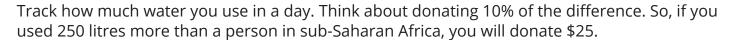
My Personal Water Chart (All Ages)

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.





| 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.

