

Water Wise



Overview

Track your water use and explore traditional or cultural connections to water. Create a personal pledge to reduce waste or honour water in your daily life.

Learning outcomes

- Understand where and how water is used in daily life.
- Identify opportunities to reduce water waste in school and at home.
- Reflect on personal values and habits connected to water use.
- Explore cultural, Indigenous, and regional perspectives on water stewardship.

Curriculum Connections

- Science: Water cycles, water resources, conservation, human impacts
- Geography: Water availability and infrastructure, regional differences
- Social Studies: Cultural perspectives, community relationships with water

Materials

- Water use tracking sheet (paper or digital)
- Journal or drawing materials

Proof to submit

Samples of completed student “Water Wise” tracking sheets

Activity

Grades K to 6

Students begin by tracking how many times they use water during the day, such as brushing teeth, handwashing, or drinking. As a class, they discuss where water may be wasted and brainstorm simple ways to save water. Students can also explore cultural or traditional stories about water from their family, community, or Indigenous perspectives. The class may also consider how water use differs across Canada, including places with well water, municipal systems, or regions prone to drought. Each student finishes the activity by creating a pledge, story, or drawing about one way they will help protect or honour water in their daily life.

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Grades 7 to 12

Students start by tracking all direct water use for a day, including showers, dishes, laundry, and handwashing. They then research and estimate their hidden water use, such as water required to produce food, clothing, or energy. Students can also investigate cultural, traditional, or Indigenous water practices, as well as regional differences in water access and scarcity across Canada. They reflect on which habits surprised them, how their lifestyle impacts water globally, and how cultural or regional practices influence water use. Finally, students create a pledge, story, or visual summary of one change they can make to honour or reduce water use.

Optional Extension: Water Safety in Canada

Research “boil water advisories” in Canada. Find out:

- What is a “boil water advisory”?
- Why might one be issued?
- What should people do when an advisory is in place?
- How can infrastructure and environmental conditions affect access to safe drinking water?

Discuss how access to safe drinking water can vary between communities and regions across Canada.

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Resources for teachers

Visit the [Live Net Zero Classroom Challenge website](#) for additional resources and information.

What is hidden water use?

Water is used to produce many of the things we eat and use every day, even when we don't see it. For example, water is needed to grow food, make clothing, and produce energy.

Discussion/Reflection prompts

Students can reflect on questions such as:

- How does your water use compare with other students or regions of Canada?
- Do you know of any family, community, or Indigenous traditions connected to water?
- What simple habits could you adopt to reduce water waste or honour water in your daily life?
- How do infrastructure or scarcity issues in different regions of Canada affect daily water use?

Water Wise - Tracking Sheet

Name

Date

Time of day	Activities/How you used water
Morning	
Mid-morning	
Afternoon	
Evening	
Night	

Other observations: