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Rain catcher

Time:

40 minutes

Who it's for:

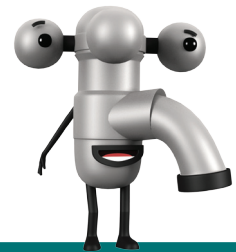
5 to 10 year olds

You'll need:

- Plastic bottles
- Scissors
- Sand
- Waterproof craft paint

What to do:

1. Ask each member to bring a 2 litre plastic bottle to the session with them.
2. Cut the top of the bottle off and put to one side.
3. Decorate the bottom of the bottle using waterproof craft paint and leave to dry.
4. Fill the bottom of the bottle with sand to weigh it down.
5. Turn the top of the bottle upside down, remove the cap and stick it into the bottom of the bottle, creating a funnel.
6. Place the rain catchers outside to collect rain water. Any water could be used to water fruit and vegetables, helping to save tap water.

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Watery wildlife survey

Time:

2 hours

Who it's for:

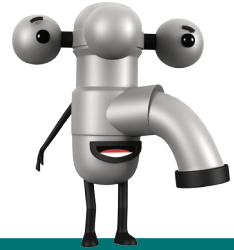
5 to 10 year olds

You'll need:

- Notebooks
- Pencils
- Optional – digital cameras

What to do:

1. Organise a trip to a local canal, river, stream or lake for your group. This could also be undertaken during a camping trip.
2. Give everyone a sheet of paper or a notebook and ask them to make a note of all the animals which they see. They should also try to sketch some of the animals or take photos of any animals they see.
3. At the end of the hour find out what everyone has seen and compile a list.
4. When back in the meeting room get members to draw pictures of their favourite animals which they saw during the trip.
5. The group can cut out the pictures they have drawn or photos they have taken and use them to create a poster. They should think of a catchy message to encourage people to save water and protect our waterways and the animals that live in them!

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Beach clean

Time:

½ a day

Who it's for:

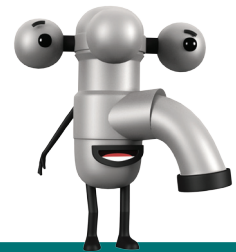
10+

You'll need:

- Volunteers
- Bin bags
- Rubber gloves

What to do:

1. As an island Britain has lots of amazing beaches which support some incredible wildlife.
2. Unfortunately levels of rubbish in our seas, and consequently on our beaches has doubled over the past decade, causing real harm to much of our marine wildlife.
3. Your group can help to make a difference by organising or volunteering at a beach clean in your local area.
4. The Marine Conservation Society organises regular beach cleans and provides guidance on how to run them. To take part simply visit <http://www.mcsuk.org/beachwatch/volunteers> and search for an event in your local area.



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Water diary

Time:

20 minutes

Who it's for:

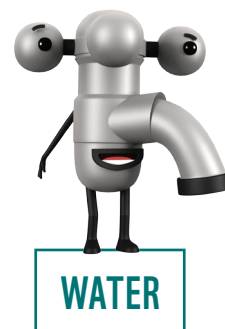
10+

You'll need:

- Copies of the 'Water diary' sheet for each member
- If time, to research average daily water use figures for individuals by checking out different water company websites

What to do:

1. Hand out copies of the 'Water diary' sheet to each member and ask them to keep a record for a week and bring their completed sheets back in for the next meeting.
2. If you've had time to research average water use figures for individuals (eg 150 litres per person per day – South Staffs Water), see how your group's results compare.
3. At the next session discuss what they could do to save water at home and get them to produce their own 'Water action plans'. They will need to prioritise the changes which can save the most water and lay out exactly what they will change. They could make their plans by simply adding notes to their diaries, or focus on different rooms of the house where they use water.
4. Can any of the changes which members will be making also be made at school or at your meeting room?
5. Follow up with members over the next few weeks to find out whether they have been able to stick to their action plan.

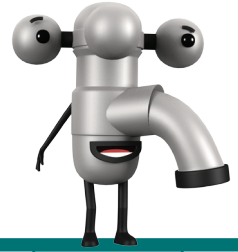


Water diary

Complete the water diary below to get an idea of your family's water use.

Activity	Litres used		Frequency	Litres of water used
Bath	85 litres per bath	X	Number per week	
Normal shower	45 litres per 5 minutes	X	Number per week	
Power shower	75 litres per 5 minutes	X	Number per week	
Toilet flushes	7.5 litres per flush	X	Number per day x 7	
Teeth cleaning	6 litres per clean	X	Number per day x 7	
Hand/face washing	2 litres per wash	X		
Washing up by hand	30 litres per occasion	X		
Food preparation	15 litres per occasion	X		
Automatic washing machine	85 litres per load	X	Number of uses per week	
Dishwasher	42 litres per load	X	Number of uses per week	
Total household weekly use				
÷ by 7 for your household's average daily water usage				
÷ by the number of people in your household for each person's average daily water usage				
Add 25 litres for other water use such as dripping taps and leaks, watering plants/the garden, washing the car, cleaning the house				
Total average daily water usage per person				

GREEN AMBASSADORS 4 Youth



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WATER

Water wise

Time:

½ a day

Who it's for:

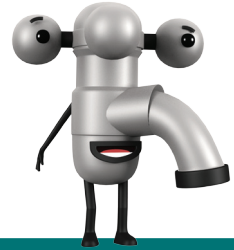
10+

You'll need:

- Video camera
- Research materials

What to do:

1. Have your group conduct research into one of the environmental issues surrounding water (for example the over-extraction of water from rivers in the UK).
2. Now ask them to create an advert to help make a positive change towards this issue. They could use video cameras or mobile phones to record the advert.
3. Arrange for parents, friends and family to come in to view the group's adverts.

