



SESSION IDEAS YOUTH CLUB

Here are a few ideas for how to host your very own WATERSHED-themed youth club. The ideas have been designed to be used as part of an existing club, or as a special fundraising party evening. Please adapt the ideas below in whichever way is most appropriate for your group.

If you usually charge an entrance fee, perhaps you could donate the money from this week's session to WATERSHED, or charge an extra fee as a donation.

FANCY DRESS

Why not get everyone to come along wearing something associated with water, such as goggles, swimming hats, armbands or even flippers and a snorkel? You could give a prize for the best costume.

GAMES

As some of these games involve using water they will either need to be played outdoors or in a suitable indoor space.

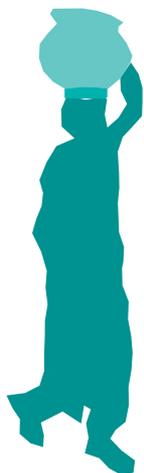
- ◆ Split the group into teams of four and give each team a cup of water. The cup of water is placed on the head of the first person who must walk with it on their head to the end of the course and back again. When they get back to their team the cup of water must be put on the head of the next person. Each member of the team has to complete a 'lap' with the cup on their head. If the cup is dropped the team has to 'freeze' for three seconds and their cup is refilled. If you want to make it more difficult then you could include some obstacles to climb over or around.
- ◆ Place a cup of water (a plastic mug with a lip would be good) in the middle of a large circle drawn on the ground/floor. Provide some string, wooden lollipop sticks, metal rods, a walking stick or anything else that might conceivably be used to get the cup from the middle of the circle to the edge. Get the group to work in teams to try and get the cup out of the circle without spilling any. The team that does this the fastest will win. Each team should not watch the other team try and do it or they will get ideas! This activity can be used to illustrate the difficulty some people face in trying to get water, even such a small amount of it. The 'correct' way to do this is to pass two pieces of string across the circle, crossing them over on each side, and then getting someone to hold each of the four ends of string tight, to raise up the cup by the lip and lift it to the edge of the circle.
- ◆ Have two teams of four or five people, standing in two separate lines. Give each person a plastic cup full of water with a straw. 'Thirsty Straws' is a relay race to see which team can finish all their water first. On the 'go' signal the first person in each team drinks their water through the straw as quickly as possible. When their cup is empty the next person in the team can begin drinking, and so on until one team finishes all their water... they are the winners!
- ◆ You will need two small cups and four watertight containers – one small (eg, 1 litre bottle), one large (eg, 15 litres, such as a bin or storage box) and two identical medium-sized containers with a ruler to mark the height of their contents. Fill the small and very large containers with water. Split your group into two teams. Team A must use one small cup each to transfer their water from the small container into their medium container. Team B must do the same with the large container. For every centimetre the water level reaches in their medium-sized container each team receives a prize (such as a square of Fairtrade chocolate per cm). Set a generous time limit, although Team A will finish very quickly. Allow them to finish and then watch as Team B earns significantly more chocolate. This can be linked to a discussion on the difference between how much water we use in the UK (on average 150 litres a day) compared to other parts of the world (as little as 10 litres a day in developing communities).

FILM

Watch the Water is Life video from the WATERSHED ACTION PACK and get the group to think about the importance of water in our lives and why it is important that everyone has access to enough clean, safe water.

QUIZ

Use the quiz attached to the end of this resource. You could either display the questions around the room, or give out sheets for them to fill in during the session.





FOOD

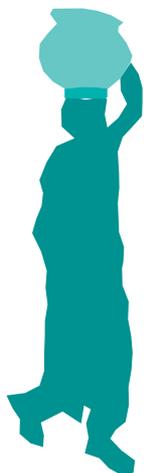
Here are a few ideas of water-based snacks and drinks you could serve/sell during the session to raise money for WATERSHED:

- ◆ Water (obviously); or why not supply a range of other ingredients that the young people can add to make their own flavoured water.
- ◆ Ice lollies
- ◆ Jelly
- ◆ Pot Noodles
- ◆ Watermelon slices



FUNDRAISING

There are loads of fundraising Ideas available in the WATERSHED ACTION PACK. Why not challenge your group to see what they can do together to raise some money to help GIVE WATER to those who don't have access already?

