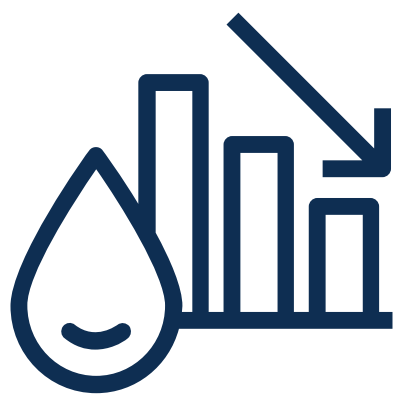




Take resolutions to save water

Develop good habits to improve your water consumption and follow up in class once a month.

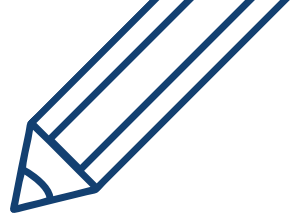
The Water-Saving Student

Duration :
15 to 30 min

Audience :
All



Abrinord
OBV de la rivière du Nord



Objectives

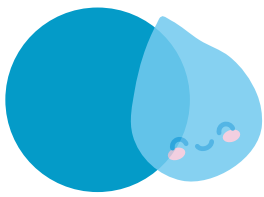
Adopt measures to reduce water consumption.

- *Be aware of your personal water consumption.*
- *Reflect on the issue of overconsumption.*

Required material:

- *Computer and internet, if possible*
- *Water-saving student workbook (1 per student)*





Course of the activity

Introduction (10 min)

Introduce the following basic concepts :

Fresh water on the planet

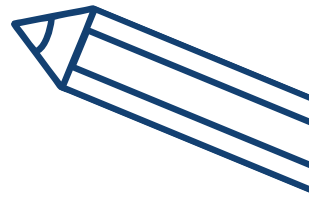
On earth, 97.5 % of water is salt water (oceans) and 2.5 % is fresh water. Among this percentage, nearly 65 % is found in glaciers and snow. This means that only 35 % of fresh water, or 0.83 % of all water on Earth, is in the form of surface water (lakes, rivers and wetlands) or groundwater (water table). It is from this small portion that humans around the world draw their drinking water.

Drinking water in Quebec

Although water is very abundant in Quebec, drinking water is a resource to be used in moderation. Indeed, the drinking water distributed in most cities must be treated to become drinkable before making its way to the tap. It is very expensive to treat water to make it drinkable and to treat wastewater (toilets, showers, sinks) before releasing it into nature. Therefore, the less drinking water we use, the less we will need to treat it and use chemicals to do so.

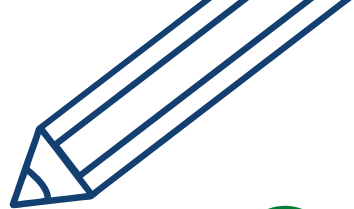
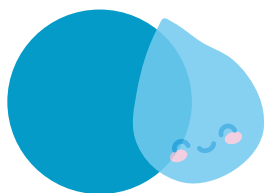
In 2019, the average residential consumption per person was :

- Need (estimate to live comfortably): 100 L per day **
- Quebec: 262 L per day (131 large 2 L soda bottles)*
- Canada: 215 L per day*
- Manitoba (lowest consumption in the country): 158 L par jour*



*According to the World Health Organization

1. 
2. 
3. 

