

# the great gulp

## Learn about water & single-use plastic waste at home

*Where does your tap water come from? Does everyone have access to clean and safe drinking water in Canada? Why is it important to reduce single-use plastic waste at home and in our community?*

Take a **GREAT GULP** and start learning about these issues!

### What is The Great Gulp?

The Great Gulp is when people come together as a household to take a synchronized drink of tap water from a reusable bottle, glass, or mug. This can then activate learning and investigation into issues surrounding water and the importance of reducing single-use plastic waste.

For households where tap water is unsafe to drink, people can participate in a symbolic 'Great Gulp' where they come together to learn about tap water in their region and then take an imaginary synchronized gulp of water. If you live in a community where tap water is not safe to drink, please contact EcoSchools Canada so we can explore how to join advocacy efforts in your area.



# the great gulp

## At Home Learning Activities

---

1

### Prepare to GULP!

- Set a date during the month of March to take a Great Gulp as a household.
- Gather your favourite reusable bottles, mugs, or glasses.
- Fill your drinking containers with tap water.
- 1-2-3 take a GREAT GULP all together!
- Take a photo or a video of your GULP and share it via Twitter, tagging **@EcoSchoolsCAN** and using **#TheGreatGulp** to raise awareness about reducing single-use plastics.

2

### Extend the learning

Compliment your Great Gulp with additional learning activities to develop skills in numeracy, arts, science, literacy, and more.

**1, 2, 3 Reduce!** Tally the number of single-use plastic items your household disposes of in a week and document them on a graph. Create a commercial (print, video, or audio) for friends and family on how to reduce single-use plastic waste.

*Skills development: numeracy, media literacy*

**Research water and plastic waste in Canada:** Where does your tap water come from? Are there communities that do not have access to safe drinking water in Canada? What happens to plastic waste when we dispose of it? Choose a question and start investigating!

*Skills development: researching skills, science, social studies*

**Learn about the SDGs!** Research the United Nations' [Sustainable Development Goals](#). Create an informative poster about one of the SDGs that best connects to the issues of water or plastic waste.

*Skills development: Literacy, art*

**Get creative and spread the word:** Draft a social media post or email. Share facts about tap water and plastic waste. Get others to join-in on your Great Gulp remotely or to conduct a Great Gulp at their home. See the email template below!

*Skills development: media literacy, art*



## Email Template

---

Dear family and friends,

**Simple daily actions at home, such as using a reusable water bottle, can have a big impact on the environment.**

On **[date]** our household will be participating in The Great Gulp, by taking a synchronized drink of tap water from a reusable bottle, glass, or mug. Through this simple action we hope to raise awareness about drinking water, access to safe and healthy tap water, and the importance of reducing single-use plastic waste in Canada.

We encourage you and your family to join us in this initiative by organizing a Great Gulp with members of your household, or with family and friends virtually. You can also find other activities to do at home to extend this learning, by checking out the [Great Gulp Home Toolkit](#).

We look forward to hearing about the unique ways your family participated in raising awareness and taking action!

Lots of love,

**[Insert Family Name]**