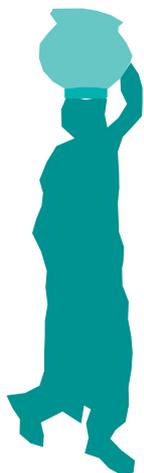




WATER QUIZ

For each statement indicate whether you think it is true or false.

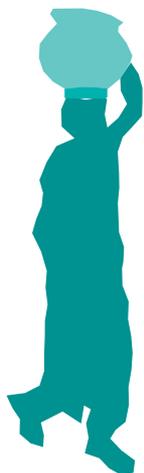
1. Most of the world's drinkable water is stored in reservoirs and lakes.	TRUE	FALSE
2. One million people in the world do not have access to clean, safe water.	TRUE	FALSE
3. The average person in the UK uses 150 litres of water every day.	TRUE	FALSE
4. On average, a person in the developing world uses 10 litres of water per day.	TRUE	FALSE
5. Leaving the tap running whilst you brush your teeth uses 4 litres of water.	TRUE	FALSE
6. The number of people dying from waterborne diseases is equal to one large passenger jet crashing every day.	TRUE	FALSE
7. 70% of the Earth's surface is covered in water.	TRUE	FALSE
8. Only 50% of the Earth's water is not salty.	TRUE	FALSE
9. Half of the world's major rivers are seriously polluted or depleted.	TRUE	FALSE
10. 4 out of 10 people in the world don't have access to a basic toilet.	TRUE	FALSE





WATER QUIZ (ANSWER SHEET)

1. Most of the world's drinkable water is stored in reservoirs and lakes.
(False. Most is stored in glaciers and ice-caps¹.)
2. One million people in the world do not have access to clean, safe water.
(False. Around 783 million people in the world do not have access to clean water².)
3. The average person in the UK uses 150 litres of water every day.
(True³.)
4. On average, a person in the developing world uses 10 litres of water per day.
(True⁴.)
5. Leaving the tap running whilst you brush your teeth uses 4 litres of water.
(True⁵.)
6. The number of people dying from waterborne diseases is equal to one large passenger jet crashing every day.
(False. An estimated seven million people die a year from waterborne diseases, including 2.2 million children under five. That means a child under five dies every 14 seconds. That's 46 large passenger jets crashing every day⁶.)
7. 70% of the Earth's surface is covered in water.
(True⁷.)
8. Only 50% of the Earth's water is not salty.
(False. Only 2.5 % is not salty, and of this only about 0.3% is actually available for people to use. The rest is locked up in ice and in groundwater⁸.)
9. Half of the world's major rivers are seriously polluted or depleted.
(True. According to WWF, there are an estimated 12,000 cubic kilometres of polluted water worldwide, which is more than the total amount contained in the world's 10 largest river basins at any given moment⁹.)
10. 4 out of 10 people in the world don't have access to a basic toilet.
(True¹⁰.)



1 <http://ga.water.usgs.gov/edu/earthhowmuch.html>
 2 Progress on Drinking Water and Sanitation 2012 Update – UNICEF/WHO
 3 <http://www.environment-agency.gov.uk/homeandleisure/beinggreen/117266.aspx>
 4 Water Supply and Sanitation Collaborative Council (WSSCC)
 5 <http://www.generous.org.uk/actions/home/1/turn-off-the-tap-when-brushing-your-teeth>
 6 <http://news.bbc.co.uk/1/hi/sci/tech/3747588.stm>
 7 <http://ga.water.usgs.gov/edu/earthhowmuch.html>
 8 <http://news.bbc.co.uk/1/hi/sci/tech/3747588.stm>
 9 <http://news.bbc.co.uk/1/hi/sci/tech/3747588.stm>
 10 Progress on Drinking Water and Sanitation 2012 Update – UNICEF/WHO