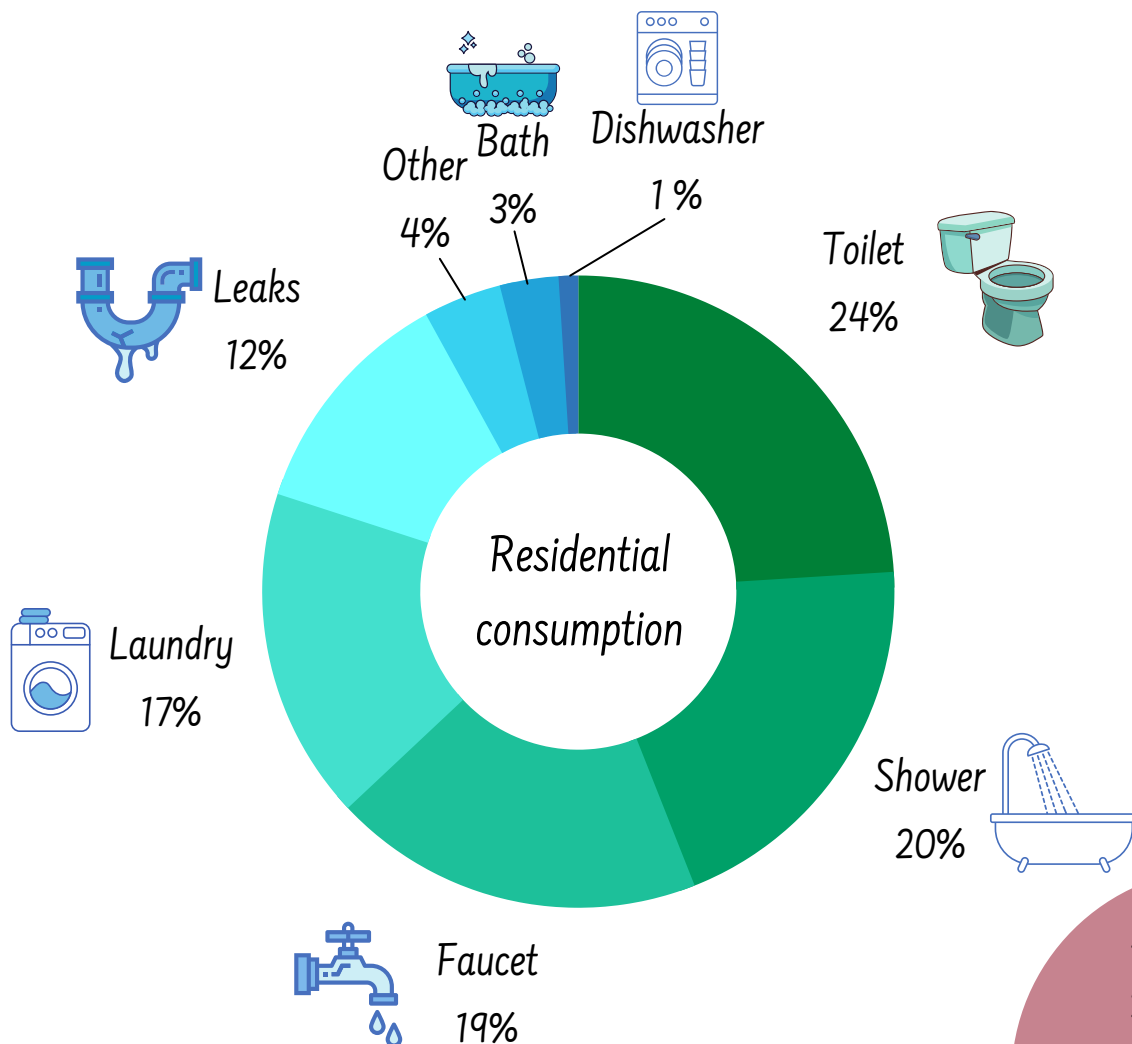


Course of the activity

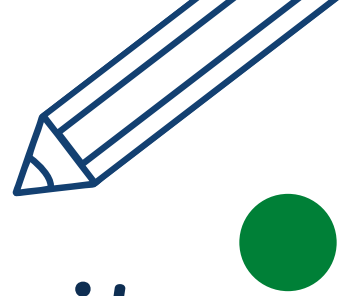
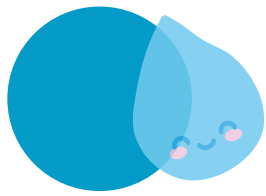
Introduction (10 min)

What do we use water for ?

- Flush the toilet
- Take a bath
- Take a shower
- Brush our teeth
- Shave
- Wash your hands
- Do the laundry
- Clean
- Cook (eat/drink)
- Wash the dishes
- Water the garden/the plants
- Fill the pool/spa
- _____
- _____
- _____



1. _____
2. _____
3. _____



Course of the activity

Developing good habits (20 min)

1. Distribute the Water-saving student booklet to each student.
2. At school or as homework, get students to complete the Ministry of Municipal Affairs and Housing's interactive test: "Mon empreinte bleue" (My Blue Footprint). Record the results in the Water-Saving Student Workbook.

<https://www.mamh.gouv.qc.ca/infrastructures/campagne-mon-empreinte-bleue/quiz/questionnaire/>

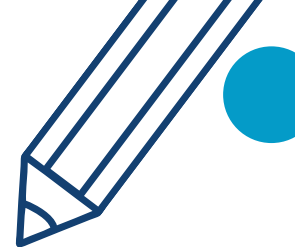
3. Have students complete the "I do this" and "I want to do this" columns of the chart, based on what habits they or their family have and what they would like to implement.

For example, for activities that involve their parents, such as cooking or gardening, the student responds according to what their family does and what they would like them to do.

4. Each week or month, for a given integration period or until the end of the school year, students will have to choose a new habit to integrate into their daily lives from the habits that have been checked off in the "I want to do this" column.
5. At the end of each week or month, students check off "I succeeded" for the activity if they successfully integrated the habit.
6. They record the information below in the Water-Saving Student Workbook and can present their answers to the class.
 - What they integrated;
 - How they did it;
 - What was most difficult;
 - Whether other family members also changed habits
7. At the end of the integration period, have the Mon empreinte bleue interactive test redone and compare the results with those from the beginning.

*You can combine this activity with << How Much Water Do You Eat? >> or << Water At School >>.

1. 
2. 
3. 



Water-Saving Student Workbook

Average consumption of daily activities :

5 min shower : 47,5 L
10 min shower : 95 L
Bath : 150 to 200 L

Open faucet teeth brushing : 13,5 L
Closed faucet teeth brushing: 0,5 L

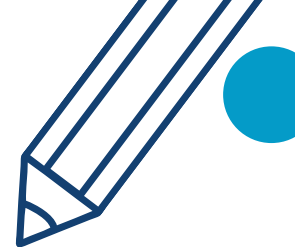
Low flow toilet : 4 to 6 L
Standard toilet : 10 to 20 L

Energy Star front load washer : 70 to 90 L
Standard washer: 150 L

Drip leak (60 drops/min) :
700 L/month

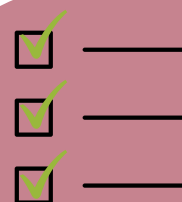
Dishwasher : 15 to 20 L
Hand washing dishes : 30 to
80 L

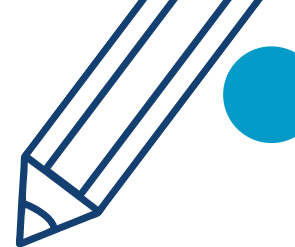




Water-Saving Student Workbook

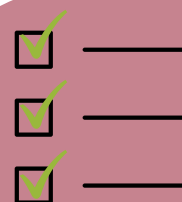
Activity :	Good habit :	I do it	I want to do it	I succeeded	Not applicable
Hand washing	Turn off the water when I wash my hands.	☐	☐	☐	☐
Hand washing	Favor bars of soap.	☐	☐	☐	☐
Teeth brushing	Turn off the water while I brush my teeth.	☐	☐	☐	☐
Shower	Turn off the water while I wash my body and my hair.	☐	☐	☐	☐
Shower	Reduce my shower time to 10 min.	☐	☐	☐	☐
Shower	Reduce my shower time to 5 min.	☐	☐	☐	☐
Shower	Replace standard shower heads for a certified WaterSense (flow reduction).	☐	☐	☐	☐
Bath	Opt for a shower rather than a bath.	☐	☐	☐	☐

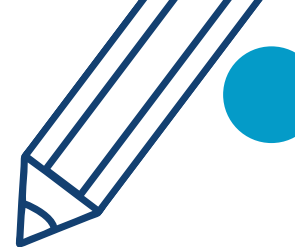




Water-Saving Student Workbook

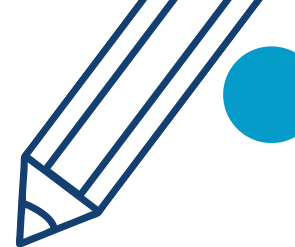
Activity :	Good habit :	I do it	I want to do it	I succeeded	Not applicable
Shower / bath	Favor bars of soap and shampoo.	☐	☐	☐	☐
Shower / bath	Reduce your shower and bath water temperature.	☐	☐	☐	☐
Shower / bath	Collect the running water while you wait that it gets hot.	☐	☐	☐	☐
Toilet	If its yellow, let it mellow.	☐	☐	☐	☐
Toilet	Put a bottle of water or sand in standard toilet tanks.	☐	☐	☐	☐
Toilet	Install a dual-flush or low-flow toilet.	☐	☐	☐	☐
Toilet	Only put toilet paper in toilets.	☐	☐	☐	☐
Cooking	Reduce the water flow when I wash fruits and veggies.	☐	☐	☐	☐





