



Week 1: Right to safe and accessible water

Grade level:	4 to 6 (variation for K to 3 included)
Time:	30 minutes
Location:	Classroom or outside
Materials:	Reusable pitchers or bowls (one per water station), reusable cups (one per student), cardboard screens
Purpose of the activity:	To experience teamwork; to think about water scarcity and how access to clean water is different across Canada and/or around the world
Rights and responsibilities:	Right to safe drinking water (Article 24 of the CRC); for all to enjoy this right, we need to use only the water we need and find ways to avoid wasting water

Activity: Water relay

1. Set up three to five water stations about three feet apart from each other, on tables or on the ground. Use cardboard to make screens to hide the contents of each water station. Place a pitcher behind the screen at each water station. Fill each pitcher with a different quantity of water.
2. Ask the children to describe different ways they use water. Ask them to think of ways to avoid wasting water.
3. Divide the children into the same number of groups as there are water stations. Assign each group to a water station.
4. Have each team line up behind the start line. Give one cup to each child.
5. Explain that the activity is a relay race. The object is for everyone on each team to have a drink of water. The players complete the task one child at a time. Each child runs to their assigned water station, pours a drink of water into the cup and drinks it behind the screen, returns to the starting line and tags the next member of their team as quickly as possible. It's important that no one sees how much water each team member drinks. Suggest teams take a few minutes before the race to discuss a strategy for success.
6. The activity ends when all children have had a turn or when there is no more water at the station.

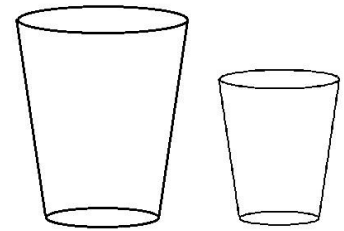
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Variation for K-3:

Materials: Reusable pitchers or bowls (one per water station), two reusable cups per child (two different sizes)

1. Prepare two or three water stations about three feet apart from each other, on tables or on the ground. At each water station, place:

- Two different-sized reusable cups per child
- A reusable pitcher or bowl with enough water for each child to have a drink **the size of the smaller cup**



2. Do steps two through four above.

3. Explain that the object of the activity is for everyone to have a drink of water. To do so, the children must decide as a group if they want to drink from the larger cup or from the smaller cup.

4. Once each group has discussed which cup size they will drink from, prepare enough cups of water (small or large, depending on what the group chose) for each child to drink from. The children will see only the smaller cups provide enough water for all children in their group.

Group discussion questions

- Did you have enough water for each person on your team to take a drink? If not, how did that feel?
- Did all the teams have the same amount of water? Is this fair?
- Do you think all children in Canada have access to the same amount of clean drinking water? Why or why not? *Share some of the Super facts below.*
- What can we do to use less water at home, at school or in the community? *Share some of the Superhero missions below.*
- What can we do to promote water conservation with family, friends and communities? *Decide on one or more of the Superhero missions below to do.*

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Super facts

- We all should have a right to safe and accessible drinking water. But [one in 10 people](#) in the world lacks access to safe water to drink. [One in three people](#) does not have enough water for basic needs (i.e., drinking, cooking and washing).
- When clean water is available nearby, people spend less time and effort collecting it, so they can be productive in other ways (like going to school or work). It also means people are safer, because they don't need to make long, risky journeys to get water. [By 2025, half the world's population will live in areas with poor access to water.](#)
- The average Canadian household uses about [665 litres of water a day](#). Canada is [second in the world](#) in water consumption per person! The toilet is “thirstiest,” then the washing machine, faucets, showers, baths and dishwashers. The amount of water we use goes up each summer when we water lawns and gardens.

Superhero missions

- **Investigate:** Explore in and around your school community. Are there places where your school can conserve water? Use a chart to record where, why and how many litres of water on average your school uses. Do the same at home, too!
- **Protect:** Reduce your water consumption by changing little things. For example, turn off the faucet when you are brushing your teeth. Or make sure the dishwasher is completely full before starting it. You can also take shorter showers or use less water in your bath. Collect rainwater for watering plants in your garden. Decide on one action as a class. Track your success by recording how much water you've saved at the end of each week or month.
- **Educate:** Share Super facts with a friend or family member. Encourage them to take on a Superhero mission.