

# My Personal Water Chart (All Ages)

In the remotest areas of Africa, water is a precious resource. In some communities, each person uses from 10 - 40 litres of water every day. That's very different than in Canada where each person uses, on average, over 400 litres a day.

Track how much water you use in a day. Think about donating 10% of the difference. So, if you used 250 litres more than a person in sub-Saharan Africa, you will donate \$25.



ACTIVITY	# OF TIMES		TOTAL WATER USED
Brush my teeth		On average, we use 5 litres of water when we brush our teeth	
Use the toilet		On average, we use 9 litres of water when we flush the toilet	
Have a shower		On average, we use 45 litres of water when we shower	
Have a bath (half-filled)		On average, we use 100 litres of water when we take a bath	
Drink water		On average, 1 glass of water equals 250 millilitres, whereas 4 glasses equals 1 litre	
Wash hands and/or face		On average, we use 18 litres of water to wash our hands or face	

**Note:** Younger children will need a grown-up to help them complete their chart.