



## SESSION IDEAS

### TODDLER GROUPS

In this section you will find a whole load of ideas for engaging both the parents and children who attend toddler groups with some of the issues raised by WATERSHED in an age-appropriate way – either through a whole session’s worth of activities, specific fundraising activities or parent-only activities. All the ideas will help you to GIVE WATER and GIVE LIFE to some of the millions of people who still don’t have access to clean, safe water.

#### SESSION PLAN

Here are some ideas for how you can dedicate a whole session to WATERSHED and potentially raise some money too. If you have them, it would be good to make the most of any toys and resources related to water. It probably won’t be possible to make all the toys set out in the room fit the theme, but just do what you can!

Obviously if you can’t devote an entire session, then many of these activities could be adapted to be used as part of a session, or spread out over a few weeks of engagement. You may also want to consider increasing the usual entrance fee for the session or holding a collection to allow extra money to go towards WATERSHED.

There are also photos, posters and stories available as part of the WATERSHED ACTION PACK which you could display around the room to help engage parents with the issue.

#### SONG TIME

There are a number of vaguely water-related songs that could be used as part of a song time, including:

- ◆ Row, row, row your boat
- ◆ Tiny Tim (the Turtle)
- ◆ Alice the Camel
- ◆ The animals went in two by two
- ◆ The big ship sails on the ally-ally-oh
- ◆ One, two, three, four, five
- ◆ Five little ducks
- ◆ It’s raining, it’s pouring
- ◆ Little raindrops
- ◆ A sailor went to sea, sea, sea
- ◆ Ten green bottles
- ◆ Jonah and the whale
- ◆ Incy Wincy Spider
- ◆ Dr Foster
- ◆ Five little speckled frogs

#### ART AND CRAFT ACTIVITIES

Some activities that you could use as part of an art and craft table are:

- ◆ **Bubble Painting** – Quarter-fill a small cup or container with bubble mixture. Add a couple of drops of paint and then mix with a straw. Place the container on top of the paper and then get the kids to blow bubbles through the straw. The bubbles will flow out of the container and on to the paper to make a bubble painting.



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- ◆ **Shaker Bottles** – Provide some clear, empty water bottles and various material that the children can put into their bottles, such as glitter, pebbles, food colouring, small toys etc. Then fill the bottle with water and screw the lid tight. They can then shake the bottles and see the things they have added floating around.
  - ◆ **Rain Maker** – Get some empty water bottles and fill with lentils or rice. If you're using see-through bottles you could also add glitter or sequins to the mixture too to add a bit of colour. These will make 'rainfall' sounds when shaken.
  - ◆ **Iceberg** – Prepare a big block of ice using a baking tin and then put it on the table with plastic animals. The children can play with the animals on the iceberg and watch what happens to the ice as it melts.
  - ◆ **Musical Bottles** – Fill glass bottles with different amounts of water and then see the different sounds they make when tapped, or when blown across the open top.
  - ◆ **Raindrop Mobiles** – Cut out raindrop-shaped card to decorate with various blue materials (paint, crayons, chalks, sequins, wool, tissue paper, etc) and hang them on a lollypop stick to create a simple mobile.
  - ◆ **Water Painting** – 'Paint' with water outside on pavements, walls, fences, anywhere you can, and see what difference the water makes to these surfaces. You could also do this inside with a big sheet of coloured paper!



## MESSY ACTIVITIES

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- ◆ **Water Table** – If you have a water table then you could use it for some water experiments such as measuring with containers or using funnels, bits of hose pipe, squirters etc. You could also add food colouring or glitter to the water, with fish/animal toys to fish out, or use sponges, cloths, soap and dollies to wash.
  - ◆ **Apple bobbing** – Simply fill a big bowl/container with water and add a few kids-size apples that the children have to try and get out using just their mouths.
  - ◆ **Sink or Swim** – This is a simple floating and sinking activity using lots of different objects and a big clear bowl of water so that the children can see through. Put the objects in and see what happens.

## STORY TIME

These are a few suggestions of related stories that could be read to the group as part of a structured story time or available in a book corner for parents and children to read together:

- ◆ *An Evening at Alfie's* by Shirley Hughes
- ◆ *Mr Gumpy's Outing* by John Burningham
- ◆ *Splash* by Mick Inkpen
- ◆ *Pig in the Pond* by Martin Waddell
- ◆ *Raindrop Bill* by Ann Bryant
- ◆ *Splish Splash Splish* by Mick Manning
- ◆ *Mr Archimedes's Bath* by Pamela Allen



## GROUP FUNDRAISING IDEAS

The following are just a few ideas which can help to engage your group with raising money for WATERSHED while definitely putting the fun into fundraising!

### Sponsored Toddle / Bounce / Obstacle Course

Get the children to take part in one of the sponsored activities suggested above after collecting sponsorship from family/friends/church. For example, get people to sponsor money per bounce or for length of time on bouncy castle / trampoline. You could then give all of the children who complete the activity a sticker/certificate as an award.



### Teddy Bears Picnic

Get the children and parents to meet at the local toddler group or park for songs, stories and picnic with their teddies. Charge a small fee for the activity which can then be donated to WATERSHED.

### Water Play Day

Arrange a special toddler group session where children book ahead for places and pay for attendance. Offer activities that allow children to enjoy getting wet, with various relay races, hook a duck, sponge throwing, bubbly water with food colouring in, and painting jugs/pots, etc.

### PARENT ENGAGEMENT

It's great to engage the kids, but it's also good to make sure that the parents get an opportunity to find out more about the issue and how they can take action. To do this you could set aside a week where the toddler group will run like a crèche for part of the session and adults will get the opportunity to listen to a presentation about WATERSHED. You can use the video material in the ACTION PACK and discuss the topic as well as possible ways of raising money and spreading the word. You also give each of them a copy of the ACTION PACK flyer to take home or pass on.

