

# 40 HOURS CHOOSE YOUR CHALLENGE!



## 40 HOUR BUCKET CHALLENGE

Many kids don't have piped water at home. They can't just turn on a tap. Every day, they have to walk an average of 6km to fetch water. And they can only use what they can carry in a bucket.

**Are you up for the challenge?**

### WHAT YOU'LL NEED

1. **A bucket** Choose a clean one!
2. **Access to a clean drinking water source.** Ask an adult where to find this.
3. **Restrict use of inside taps.** You can use your laundry tap if you don't have access to an outside tap.

### HOW TO DO IT

- Every time you need water for drinking, washing, cooking, and flushing you must go and **collect it in a bucket.**
- You may **fill as many buckets as you like** during the challenge. (Unless you want to combine the bucket challenge with the 40 Hours, 40 Litres challenge... go on!)

## 40 HOURS, 40 LITRES

Did you know that here in Aotearoa, we use more than 200 litres of water each per day, while millions of kids are trying to survive on as little as 5? You use more than that in a toilet flush!

Take the challenge to go 40 hours using ONLY 40 litres and experience what it's like to live with limited water.

### HOW TO DO IT

- **You can only use 40 litres** of water in total for 40 hours.
- Be sure to set aside 6 litres for your drinking water before you start. **Stay hydrated!**
- Consider using a **measuring cup or left-over container** (like a 1L milk bottle) to help you measure the amount of water you're using during the 40 hours. Use the table below to keep track.



Water use activities	Estimated amount	Your water use	Total amount of water used (40 litres max)
Shower	15 litres per minute		
Drinking water	2-3 litres per day		
Bath	90 litres		
Brushing teeth	10 litres per minute (running water)		
Food preparation	10 litres per minute		
Dishwasher	10 litres		
Washing dishes	6 litres per meal		
Washing machine	100 litres		
Other			

### TIP

Use a pipette or a small liquid dropper to transfer your precious water when brushing your teeth or watering the plants!

# 40 HOURS CHOOSE YOUR CHALLENGE!



## 40 HOURS, 40KM

In parts of Africa and Asia, kids carry water an average of 6km every day. That's 42km every week!

Think you can do 40km? Try this challenge yourself or do it in a team and split the kms. Bonus challenge: carry a bucket of water each step of the way. (Harder than it sounds!)

### HOW TO DO IT

- Whether you run, walk, swim or go the distance doing something else, your activity **must be completed in 40 hours.**
- **Plan** your 40km route before you start.
- **Schedule** meal and toilet breaks within the 40 hours.
- **Don't worry** if you can't do 40km, pick any distance that challenges you.

**Optional:** Try it in a team and split the kms!

### EXTRA FOR EXPERTS

Really want to push yourself? Combine all three! Collect 40 litres of water, using your bucket each time, and see if you can carry that bucket 40km over the course of the 40 hours! Just make sure you separate out plenty of water for drinking before you start.



## CREATE YOUR OWN

How creative can you get with 40 hours? Can you dance, bake, play, paint, make, create? What could you do for 40 hours non-stop? If you need inspo, follow us on Instagram @40hourfaminenz and use our random challenge generator.



### REMEMBER...

- The challenge you choose to complete **must be achievable in 40 hours.**
- If you're in primary school, you have the **option of choosing a 20 hour challenge** instead.
- Don't pick a challenge that **puts yourself or others at risk.**
- Consider a challenge that's **fun but still pushes you outside your comfort zone.**
- Try doing your challenge **in a team or with your friends!**



**SIGN UP NOW**

**40hour.org.nz**

Instagram | Facebook | TikTok | @40hourfaminenz

# 40 HOURS CHOOSE YOUR CHALLENGE!



Will you take the 40 Hour Bucket Challenge, or go 40 Hours Screen-free? Cut out this chatterbox and randomly decide!



A 4x4 grid of 16 colored squares, each representing a challenge. The squares are arranged in a checkerboard pattern of colors: orange, light purple, light blue, yellow, light orange, light green, light orange, light purple, light green, light orange, purple, light orange, light purple, light orange, and green. Each square contains a challenge description and a photo of a participant. The challenges are: 1. 40 HOURS, FURNITURE-FREE (photo of a woman pointing at a white bucket); 2. 40 HOUR BUCKET CHALLENGE (photo of a man brushing his teeth); 3. 40 HOURS, NO TALKING (photo of a woman with a microphone); 4. 40 HOURS, 4.0 LITRES (photo of a man drinking from a water bottle); 5. 40 HOURS, SCREEN-FREE (photo of a woman with her hands up); 6. 40 HOURS, 40 DANCES (photo of a woman dancing); 7. 40 ACTS OF KINDNESS (photo of a woman smiling); 8. 40 HOURS, 40KMS (photo of a man in athletic wear); 9. 40 HOURS, FURNITURE-FREE (photo of a woman pointing at a white bucket); 10. 40 HOUR BUCKET CHALLENGE (photo of a man brushing his teeth); 11. 40 HOURS, NO TALKING (photo of a woman with a microphone); 12. 40 HOURS, 4.0 LITRES (photo of a man drinking from a water bottle); 13. 40 HOURS, SCREEN-FREE (photo of a woman with her hands up); 14. 40 HOURS, 40 DANCES (photo of a woman dancing); 15. 40 ACTS OF KINDNESS (photo of a woman smiling); 16. 40 HOURS, 40KMS (photo of a man in athletic wear). The numbers 1-9 are placed in the corners of the squares.