

Quick guide

Age range

7+

30 mins



Outside / indoor



Covers topics on:

Health & fitness  
Agility

Group activity



# Buckets of fun

## Task

A teamwork game to find out how much water is used by various household activities.

## You will need

- A bucket for each team
- A supply of water
- Plastic cups
- Skipping rope or other race equipment
- A whistle
- Fact cards

## What to do

The aim of the game is to collect as much water as possible. The teams complete simple tasks and races to win cups of water for their buckets. For example:

- Egg and spoon relay race. Winning team wins four cups.
- Skipping marathon.  
One person from each team starts skipping.  
The last person to stop wins five cups for the team.
- Each person in the team has to tie a different knot.  
Each knot earns two cups.
- During the game, the leader blows the whistle and uses the fact cards to ask each team to guess how much water is used by different activities eg. How much water does a bath use? 40, 80 or 160 litres?  
They earn five cups for a correct answer.

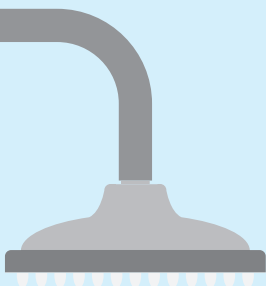
## Fun fact

The average person in the UK uses about 150 litres of water per day, that's 54,750 litres per year – **enough to fill over 680 bath tubs!**

## Leaders' notes

This activity highlights how much water is used by different activities in the home. Children should never be encouraged to save water by drinking less.

The region we live in, the South East of England, is already under serious water stress. Further population growth will continue to increase demand and climate change is likely to mean drier summers and more frequent droughts. This is why it's important to be careful with the water we use. Saving water also saves the energy used to heat it.



By changing a shower head to a water efficient model the average family could save **£37** each year in water and energy costs.

## Flushing the toilet

accounts for about

# 30%

of our daily water use.

Fitting a water-saving device in the cistern cuts down the amount that's used. If you are a Southern Water customer, you can get one free from the website [www.southernwater.co.uk/flushsaver](http://www.southernwater.co.uk/flushsaver)

