

Secret Life of Water

Water on First Nations Reserves

Activity A: Water Journal

This infographic from [Environment and Climate Change Canada](#) shows average residential indoor water use in Canada.



Option 1: Create a personal water journal for a 24-hour daily cycle using the chart provided on the next page.

Ensure you include the activities and approximate use of water used for each activity in litres. Record all of your water usage in the chart provided including water used for:

- Drinking
- Cooking
- Bathing and personal hygiene
- Household needs (laundry, dishwashing, toilet flushing, etc.)

Fill in any other activities involving water use in the space provided. Calculate your daily water usage in litres.

Option 2: Use the CBC [Daily Water Usage Calculator](#) to calculate your water consumption for a 24-hour daily cycle. What is your daily water usage in litres?

Share your completed journal with a partner or class. Discuss why it might be important to conserve water and ways in which you can personally reduce your water consumption.

PERSONAL WATER JOURNAL			
Activity	Litres per use <i>based on Canadian averages</i>	Frequency	Total Litres used <i>Litres per use x frequency</i>
Drinking water	0.25 L		
Brushing Teeth	2.5 L		
Shower or Bath	76 L <i>shower</i> 150 L <i>bath</i>		
Flushing Toilet	6 L		
Dishwasher/Hand washing dishes	45 L <i>dishwasher</i> 76 L <i>hand wash</i>		
Laundry	112 L		
Cooking	7 L		
Other			
Other			
Other			
TOTAL litres per day:			

Extension Activity 1: Boil Water Advisory

Your community has just received a Boil Water Advisory and you have been given this directive from [Health Canada](#). Refer to your *Personal Water Journal* and discuss with a partner or class:

- How will your own daily routine be impacted?
- Will you be forced to alter or omit any of your regular daily tasks as a result of the advisory?
- What steps will you have to add to your daily routine in order to comply?
- What specific precautions will you undertake to avoid exposure to contaminated water?

Extension Activity 2: Lack of access to clean water on First Nations Reserves

Create a mindmap or political cartoon about water issues on First Nations reserves.

Step 1:

Watch CBC's Out in the Open episode [Water at Six Nations of the Grand River](#) and read the CBC article "[Why so few people on Six Nations reserve have clean running water, unlike their neighbours.](#)"

In the CBC article, Dawn Martin-Hill refers to the water issues at Six Nations as "environmental racism," which is a form of systemic or institutionalized racism.

With a partner or class, discuss whether or not you agree that limiting access to potable water is an issue of systemic racism.

Step 2:

Using an online template ([canva.com](#), [powtoon.com](#)) or creating your own, design a mind map or political cartoon addressing the lack of access to infrastructure and/or clean water on First Nations reserves.

Step 3:

Share your mindmap or political cartoon with a partner or class.

What message is your project attempting to convey about water issues on First Nations? Discuss possible solutions to effectively addressing these issues.