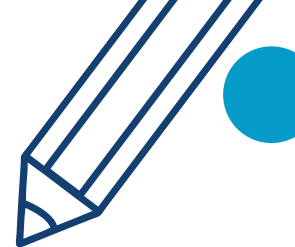
Water-Saving Student Workbook

Activity :	Good habit :	I do it	I want to do it	I succeeded	Not applicable
Cooking	Steam vegetables rather than boil.	☐	☐	☐	☐
Cooking	Use the minimal quantity of water to cook stuff, like pasta.	☐	☐	☐	☐
Cooking	Reuse water from rinsing food for other usage.	☐	☐	☐	☐
Cooking	Keep cooking water to water plants or the garden.	☐	☐	☐	☐
Cooking	Place a pitcher of water in the fridge rather than letting the water run until it is cold.	☐	☐	☐	☐
Washing the dishes	Fill the sink or a tub with soapy water, instead of letting the water run.	☐	☐	☐	☐
Washing the dishes	Fill the sink or a tub with a little bit of cold water if you want to rinse the clean dishes.	☐	☐	☐	☐



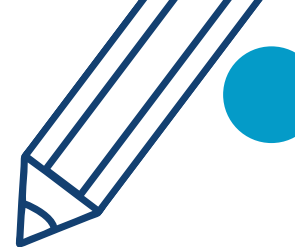
Water-Saving Student Workbook

Activity :	Good habit :	I do it	I want to do it	I succeeded	Not applicable
Washing the dishes	Use the dishwasher instead of hand- washing dishes.	☐	☐	☐	☐
Washing the dishes	Don't rinse dishes before putting them in the dishwasher, unless necessary	☐	☐	☐	☐
Washing the dishes	Wait until the dishwasher is full before starting it.	☐	☐	☐	☐
Laundry	Use the washer for full loads only.	☐	☐	☐	☐
Laundry	Choose washing machines with low water consumption.	☐	☐	☐	☐
Faucets	Install faucet aerators to reduce water flow.	☐	☐	☐	☐
Garden and plants	Collect rain water for irrigation.	☐	☐	☐	☐



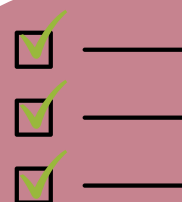
Water-Saving Student Workbook

Activity :	Good habit :	I do it	I want to do it	I succeeded	Not applicable
Garden and plants	Water in the morning or the evening.	☐	☐	☐	☐
Garden and plants	Water closest to the ground as possible.	☐	☐	☐	☐
Garden and plants	Put down mulch to keep soil humidity.	☐	☐	☐	☐
Outdoor cleaning	Use a broom to clean the parking and the house.	☐	☐	☐	☐
Cleaning the car	Use a bucket of water instead of the hose.	☐	☐	☐	☐
Cleaning the car	Prefer a commercial car wash.	☐	☐	☐	☐
Pool	Cover the pool when not in use.	☐	☐	☐	☐
Pool	Fill the pool in the morning or the evening.	☐	☐	☐	☐



Water-Saving Student Workbook

Activity :	Good habit :	I do it	I want to do it	I succeeded	Not applicable
Other	Repair leaks as soon as discovered.	☐	☐	☐	☐
Other	Close faucets when not in use.	☐	☐	☐	☐
Consuming	Consider the water footprint of the products consumed.	☐	☐	☐	☐
Consuming	Opt for second-hand items.	☐	☐	☐	☐
Consuming	Keep your belongings longer.	☐	☐	☐	☐



Water-Saving Student Workbook

Complete this section for each habit that you or your family have incorporated into your daily life.



Date : _____

I was able to _____

I achieved this by doing _____

I found it difficult to _____

In my circle, the following people have also integrated this habit into their daily life :

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