Water is essential for life!
National Water Week runs in October and is an opportunity to promote why water is essential for life and how being water wise will help ensure we meet the needs of future generations. This is an excellent time to promote the Munch & Move key message of ‘Choose Water as a Drink’.

Interesting water facts to discuss with the children
- Animals and plants need water to survive. Discuss how thirsty dogs and cats get after running around.
- Without water our bodies would stop working properly
- Water makes up more than half of our body weight
- Tap water helps keep us cool when we exercise, helps when we are thirsty and is good for our skin and teeth
- Thirst is a sign that our bodies do not have enough water to keep them working correctly
- We get water by drinking and eating
- We lose water by sweating, going to the toilet and even breathing

Activity Ideas
Here are some activities you can use to help children understand the concept of the water cycle and why water is important for all living things.

Colourful celery
Place a celery stalk in a clear container 3/4 full of water that has been coloured with food colouring. Observe over the week and ask children if they can see the celery drinking the water. Try this with white flowers and watch the petals change colour! Discuss that it is important for plants to get water to help them grow. If you have any plants in the service let the children get involved with watering them.

Evaporation
Give children a saucer and let them measure out 2 teaspoons of water in their saucers. Ask the children to find a sunny spot where the water cannot get spilled. Encourage the children to check over time to see what happens. Where do they think the water went? Link this to how water evaporates into the air and comes back down later as rain. Tell them our bodies are similar, once we drink the water it disappears and we need drink more to keep growing just like the plants.

Experiment with ice:
Fill a bucket with water and ask children to feel the temperature with their hands. Is it cold or warm? Then, float ice cubes in the water and ask them to feel the water again. Is it colder than before? Note to children how the ice cubes are melting and how they are made of water. Take the water outdoors and ask children to place some ice cubes on the concrete. Ask which ice cubes melt more quickly.
Physical Activity Ideas

**Water Angels:** Ask children to pair up. Ask one child to lie down on the ground outside and ask the other child to trace around their partner with chalk. Once finished both children ‘colour-in’ their water angel with water and clean paint brushes. Link this to how our bodies are made up of water and that we need to keep drinking water in order to keep us healthy.

**Crazy balloons:** Get two balloons and place inside the other, fill the inside one with water. This makes the balloon unpredictable and is great fun to chase or strike. Sometimes the balloons do burst so it is best to do this one outside on warm days!

**Balloon Beach volleyball:** Put up a net or string line across the playground or sand pit (not too high). Give children a balloon each and demonstrate hitting the ball across the net.

**Stepping stones:** Use carpet squares or markers as stepping stones laid out in configurations and get the children to pretend they are having to cross a flowing water river by jumping/hopping/leaping from stone to stone.

Song/Rhyme ideas

Sing these fun water-related songs with the children and incorporate the fundamental movement skills by getting the children to jump, hop, leap, gallop and side-slide.

**Pitter-patter raindrops falling from the sky.**
**Here is my umbrella**
**to keep me safe and dry.**
**When the rain is over**
**the sun begins to glow.**
**Little flowers start to bud.**
**and grow and grow and grow.**

(sung to tune of I’m a little teapot)

**One puddle, two puddles made by the rain.**
**Three puddles, four puddles, down in the lane.**
**Five puddles, six puddles we can wade through.**
**Seven puddles, eight puddles quite muddy, too!**
**Nine puddles, ten puddles covering tiny roots.**
**Eleven puddles, twelve puddles – we all need our boots!**
Recipe ideas involving water
Try these cooling recipe ideas with the children. Explain to children that fruit contains a lot of water so it can be used to make yummy healthy ice blocks!

Pineapple and coconut ice blocks
Place 1 cup milk, ½ cup pineapple chunks and ½ teaspoon coconut extract in a blender and blitz until smooth. Pour into an ice block mould and freeze.

Banana ice blocks
Place 1 cup milk, ¾ cup mashed ripe banana and 1 teaspoon vanilla extract in a bowl and stir to combine. Pour into an ice block mould and freeze.

Watermelon ice blocks
Cut a large piece of watermelon into chunks and puree in a blender until smooth. Add 2 tablespoons lime juice and a handful of mint and blend to combine. Pour into an ice block mould and freeze.

Did you know...
Australians spent $385 million on bottled water, which has no proven health or quality benefits over tap water? Tap water also contains fluoride, which helps prevent tooth decay. So why not pour yourself a big glass of tap water!

Useful Books & Websites
www.kidsparkz.com/water
‘Exploring Water with Young Children-The Young Scientist Series’
by Ingrid Chalufour & Karen Worth