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Canal clean

Time:

At least 1 day

Who it's for:

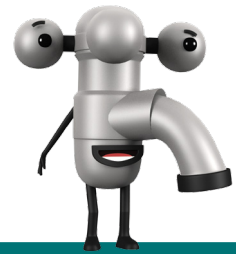
All ages

You'll need:

- Volunteers
- Bin bags
- Rubber gloves

What to do:

1. Our canals provide an amazing space for wildlife to flourish, especially in urban areas and can be home to some amazing and rare creatures such as kingfishers and otters.
2. However, it is a big job to keep these wildlife-rich waterways in good condition and protect the animals which call them home.
3. Your group could help contribute by taking part in a canal clean.
Details on local volunteer groups and clean up events can be found at:
<http://canalrivertrust.org.uk/volunteer/ways-to-volunteer/towpath-taskforce>

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Shorten that shower!

Time:

A meeting

Who it's for:

All ages

You'll need:

- Two small plastic bottles, each of the same size
- Card
- Briddle/something round to make a hole in the card
- Dry sand
- Stopwatch
- Waterproof heavy duty tape
- Acrylic paint - optional
- Copies of the instructions for each member

What to do:

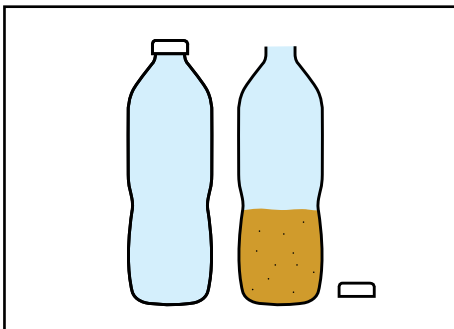
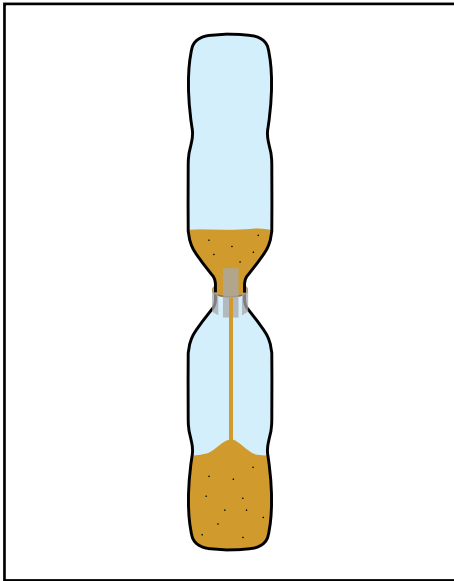
1. Ask the group how long they take to shower. Does anyone know? Does anyone think they might sometimes take a long time? Most people only need 4 minutes to take a shower! If everyone shortened their showers, this would save a huge amount of water.
2. Explain that they're going to make their own shower timers so they never go over 4 minutes.
3. Hand out the instruction sheet and work through with group members.
4. Once they've made their timers, use a stopwatch and ask them to mark out on their bottles how much sand falls in 2mins, 3mins and 4mins.
5. Group members could decorate their timers. Once dry – they can start to use in the shower!
6. See if you can reduce the amount of time you spend in the shower while still washing effectively! Calculate how much water is saved with each minute of shower time saved. Calculate this across the group or unit to work out the huge amount saved by just you and your friends. Imagine if everyone you know joined in – what difference would that make?



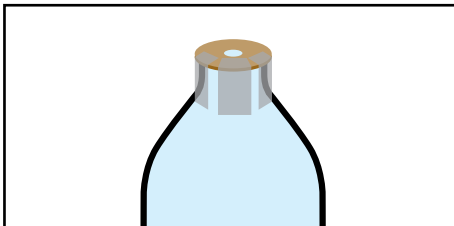
Make your own shower timer

You will need:

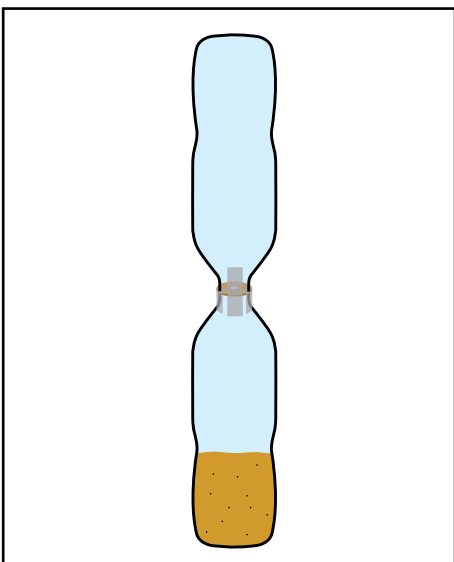
- Two small plastic bottles, each of the same size
- Card
- Briddle/something round to make a hole in the card
- Dry sand
- Stopwatch
- Waterproof heavy duty tape
- Acrylic paint – optional



1. Ensure the bottles are completely dry. Pour the dry sand into one of the bottles.



2. Tape on a circle of card to the top of the bottle, and make a hole in the centre of the card for the sand to flow through. Be careful with making a hole in the card – adults should supervise.



3. Attach the second bottle to the top of the first. Don't tape it all up yet, as you'll need to do some adjusting. Turn over the bottles and use your stopwatch to see how long the sand takes to flow. Put more or less sand in the first bottle until you reach as close to **four minutes** as you can. Then, seal up the join with the tape.