



ACTION PLAN

Saving Water and Being Healthy

5 things that are great about drinking water

1. Tap water is good water so drink it! There is no need to go out and buy water to drink.
2. Consider buying a “cool” bottle for your water and using it over and over again.
3. Take your water bottle home each night and ask Mom or Dad to wash it for you. Make sure you don't let any germs like live at the bottom of your bottle!
4. Water makes your body healthy. If you feel thirsty, there is nothing better than drinking water!
5. When you go out with Mum or Dad to eat, ask for water rather than a soft drink. It is healthier for you and it saves money!

5 things you can do around the house to save water

1. Ask Mom or Dad to get a timer for your shower and watch the time count down. Three minutes is plenty of time in the shower. Try and beat your own record!
2. Ask Mom or Dad if you have a water saver shower head. Tell them to call the council and get one 'cause they're free!
3. Place a bucket in the shower with you. The water you collect during your shower will make your lawn really happy.
4. Only turn the washing machine and dishwasher when they are full. You don't want to waste any water, do you??
5. Tell 5 people what YOU are doing to help save water. Spread to message to as many people as you can!

5 things you can do at school to save water

1. Turn of any taps that may have been left running
2. If you see any taps leaking around the school, tell a teacher who can get it repaired
3. Encourage your class to place ice cream containers under the drink taps, then at the end of lunch, water the gardens!
4. At the end of the school day, empty your drink bottle on the plants outside, they will thank you for it!
5. Ask your teacher if you can make water saving posters and put them up around the school, reminding everyone how to save water.