



# WORLD WATER DAY

**22 MARCH**

## Diary Challenge

Write down all the water you use or consume during the course of one day.

Think about it in detail, e.g. do you leave the tap running whilst brushing your teeth? How long do you spend in the shower? How many glasses of water do you drink? How many loads of washing do you do? How many plants do you water? How many times do you flush the toilet?

Though you may not be able to calculate the exact amount of water you use, thinking about all of the activities you use water for, and for how long, will really open your eyes as to how much we depend on water and how fortunate we are to have access to it.