals to find your weekly total.

Day	Number of people who did the daily swap	Daily total
Monday Daily swap(s):		
Tuesday Daily swap(s):		
Wednesday Daily swap(s):		
Thursday Daily swap(s):		
Friday Daily swap(s):		

Weekly total:

Daily Swaps

Your everyday choices matter. Small swaps in daily habits can save huge amounts of water and energy—start now and help protect these resources for the future.

Around the House

Turn off the lights



Become a Light Detective! Save energy and money by turning off lights whenever you leave a room.

Turn off the tap



Be a Water Watcher! Turn off the faucet while brushing your teeth or washing dishes. You can save up to 30 litres of water each time.

Take a 5' shower



Beat the clock! Keep showers to 5 minutes or less. You can save up to 50 litres of water each time—and reduce the energy needed to heat it.

Only boil what you need



Fill smart! Take charge of the kettle at home and only boil what you need. It saves water, uses less electricity, and lowers energy bills.

Food & Drink

Zero food waste



Beat the bin! If it doesn't go in the bin, it's a win. About 30% of food bought in Irish homes is wasted. Every meal you save also saves the water, energy, and resources used to make it.

Meat-less dinner



Try a meat-free meal! Pick an evening to swap one meat dinner for a plant-based option. You'll help save thousands of litres of water—especially compared to beef, pork, or chicken.

Skip single-use bottles



Refill, don't landfill! Opt for a reusable bottle instead of single-use plastic. It saves water and energy needed to produce plastic and cuts pollution from when bottles end up as litter or in landfills.

Clothes & Laundry



Smell before you wash

If it's not dirty, don't wash it yet! Give your clothes a sniff before throwing them in the wash. One wash can use up to 150 litres of water and release microplastics—less washes mean cleaner water and longer-lasting clothes.



Wash clothes on cold

Go cold, save energy! Wash your clothes on a cold cycle to help save energy. Around 90% of washing machine energy goes into heating water and modern detergents work great without the heat.



Sell/donate a piece of clothing

Pass it on! Sort through clothes and donate or sell what you don't wear. Making just one cotton T-shirt uses 2,700 litres of water. Keep resources from being wasted and help others in need.

What swaps will you try?

Decide what daily swaps you will focus on in your campaign. You can choose 1–2 swaps to try each day, or stick with the same swap(s) for the whole week. Choose from the list here or come up with your own!

Not sure what to do?

There's no one right way to run your campaign. You can design it in whatever way works best for your school—focus on swaps from one theme, mix and match different ideas, change swaps each day, or stick with the same ones all week.

Here are some examples! →

Example: School A

Chose to focus on the "Around the House" theme.
Mon: Turn off the lights.
Tue: Turn off the tap.
Wed: Take a 5' shower.
Thur: Boil what you need.
Fri: Choose any!

Example: School B

Held a school-wide vote to select two swaps to stick with all week and chose "zero food waste" and "smell before you wash." People could do one of the swaps or both every day.

Water & Energy in Everyday Life

Water and energy are deeply connected in everyday life, even in ways we don't usually notice. Almost everything we use requires water to produce—and energy to move, process, and power each step along the way.

Take a look at the life cycle of a t-shirt—where do you think water is being used, and where is energy needed to make, move, and care for the shirt? How much water might it take to grow the cotton, or energy to wash and dry it at home? How might our daily shopping habits impact this cycle?

As you explore the stages shown, see if you can spot the hidden connections between water and energy. What other everyday items might have a similar story?

Life Cycle of a T-Shirt

1 Cotton Farming

A shirt begins life as cotton grown on farms in places like the USA, India, or China.

Cotton requires vast amounts of water (around 2,700 litres per shirt) and uses more pesticides than any other crop, which can be harmful for ecosystems and human health.

2 Harvesting & Ginning

Machines harvest the cotton, mechanically separate its seeds in industrial gins, and compress it into bales.

3 Transport to Spinning Mills

Bales are transported by truck and shipped to a spinning facility, usually in China or India.

4 Spinning, Weaving & Dyeing

High-tech machines spin cotton into yarn, which is woven into fabric and treated with heat, bleaches, and dyes.

Some of these dyes contain harmful chemicals that can pollute water when released as toxic waste.

5 Garment Manufacturing

Finished cloth travels to factories and are stitched by humans into shirts.

Many of these factories are located in Bangladesh, India, China, Turkey, where workers often face poor conditions and low wages.

6 Global Distribution

Shirts travel by ship, train, and truck to be sold in high income countries.

This shipping process gives cotton an enormous cotton footprint, with apparel production accounting for 10% of global carbon emissions.

7 Use & Care at Home

Finally, the shirt gets to your home, beginning one of the most resource-heavy stages of its life.

Repeated washing and drying use large amounts of water and energy to keep clothes clean.



Want to learn more about fast fashion?

Check out these resources! →

- [Clothes Sharing Live Webinar on 10 March \(Register Now!\)](#)
- [Water Footprint of Our Clothes Activity](#)
- [Global Threads: The Journey of Fast Fashion Resource](#)
- [Let's Fix Fast Fashion Campaign](#)

[Check out this video to learn more.](#)