



## SESSION IDEAS

### KIDS CLUB

Here are a few ideas for how to host your very own WATERSHED-themed Kids Club. The ideas have been designed to use as part of an existing club, or as a special fundraising party evening. Please adapt the ideas 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.

### OUTDOOR ACTIVITIES

- ◆ **Over/under game.** Split the group into two teams, who will each stand in a line. At the front of the line have a bucket of water with a sponge in it and at the back of the line put a smaller container. The sponge is passed along the line, going over the head then between the legs, until it gets to the back of the line. The last person squeezes the sponge into the container and then runs to the front of the line with the sponge, dunks it in the front bucket, and then starts passing the sponge back again. The winner is the first team to fill their smaller container.
- ◆ **Water balloon toss.** Get the group to split into pairs and then each stand opposite their partner, about a metre away from each other, so that all the pairs are in a line. Each pair is given a water balloon, which they have to throw to each other. Each time the balloon is thrown and caught, the pair takes a step away from each other. The winning pair is the one that gets the farthest away from each other without bursting their water balloon. The prize can be to throw the water balloon at anyone they want to.
- ◆ **Water relay.** Place a bucket full of water at one end and an empty bucket at the other. In teams, the group should try to move all of the water from the first bucket to the second using only a cup provided. This could then be repeated, giving one team a cup with holes in to illustrate how unfair the lack of water can be.

### INDOOR ACTIVITIES

*Depending on the area in which you have your Kids Club, you may still be able to do some of the outdoor activities. If not, then here are some activities that involve slightly less water, although it is still best to do these in a space where any spillages can easily be mopped up.*

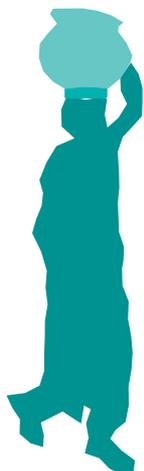
- ◆ Water relay. Swap the bucket and cups used in the outside water relay, for cups and spoons, so that there is less water to be spilt. Another variation of the water relay is to provide drinking straws to move the water from one cup to the other.
- ◆ Make boats out of different materials and in different sizes and shapes and then see which ones can hold the greatest weight or can travel the farthest (you'll need a paddling pool or similar to do this activity).
  - » Get the group to make posters about ways in which we can reduce the amount of water that we waste. There is a list of Water-Saving Actions available in the ACTION PACK if you need ideas.

### FILM

Watch one of the videos 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.

### FOOD

Here are a few ideas for 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
- ◆ Watermelon slices

## FUNDRAISING IDEAS

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?

**Alternatively**, give all of the children in the club a water bottle and ask them to try and fill it with coins in the time before the next Kids Club. An activity during the Kids Club could then be to make a label for their water bottle.

