



# Water

Water is essential to all life! Polluted water is a severe problem and clean water is in short supply. Therefore, it is important to take care of it.

How can you help children appreciate water and protect the sources?

## Water for the smallest children:

Let the children play with the water. When taking a bath they can play with bottles and buckets, pouring the water from one to the other. Pour nice warm water over their bodies. Play games or tell stories. When it is raining the children can play outside in bathing suits.

During these activities the children get to experience water with all their senses.

## Water for the schoolchildren:

Children in the school age can learn responsibilities for water. They can be taught where water comes from and where it goes after it is used. They can learn about the ecological circle of water.



## Examples of healthy behavior with water:

- Washing clothes and dishes in a lake
- Collecting rainwater for gardening.
- Reduce the use of water
- Reusing bathing-water for cleaning, and cooking water for gardening (do not use soap water for plants or animals)
- Reduce the use of soap, shampoo and detergent

An activity day with the children about this topic could include that the children generate ideas about:

- How to save and protect water
- How to reuse water
- How to cleanse and filter water
- How these ideas can be implemented in the every day life
- Work to find a method to measure if the initiatives are successful

