

Saving Water

Junior River Ranger Activity



Why do it?

Our water supply comes from the river or from sources that feed the river. In many areas, the amount of water people are using is more than the amount of water that is entering the river. This means that many of our rivers are suffering from low water levels. This can pose a risk to the whole river habitat!



What you can do

Commit to at least one of these water saving tips (or think of your own). Make a poster and put it up to remind you and your family to stick to it!

1

Don't let the tap run while you are brushing your teeth! Wet your toothbrush, turn off the tap, add toothpaste, brush your teeth then rinse your toothbrush when your done.

2

Don't let the tap run while you are scrubbing your hands. Wet your hands, turn off the tap, add soap, scrub your hands and then turn on the tap to rinse your hands.

3

Shorten your showers. See how quickly you can get everything washed in the shower. Can you shower in less than 5 minutes?

4

If you have a bath, put in just the amount of water you need instead of filling the bath right up!

5

Wash less often. You don't need to bath or shower everyday. Try to restrict the number of baths or showers you have to just a few times a week.

For more ideas for saving water go to: <https://waterwise.org.uk/save-water/>